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COVID-19: Psychological first aid now available for healthcare workers



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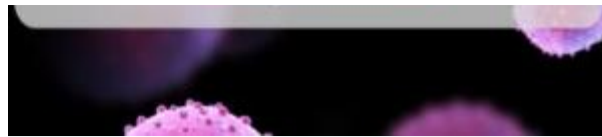
KUALA LUMPUR, April 18 -- The Malaysian Medical Association (MMA), with support from psychiatrists, psychologists, counsellors and volunteers in the medical field, is providing psychological first aid for healthcare workers battling the COVID-19 in the country.

MMA president Dr N. Ganabaskaran, in a statement today, said healthcare workers who were on the field battling the pandemic can experience high levels of stress, hence, they too would need support emotionally and mentally.

“Frontliners, as well as healthcare workers working in the COVID-19 wards, are working long shifts due to high patient arrivals during this time. Many have not seen their family members for over a month. Some can experience mental and emotional issues.

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“MMA is here to support all healthcare workers during these difficult times and we will be more than happy to offer our assistance in any way possible,” he said.

The psychological first aid service launched in early April, is available from noon to 8 pm, Monday to Saturday through a helpline at 03-40411140 and via the Malaysian Medical Association official Facebook.

The service is for healthcare workers who are on the frontlines in the fight against COVID-19 only. No fees are charged for the service and all conversations will be kept strictly confidential.



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Malaysia National News Agency
Wisma BERNAMA
No.28 Jalan BERNAMA
Off Jalan Tun Razak
50400 Kuala Lumpur
Malaysia

Tel : +603-2693 9933 (General Line)
Email : helpdesk@bernama.com

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