



CURRENT SITUATION AND CHALLENGES IN MENTAL HEALTH IN CAMBODIA

“Approaches to maintaining mental well-being in response to COVID-19”

The 19th ASEAN & Japan High Level Officials Meeting on Caring Societies

9th – 10th December 2021

CONTENTS

(1) Situation of Covid-19 in Cambodia

(2) Impacts of Covid-19 in Cambodia

(3) Covid-19 Response in Cambodia

(4) Challenges

(5) Future Consideration



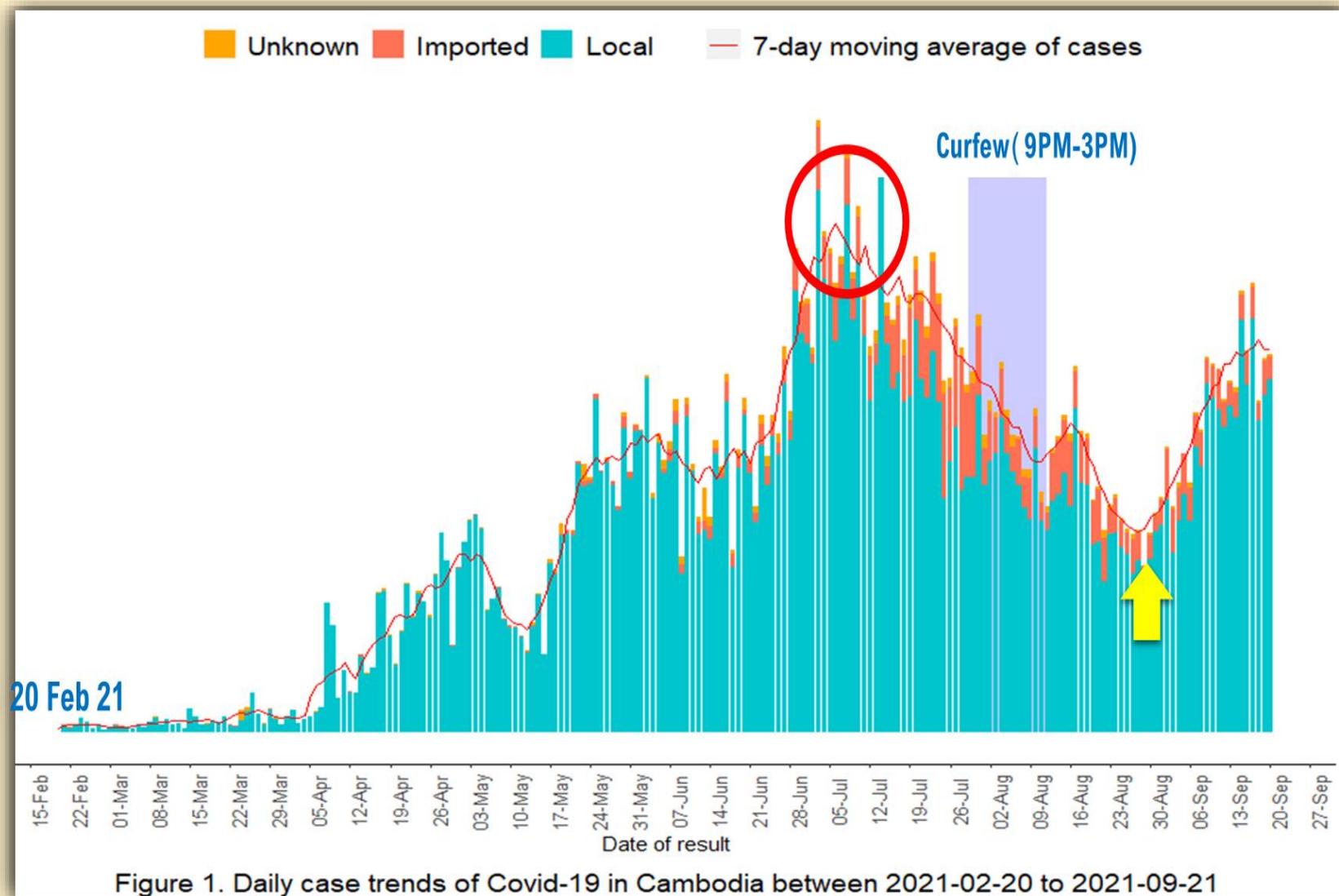
(1) SITUATION OF COVID-19 IN CAMBODIA

⇒ The first case of Covid-19 in Cambodia was imported and confirmed in 27th January 2020.

