



Psychosocial support for patients with COVID-19

If you or someone close to you is infected with COVID-19, or if you feel overwhelmed by the risk of Covid-19 because you are experiencing other health problems, it is likely that you might suffer not only physically but also mentally.

It is reasonable to feel:

Fear and anxietyⁱ.

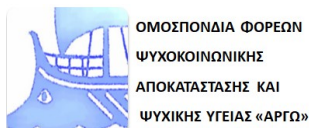
It is quite common to feel anxiety and fear for yourself or to worry about your loved ones regarding the possible manifestation of the disease and its transmission, as well as regarding the severity of the disease and how it could develop.

Anger and irritabilityⁱⁱ.

Being isolated or in quarantine, yourself or your loved ones, can lead to feelings of tension and irritability. In some cases, you may also feel angry with the medical services that forced you into quarantine or with other people if you think you have been exposed to the virus due to someone else's negligence.

Stigmatizationⁱⁱⁱ.

If someone is infected with SARS-CoV-2 or has been exposed to the virus, she/he may feel stigmatized by people who are afraid they will get infected from her/him. Additionally, the family members of a person who is infected with COVID-19 could be experiencing the same.





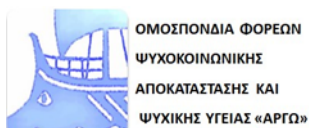
If you feel fear, anxiety, sadness or irritability and these negative feelings persist or worsen, or if you suffer from difficulty sleeping, loss of appetite, panic attacks, **it may help to talk to a mental health professional.**

At **Babel** Day Center, **psychologists with the help of interpreters** can speak with you in **English, French, Bulgarian, Russian, Arabic, Kurmanji, Lingala, Dari and Farsi**, and in other languages.

If you want to talk to us send a message:

- By email at helpcovidbabel@gmail.com or at babel@syn-eirmos.gr
- On WhatsApp 6985825032
- At 210-8616266 (Monday to Friday, 09.00 - 17.00)

and we will contact you.



ⁱ [in Greek] Μπράβου, Α., Μαδούρου, Κ., Βασιλείου, Γ., Γονιδάκης, Φ. (2020) *ΨΥΧΙΚΗ ΔΙΑΧΕΙΡΙΣΗ ΤΗΣ ΕΠΙΔΗΜΙΑΣ COVID-19 ΣΤΟ ΓΕΝΙΚΟ ΠΛΗΘΥΣΜΟ, Α'* Ψυχιατρική Κλινική, Ιατρική Σχολή, ΕΚΠΑ

ⁱⁱ ibid

ⁱⁱⁱ ibid