

The Hidden Crisis: Mental Health in Times of COVID-19

Leopoldina International Virtual Panel Series
In Cooperation with the
Academy of Science of South Africa

28 September 2020

10:00 – 11:15 Abuja

11:00 – 12:15 Berlin, Madrid, Pretoria



Moderator

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The COVID-19 pandemic is most notably a physical health crisis, but it strongly affects mental health as well. Social isolation, job and financial losses, uncertainty about the real impact of the crisis, and fear for physical well-being affect the mental health of many people worldwide. These stressors can increase emotional distress and lead to depression and anxiety disorders. At the same time, there are enormous challenges on the health care side. People in need of mental health support have been increasingly confronted with limits of mental health services in many countries. In May 2020, the United Nations already warned that the COVID-19 pandemic has the seeds of a major mental health crisis if action is not taken.

The Academy of Science of South Africa (ASSAf) and the German National Academy of Sciences Leopoldina will organize a virtual panel to discuss human mental health in times of the COVID-19 pandemic. The renowned speakers will analyze the situation in Germany, South Africa, Spain, and Nigeria from a scientific perspective. They will address these central topics:

- the impact of the COVID-19 pandemic on human mental health;
- peoples' trust in public information and advice;
- protective measures of governments;
- the pandemic compared with other major crisis such as the 2008 financial crisis;
- the projected road to "recovery".

Further aspects will be discussed during the exchange with the audience.

Tune in:

zoom

<https://bit.ly/35gPXzV>

Prior registration is necessary. After registration, you will receive a confirmation e-mail with the zoom link to the Zoom-webinar. Downloading the zoom app is recommended. Questions can be addressed in the Q&A channel.