⇒ Sporadic transmission:
- 3rd November 2020
- 28th November 2020

⇒ Community outbreak in Cambodia started in 20 February 2021

⇒ The peak of outbreak was in July 2021.



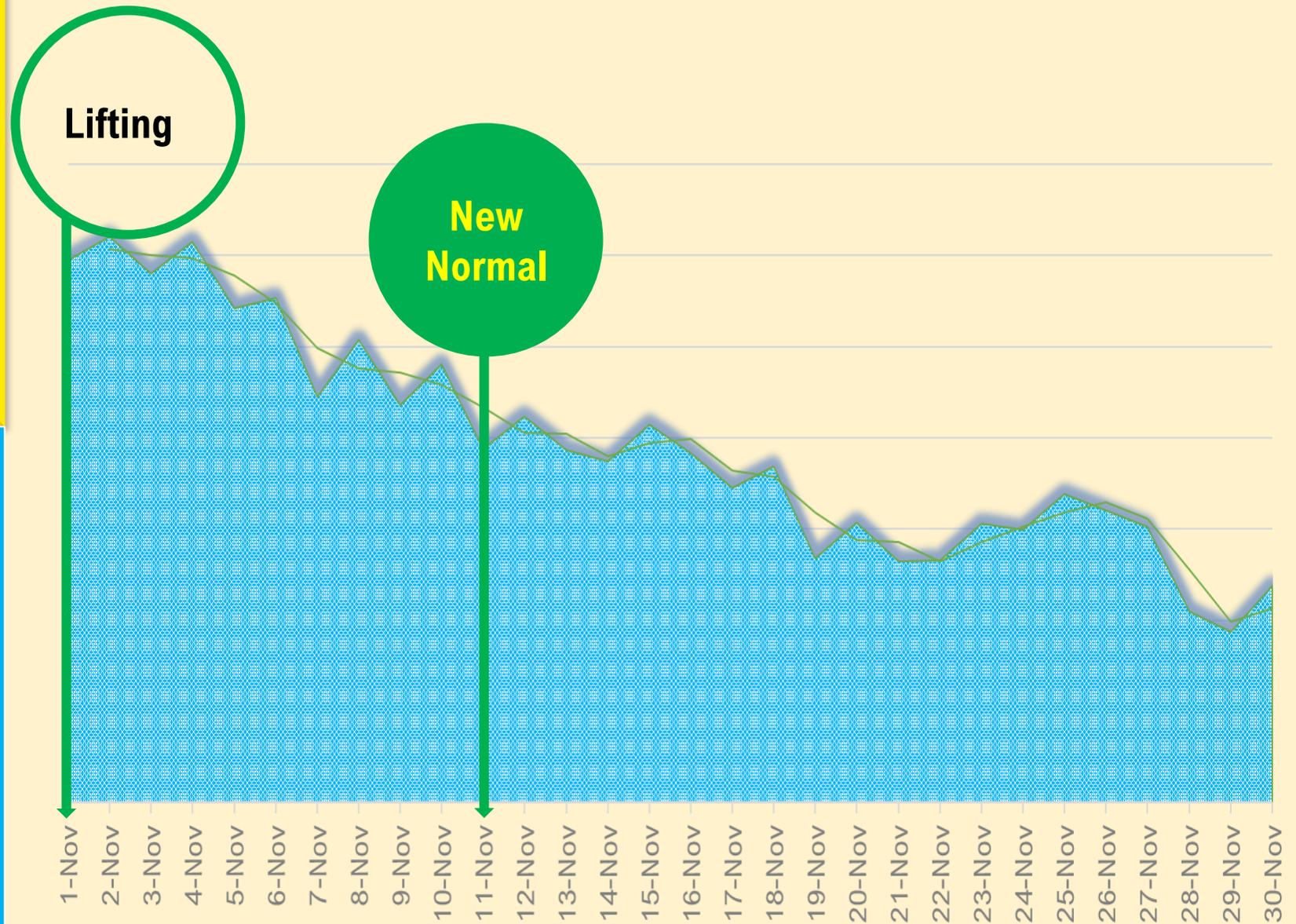
Sources: MoH/NIPH

(1) SITUATION OF COVID-19 IN CAMBODIA (CONT)

From October 2021, New Covid-19 Cases have been gradually decreased.

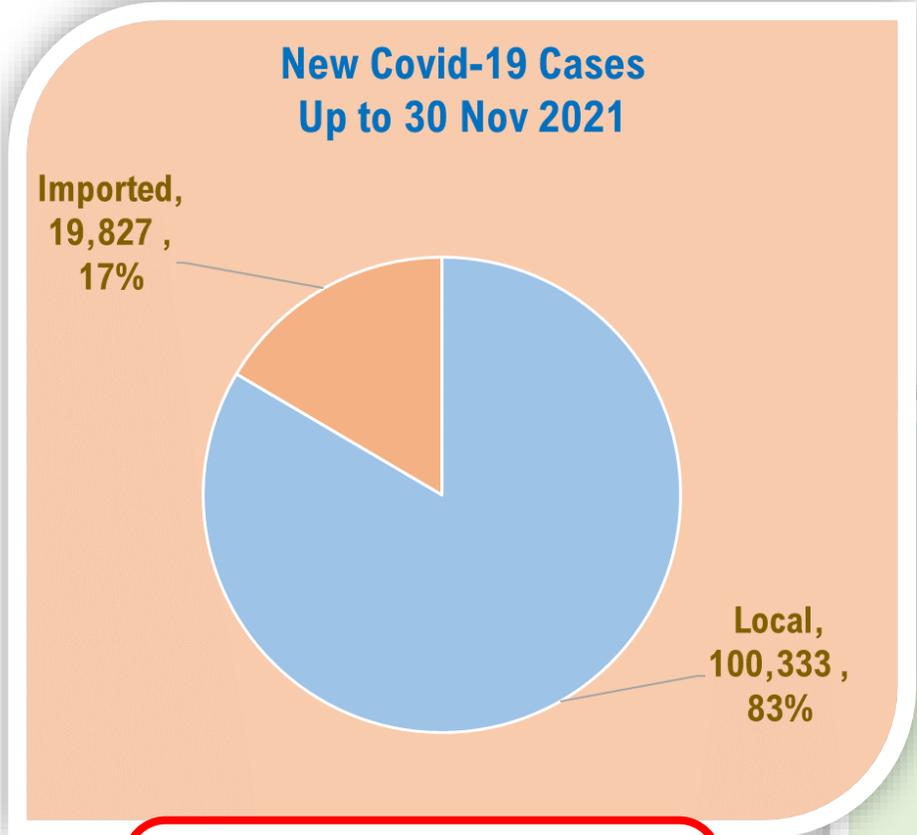
From 1st November 2021, Travel restriction has been lifted.

On 11 November 2021, RGC has been endorsed the "Strategy for Living with Covid-19 in New Normal".



Sources: MoH

**(2)
IMPACTS OF COVID-19
IN CAMBODIA**



**Affected about
0.63% of total
population**

**Mortality
Rate: 2%**



(2)

IMPACTS OF COVID-19 IN CAMBODIA (CONT)



⇒ Unemployment and Mental Health

- 489 factories have been temporarily closed during Covid-19 community outbreak.
- Total workers that affected during Covid-19 pandemic: **398,700 workers** (F:291/ Foreigner: 6,484) :
 - **6,457 workers got Covid-19 positive** (F: 4,059/ Foreigner: 51)
 - **32,101 workers were quarantined** (F: 21,197/ Foreigner: 849).

