

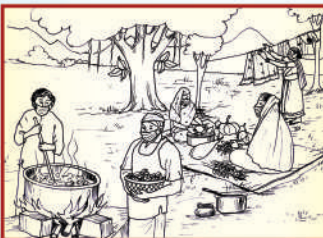
Psychosocial Support for Migrant Workers: Promoting Mental Health

◆ Continue to stay connected with your family. Make them understand your need to stay at one place in the interest of the community. Understand that this is a temporary situation and not long term separation from your family.



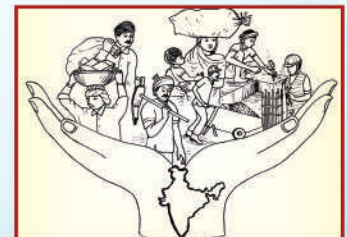
◆ Take good care of yourself by maintaining proper hand hygiene and physical distancing. Please inform the camp supervisor or person in charge, if you are exhibiting symptoms like fever, cough or cold. This situation is worrying but, consider that this is temporary.

◆ Talk to your camp organiser or supervisor about your concerns with regard to health, food and other basic needs including connecting to the family.



◆ Establish a routine during your stay in the camp to stay physically and mentally active by doing small tasks regularly.

◆ Do remember that you are an asset not only to your family, but also to the community and nation. Your efforts are valued at any given time.



◆ Look out for credible information like the Ministry of Health and Family Welfare, Government of India, Doordarshan, All India Radio or respective state health department to minimise your anxiety and fear. The government is aware of the problems you are facing and are extending all help to make the situation better.



◆ Use the toll free helpline or talk to someone you trust in case you are feeling distressed, anxious or in panic. Share your concerns to get adequate support and reassurance.



IN CASE YOU NEED ANY HELP

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