

Covid-19 pandemic situation

# Mental health issues and well-being



School psychology  
department  
November 2020



- Unusual situation for the last couple months
- Fear and anxiety
- Changes and re-organization
  - Professional setting
  - Family unit
  - Personal life

# Psychological team

- **Nursery and primary**

- **Anne-Sophie Genicot**



- **Margaux Guedj**
- **(jusque fin 2020)**



- **Secondary**

- **Suzanne Nimax**



- **Juan- Carlos Molina**
- **(jusque fin 2020)**



# As parents



- **Anxiety manifestations in adults**
- **Exposure to a lot of information**
- **Concerns**
  - **Health**
  - **Isolation and loneliness**
  - **Family and friends' health**
  - **Being far away from relatives**
- **Parental burnout**
- **Normal and temporary emotional reactions**

## How to cope with the current situation at home?

- **Benevolence**
- **Support each other**
- **Be aware of our feelings and express our needs**
- **Take a step back: pick your battles**
- **Look after yourself**
- **Take breaks from listening/reading news**
- **Anticipate potentially problematic situations**
- **Stay flexible**
- **Ask for help**

# Warning signs



- Anxiety manifestations can differ between children, teenagers and adults
- Hard for the young ones to identify and express their emotions
- Pay attention to sudden behavioral changes
- Different manifestations/signs depending on the age of the child
- Encourage discussion and listening to their concerns

For the  
youngest ones  
< 6 yo

- **Speech regression and/or continence changes**
- **Nightmares**
- **Anger outbursts/ whiny attitude**
- **More agitation**
- **Oppositional behavior**
- **Increased sensitivity**
- **Separation anxiety**

# Children between 6-12 yo

- Harder to focus on school work and process new information
- On an interpersonal level:
  - changes in social interactions, disengagement from social interactions, etc
- On an emotional level:
  - Sadness, irritability, lower self-esteem, negative thoughts
- On a behavioral level:
  - agitation, nervousness, passive attitude, etc
- Different sleeping and eating behaviors/routines
- Somatic complaints: headaches, stomach aches, etc
- Excessive hygiene concerns
- Oppositional behavior



# Teenagers

- Not easy to be a teenager in 2020!
- Risky behaviors
- Feeling of omnipotence
- Important to communicate that the risk might not only be for oneself but also for other family/community members

# Teenagers

## 1. In the learning context:

- Loss of interest in school material
- Avoidance of school related matters
- Not wanting to attend school

## 2. Rules and teenagers :

- Risky behaviors; provocation ; defiance ; disregard of safety measures ; oppositional behavior ; confrontational behaviors towards authority figures
- Submission – fear of not doing good enough ; fear of spreading the virus ; fear of being responsible for somebody's death...

# Teenagers

## 3. Physical changes:

- Sleep disorders
- Eating disorders
- Apathy
- Nervosity : repetitive movements; headaches, stomach aches, etc

## 4. Interpersonal changes:

- More conflicts
- Loneliness ; social withdrawal
- Agressivity
- Increased sensitivity and/or irritability

# What can you do?

- Provide a soothing and comforting environment
- How to promote communication with your child?
  - Open-minded
  - Reassuring and positive interactions
  - Provide adequate information given your child's age
  - Encourage the expression of emotions using discussion, games, drawing, dancing, etc
- Avoid excessive exposure to news ; seek information from reliable sources
- Reinforce awareness of personal resources and skills

## In summary

- Reach out to family and friends and maintain social interactions
- Prioritize well-being and positive mental health
- Acknowledge your personal resources and limits and embrace them
- Try to come up with a structured schedule for the week and maintain daily routines (as much as possible)
- Be supportive and positive regarding their learning
- Seek professional or peer support if needed

# How to get help?

## School psychologists

- Front-line service
- Telephone helpline so you can feel free to ask questions or share your concerns (service available until christmas holidays)
- Individual assistance for children/teenagers in school and on Teams

### **Nursery and primary cycles** : (02/629.47.68)

- Anne-Sophie Genicot ([anne-sophie.genicot@eursc.eu](mailto:anne-sophie.genicot@eursc.eu))
  - Friday 14h-15h00
- Margaux Guedj ([margaux.guedj@eursc.eu](mailto:margaux.guedj@eursc.eu))
  - Monday (11h30-12h30)

### **Secondary cycle** : (02/629.47.73)

- Suzanne Nimax ([suzanne.nimax@eursc.eu](mailto:suzanne.nimax@eursc.eu))
  - Thursday (12h-13h00)
- Juan Carlos MOLINA PICAZO ( [juan-carlos.molina-picazo@edu.eursc.eu](mailto:juan-carlos.molina-picazo@edu.eursc.eu))
  - Wednesday (11h15-12h00)

# Where to seek help?

## **En cas d'urgences sociales :**

La ligne d'écoute téléphonique urgence sociale de la FDSS > **0800/35.243** (lun-ven, 9h à 18 h)

## **Pour les seniors**

En cas de recherche de soutien pour les seniors en maison de repos > **0800/21 020** (lun-ven, 9h à 17h)

## **Idées suicidaires**

En cas d'idées suicidaire, Centre de Prévention du suicide > **0800 32 123** (7j/7, 24h/24)

## **Violence conjugale**

En cas de violence conjugale > **0800 30 030** (7j/7, 24h/24)

**Besoin de parler** (Télé-Accueil) > **107** (7j/7, 24h24)

**En cas d'épuisement parental** > **0471/414 333**  
(7J/7, 8h-20h)

## **Violence sur mineur**

En cas de violence sur enfant (écoute-enfants) > **103**  
(7j/7, 9h-minuit)

## **Crise psychique enfant**

En cas de crise psychique pour enfants et adolescents : **02 209 16 36** - CRISIS BXL

**Social emergencies**

**Support for the elderly**

**Suicidal thoughts**

**Domestic violence**

**Need to talk**

**Parental burnout**

**Violence on children**

**Psychological crisis children**