(Source: MoLVT 06.June.2021)

- These suspensions have left some **135,000 garment workers and 17,000 tourism workers unemployed;**
- In October 2019 tickets sale for Angkor Wat were down 98%, At least 600 hotels have closed and **more than 10,000 tourism sector employees have become unemployed.**

(2) IMPACTS OF COVID-19 IN CAMBODIA (CONT)



⇒ Unemployment and Mental Health ...

In May 2021, the World Bank estimated that the pandemic has endangered job loss among workers in Cambodia,

- salaries cut
- livelihoods threatened

Putting

- immense socio-economic and
- emotional—stress.

<https://cambodia.un.org/en/141242-information-note-12-mental-health-and-covid-19>

⇒ Migrants and Mental Health

Over 225,000 (46% women) Cambodian migrant workers have returned to Cambodia from neighboring countries since the beginning of the COVID-19 pandemic, struggling to find a source of income upon their return, which caused **considerable stress, depression and other mental health challenges**. (Source: IOM)

(2) IMPACTS OF COVID-19 IN CAMBODIA (CONT)



⇒ **Child and Adolescent Mental Health**

Students and families have had to adapt to schools being physically closed; and everyone has coped with greater social isolation and uncertainty. These challenges have made many people feel anxious and distressed.

- 45% of surveyed adolescents (youth aged 15 to 19) were worried about their safety during the pandemic, and
- 16% of adolescents felt more anxious or depressed since the crisis began.

- Among surveyed 15,000 Cambodians, including students, caregivers, educators and local authorities. It found that
 - 58% of secondary school students reported experiencing at least one mental health issue.

(Source: UNICEF, Oct 2021)

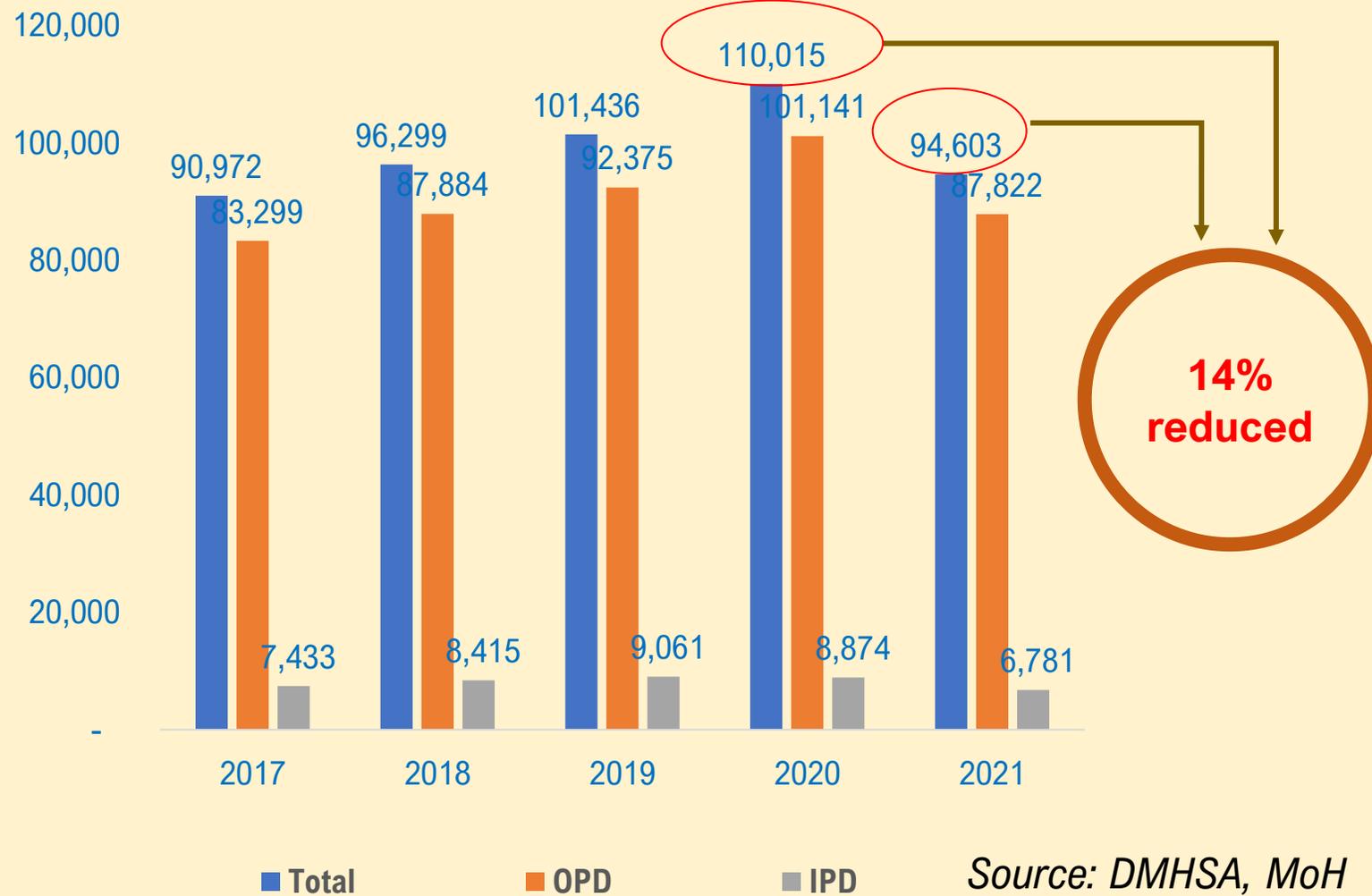
<https://www.unicef.org/cambodia/press-releases/unicef-warns-impact-covid-mental-health-children-and-young-people-cambodia-and>

