Importance of Mental Health during COVID-19

Keywords mental health, mental health center, covid-19

Hits   137

URL   https://www.shifaam.com/blog/importance-of-mental-health-during-covid-19/

The COVID-19 pandemic has affected us physically and mentally, but the impact on our mental health has been greater than ever. The enforcement of lockdown and quarantine worldwide has led us to self-isolation, social distancing, closure of schools, workplaces and entertainment areas. This has confined people and made them stay indoors to prevent transmission of the Coronavirus. These restrictive measures have had a negative impact on the mental health of both children and adults in our society.

POSTED BY

Shifaam

Address   2nd Floor, Citi View Tower, Shaheed-e-Millat Road,
Contact Person Shifaam
Mobile Number +92 213 7132273
Email   contactus@shifaam.com

For more details, please visit https://www.businessbook.pk/detail/shifaam-karachi-134709