



## Importance of Peer Support & Psychological First Aid in Psychosocial healthcare intervention in India

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### Abstract:

As we all know the world is grappling with a pandemic in 2020, there is a sense of death, loss and grief everywhere, making it a tougher time for those who have pre-existing psychosocial conditions or are feeling distress triggered by the ongoing crisis.

In my country India the the number of psychiatrists is currently is about 9000 and counting. Added to this, about 700 psychiatrists graduate every year. Going by this figure, India has 0.75 Psychiatrists per 100,000 populations, while the desirable number is anything above 3 Psychiatrists per 100,000.

Those facing a mental health or substance use challenge in India, or someone feeling alone or afraid to ask for help, or someone triggered for self-harm and suicidal ideation we have little infrastructure. To add to the issues India is a multi-lingual country so someone in say North even if tries to help someone distressed in the Southern Part might not be able to do so because of language issue and vice-versa. Digitally India hasn't been very strong, most vulnerable populations like women and children, People with disabilities (physical or psychosocial), elderly, poor and rural population don't have any access to professional mental healthcare.

Hence the importance of trained active listeners, psychological first aid providers and peers becomes so crucial in intervention and recovery. I took several online courses myself and used my lived experience as a depression survivor to offer psychological first aid in several of these peer groups.



### Biography:

Pooja Priyamvada is an author, columnist, professional translator and online content and Social Media consultant. She is also a bi-lingual blogger formerly also radio announcer and lecturer. She also offers Psychological First Aid and uses poetry to impart Disability Etiquette curriculum in under-graduate medical course. She has an M.Phil. in English Literature from Panjab University and speaks vociferously about issues of gender, identity, and marginalization at a wide variety of platforms and mediums.

### Recent Publications:

1. Reliability and validity of the Persian version of Foot and Ankle Ability Measure (FAAM) to measure functional limitations in patients with foot and ankle disorders, The relationship between dispositional gratitude and quality of life: The mediating role of perceived stress and mental health, The Effectiveness of Group-based Rational Emotional Behavioral Therapy on Family Function, Incompatible Schemas, and Couple Burnout in Couples, Examining patience as a psycho-religious construct in Iranian patients with cardiovascular diseases: a pilot study

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