(2)

IMPACTS OF COVID -19 IN CAMBODIA (CONT)



⇒ Mental Health Service Delivery/Utilization



(2) IMPACTS OF COVID IN CAMBODIA: STAFF BURDEN

Double Burden of Works and Fear

During the full outbreak of Covid-19, All Medical Staff are mobilized for Covid Response. They are considered as **White Uniform Soldiers** in the War Against Covid-19.

- Rapid Response Team
- Covid-19 Treatment Hospital
- Ambulance Escort
- Covid-Vaccination Deployment
- Risk Communication Campaign

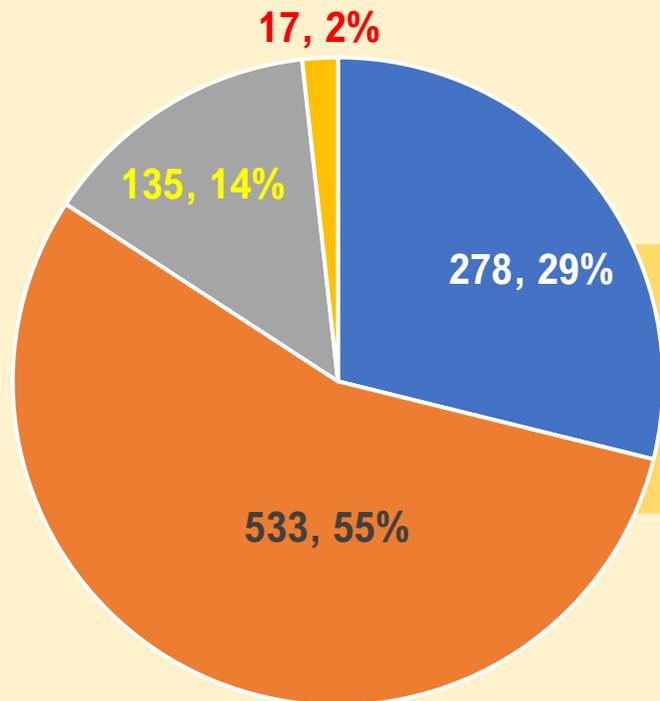
⇒ **Overloaded works.**



(2) IMPACTS OF COVID-19 IN CAMBODIA: STAFF DISTRESS

Psychological Distress among Healthcare Workers (Group 1)

