



# National Institute of Mental Health and Neuro Sciences

in collaboration with

## Karnataka State Police & Rajiv Gandhi University of Health Sciences

### PROMOTING MENTAL WELL-BEING OF POLICE PERSONNEL DURING COVID – 19

Being a law enforcement personnel and first responder, it is of utmost importance to protect your **MENTAL WELL-BEING** in this crucial phase of COVID-19 pandemic

#### ‘HANDLING VIOLATION OF LAWS TO PROMOTE SAFER COMMUNITIES’

- Know about the people in your area of postings
- Share authentic information and updates and encourage them to stay away from fake news
- Discuss with people about the importance of rules and their benefits



#### ‘ADDRESSING WORK RELATED CONCERNS’

- Reorganise your routines in order to suit the new nature of work
- Share your concerns with your colleagues to ventilate your feelings
- Meet your supervisors to address grievances if any

#### ‘MANAGING FAMILY AND SELF CARE ISSUES’

- Take care of your sleep, diet, rest and self-care needs
- Give accurate and transparent information about your duty timings to your family
- Try spending quality time with your family after work



#### ‘DEALING WITH STIGMA’

- Stay calm
- Talk to peer or superiors
- Seek help from mental health professional.

### IN CASE YOU NEED ANY HELP

Please contact COVID -19 Psychosocial toll free helpline at (080-46110007)  
or consult your doctor or a mental health professional