2.P. Workshop: Disasters and mental health

Organised by: EUPHA-CHR, EUPHA-PMH
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Objectives:
To better understand the mental health impact of disasters in general and specifically the mental health health impact of the COVID pandemic.

Humanity has witnessed disasters of all forms and from all causes across the globe in recent decades; we have seen the consequences on people, their health and on their mental wellbeing. The presentations of the workshop will present knowledge to answer the following questions: Could we have known and planned for what to expect when a pandemic like this was to hit? How were people’s lives really affected by this pandemic and the subsequent measures taken? We do know that COVID 19 as a disaster had a wider scale of social impacts than it did physical ones. How does the isolation, inability to work as usual and general downturn of ordinary life impact on people? What if those persons already have a history of serious life events or of mental illness? We search for answers to these and other questions in this workshop of 3 differing perspectives: First, Prof. Sandro Galea will present knowledge on disaster and mental health, second we will identify specific impacts on mental health on older persons (Jutta Lindert) and third a view point from practice will help to better understand perspectives of those involved in giving care in the community during times of disaster such as the Covid-pandemic (Julian Mamo).

Key messages:
- Disaster have not only short but as well long term impacts on mental health.
• Disaster specific factors can be identified which contribute to mental health in the aftermath of the disaster.