Post-Covid Effects on Mental Health & its Management

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ABSTRACT

COVID (Corona Virus disease) was a well-known Life-threatening disease. SARS COV 2 virus is responsible for the COVID. People have already faced 3 waves of coronavirus. There are great possibilities for the next wave of COVID. The outbreak of the COVID was uncertain and unpredictable. For the protection of their life people have followed rules of lockdown, and social distancing. Many of them spend their lives lonely. This COVID wave led to unemployment, financial issues, insecurity & poverty, and increased competition among people. Most of the people lived a very stressful life due to a lack of facilities and were unable to fulfil their requirements. Corona has gone but due to abnormal routine, mental health of many people has changed, and mental disorders have become common. Nowadays patients with mental disorders have increased. They are suffering from depression, mania, insomnia, psycho, etc. People are recovering from COVID, but many people are suffering from mental illness till now and many of them face threat of COVID further, so they have the risk of mental illness. For the prevention and control of mental disorders, governments should take responsibility and should provide all health care services including mental health care as well as others with the help of healthcare practitioners. Healthcare workers should separate pre-determined mental patients from normal ones and should provide proper treatments with proper care. Government should provide as many possible motivational speeches and other guidelines to the people with the help of social media.

Keywords: Lockdown, Mania, Insomnia, Depression, Psycho, Healthcare practitioner