The current COVID-19 pandemic is likely to affect the physical and mental health and the well-being of people globally. The physicians and nurses on the frontline of patients care will be among the most affected in their psychosocial well-being, being exposed to trauma consequences and burnout syndrome. It is still unknown whether the COVID-19 infection will have direct neuropsychiatric consequences. The impact of the quarantine lockdown on mental health, too, has to be taken into account. The inclusion of mental health as part of national public health response to the COVID-19 pandemic is mandatory in assisting all those in need.

Keywords: COVID-19, Mental, Health, Quarantine, Stigma, Recommendations.
rience assessments of any physical symptoms experienced during this period [8]. Quarantine probably will be responsible for the worsening of pre-existing mental disorders and the worsening of mental stress in people with non-psychiatric disabilities because of the reduced medical care and support.

Anxiety, stress, and both the spontaneous fear and the fear incited by social media may favor the development of behavioral disorders, such as uncontrolled drinking, eating, smoking, which will bring consequences with long-lasting effect [9]. Another important thing to note is that people with coronavirus have often been the target of discrimination, stigmatization, and social rejection [10] where infected people and their families are at risk of facing stigmatization by their local neighborhoods and relatives [11]. These factors have a cumulative effect on the increase in the negative emotions that have the potential to give long-term consequences on mental health and well-being.

Various psychiatric hospitals, daycare counseling, and psychotherapy centers, as well as psychological institutions, have developed specialized hotline for counseling and assistance to people in need [12]. We believe that the inclusion of mental health as part of national public health systems is a step forward in assisting today when millions of people need it, and tomorrow after the crisis when the consequences for mental health will culminate. The COVID-19 crisis should also be seen as psychological trauma. Trauma experts will play a significant role in this crisis because they potentially have the knowledge to provide support and care for the people nowadays and in the near future [13]. With the help of all these facts gathered together, we hope to raise awareness among health policies and health strategists that public mental health is a vital component in further dealing with COVID-19 pandemic and as such, significantly affect the people’s health and psychosocial well-being and functioning.

CONCLUSION

In conclusion, we recommend the following measures to the list of comprehensive interventions and reduction of COVID-19 impact on the people’s mental well-being globally such: world coordination of the mental health assistance initiatives, increased financing of countries with limited resources, creation of a global consortium on mental health consequences of the COVID-19 pandemic research, as well as the inclusion of the mental health and COVID-19 into the countries’ National Health Strategic Response Plans. Perhaps, the biggest problem that we will face in the near future will be a general decline of available resources for mental health because of the redirection of public resources to the treatment of COVID-19 patients. The effect of this phenomenon will be greater in the countries with already limited resources and therefore, it is necessary to avoid the worst consequences of this redirection of public resources, since, as illustrated, the impact of the COVID-19 pandemic on mental health and well-being will be enormous.

CONFLICT OF INTEREST

The authors declare no conflicts of interest, financial or otherwise.

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