Covid-19 pandemic situation

Mental health issues and well-being
▪ 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)
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
• 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, nervosity, 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
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...
3. Physical changes:
   - Sleep disorders
   - Eating disorders
   - Apathy
   - Nervosity: repetitive movements; headaches, stomach aches, etc

4. Interpersonal changes:
   - More conflicts
   - Loneliness; social withdrawal
   - Aggressivity
   - 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?

Social emergencies
Support for the elderlies
Suicidal thoughts
Domestic violence
Need to talk
Parental burnout
Violence on children
Psychological crisis children

En cas d’urgences sociales:
La ligne d’écoute téléphonique urgence sociale de la FDSS > 0800/35.243 (lun-ven, 9h à 18h)

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 suicidaires, 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 - CRI/SIS BXL