From July 2020 to March 2021



Group 1, N: 963 respondents

■ No ■ Mild ■ Moderate ■ Severe

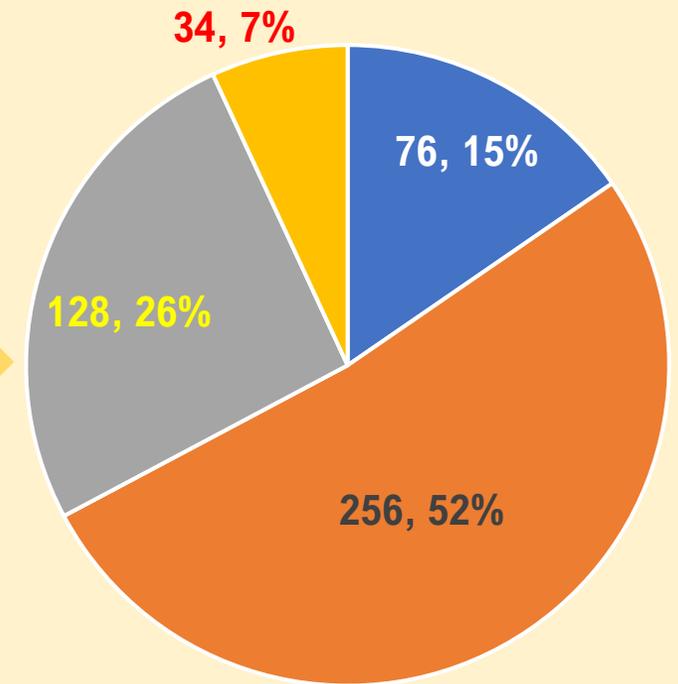
In each MPSS training session, HCW were asked to complete K6 for screening psychological distress.

Level of psychological distress among healthcare workers seems increased comparing with before the community outbreak on 20 February 2021.

From Mild to Severe, level of distress increased from 71% to 85%

Psychological Distress among Healthcare Workers (Group 2)

From September to November 2021



Group 2, N: 494 respondents

■ No ■ Mild ■ Moderate ■ Severe

Source: DMHSA, MoH

(3) COVID-19 RESPONSE IN CAMBODIA

- Trace
- Test
- Isolation/Quarantine
- Treat
- Risk Communication
- Covid-19 Vaccination



(3) COVID-19 RESPONSE IN CAMBODIA (CONT)



Supports to Labors

- As of July 2021, **343,202 workers** received benefits to support their livelihood because their job loss or suspension,
- **341,655 workers** living in lock down areas received Cash under the social assistance program,
- Robust **Covid-19 Vaccination** for Workers.

Source: MoLVT



(3) COVID-19 RESPONSE IN CAMBODIA: PSYCHOSOCIAL SUPPORT TRAINING



- As COVID-19 threatened people's physical health, it also had a huge impact on their mental health.

(Dr Li Ailan, WHO Representative to Cambodia)

For preparedness and response, WHO and RG of Cambodia trained 2,815 healthcare workers on Psychosocial Supports aiming at Self-care for health care workers and providing counseling for Covid-19 patients as well as affected population.

(3) CHALLENGES

In Cambodia, the Government have adopted the approach of

- the Whole-of-Government,
- the Whole-of-System,
- the Whole-of-Society.



Mental Health Interventions

Due to Low Mental Health Workforce, Mental Health Literacy and Budget in the context of unprecedented crisis.



Preparedness and Readiness are not well planned



Psychosocial Interventions are limited and fragmented.

(4) FUTURE CONSIDERATION



(1) Integrated approach

- Training:
 - Pre-service training: All medical/public health training programs
 - In service training
- Service: General health, social welfares and labor services (including Adult, Child, Elderly)

(2) Medical / preventive approach

- Improving UHC through expanding integrated mental health services
- Promoting Self-Care and improving mental health literacy

(3) Innovative approach - Digitalization

- Telehealth for consultation, training and education
- HIS

(4) Collaborative approach

- Not health alone
- Formal and informal care

Thank you for your attention !