**The Centre for Migrant and Refugee Health**

**The Impact of COVID-19 on the South Sudanese Mental Health in Victoria, Australia**

The negative impact of Coronavirus Disease (COVID-19) has inflected serious wounds and scores in society in term of mental health and wellbeing. There are psychological eruptions that COVID-19 brought, and they are felt directly and indirectly across the world. Mental health issues have increased in the community because of lockdown, loss of social connection and financial hardship brought by the pandemic. Many people have been feeling stressed, anxious, and depressed during the lockdown. Mental health issues increased, and other many health problems increased because of social isolation and financial pressure. This session discusses the mental health experiences of COVID-19 during the impact of the first and second wave on the mental health of Africans, with a particular focus on South Sudanese Australians.

Furthermore, the views will provide a basis for evidence that established more social, health and economic support for the community in current unpredictable and post COVID-19.

**Starts at 3pm and finish approximately 5pm**

1. Welcome and Country **(Ms. Ajak)**
2. The background of the discussions or abstract **(Ms. Ajak).**
3. Introduction (short biography) of all panel members **(Ms. Ajak)**
4. Again, ask each panel member with the following questions **(Ms. Flora):**
5. How did you feel during COVID-19?
6. How do you feel now after lockdown?

**Questions:**

**(Ms. Flora)**

1. What is mental health in South Sudanese context or perspective? **(Ms. Cholhok and Dr. William)**
2. How do we destigmatise mental health in South Sudanese Community? **(Ms. Cholhok and Dr. William)**
3. What are the impacts of COVID-19 on the Mental Health of South Sudanese Community? **(Mr. Jerkuei Marek)**
4. What extent do you think community was impacted by mental health during and after COVID-19? Who are the most vulnerable in our community? And how do we address before it become an issue? **(Mr. Mabor, Ms. Cholhok and Mrs. Monica Majak)**
5. Do you think lifting or easing restrictions by the Victorian Government have assisted in community mental health? if yes, then in what ways? If no, tell us your view… **(Mrs. Monica Majak) and (Mr. Jerkuei Marek)**
6. Do you think the Victorian Government or Mental Health specific service providers assisted the South Sudanese Community with mental health during and after COVID-19? **(Mrs. Monica Majak, Mr. Mabor, and Mr. Jerkuei)**
7. What are advantages and disadvantages come as the result of government lifting or easing restrictions? **(Mr. Mabor and Ms. Cholhok)**
8. What are specific mental health coping strategies or interventions to utilize within our community? **(Mr. Mabor, Dr. William, and Ms. Cholhok)**

**Note: The session will be recorded for future reference**

**Mabor Chadhuol**