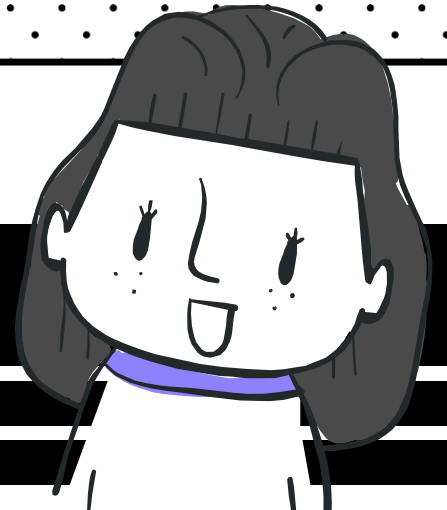
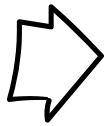


# *Mental health in adolescents in Kazakhstan*



Zhanar Kalmakova, Head of Health Promotion Center at National Center of Public Health Care, Ministry of Health of the Republic of Kazakhstan.

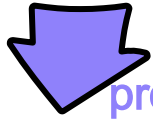




Since 2015 in Kazakhstan a program for the suicide prevention among juveniles has been implemented.

However as in all countries in the world during the COVID-19 pandemic when schoolchildren had to isolate, the programme became unavailable to identify the children who were in the stressful situation as well as to provide them psychological support. This was a problem that the mental health service had faced.





## Today we will introduce you to the program on identifying and providing psychological assistance to adolescents during the COVID pandemic. This program consists of 8 steps:



1

Teenagers are given topics and recommendations for writing an essay. Parents are offered information about the possibility of obtaining a free psychological consultation online.

2

To organize an online meeting to explain to school and college principals these measures on the preventive maintenance for adolescents suicidal behavior during quarantine and breaks.

3

Distribute electronic educational materials in schools and colleges.

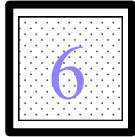
4

Conduct online meetings of school and college principals with class teachers, curators and teachers-psychologists in order to explain measures to prevent adolescents suicidal behavior during quarantine and holidays.



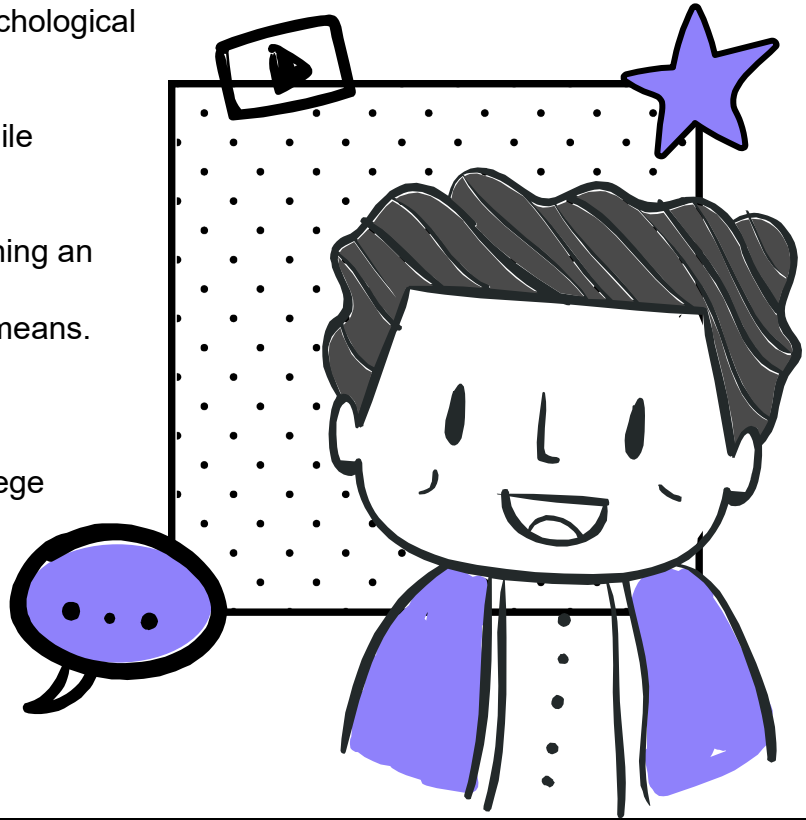


To organize online meetings for school and college teacher-psychologists in order to explain the steps of processing students' essays and the procedure for conducting online psychological consultations with parents.



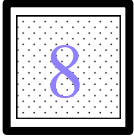
- Topics and proposals for writing essays for juvenile students;  
college students;
- Addressing parents about the possibility of obtaining an online psychologist consultation shared by class teachers, curators for using available electronic means.

No later than a week, class teachers and curators electronically collect essays addressed to school children/students and send them to school and college teacher-psychologist by e-mail.

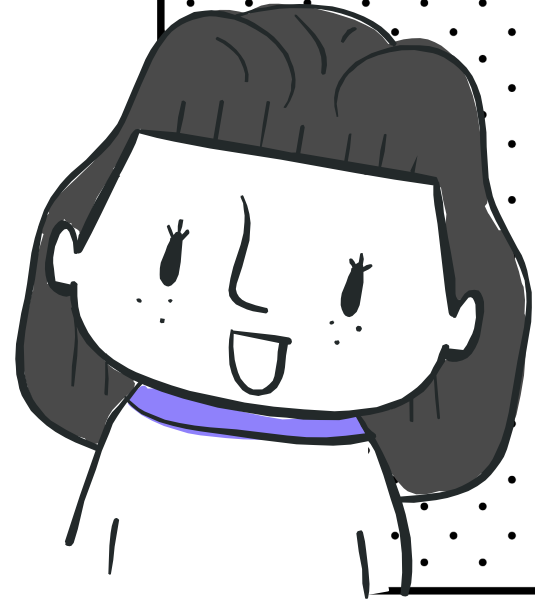




The school and college teacher-psychologist receives the students' essays and processes them in accordance with the instructions. After completing the essay processing, the teacher-psychologist makes a list of participants who will be paid attention to their psychological state by both parents and teacher-psychologist. Through class teachers, curators, a teacher-psychologist, contact with these teenagers is established and they are provided with psychological support.



At the end of the events, the school and college teacher-psychologist prepares a summing up to a vice-principal for educational work.



## Juveniles can apply for psychological help and get it as follows:

- 1) Online consultation with a school psychologist;
- 2) Receiving psychosocial assistance from a multidisciplinary team at the registered primary health care;
- 3) Psychologists and social workers consultations in youth health centers;
- 4) Receiving a psychologist's consultation by calling the hotline (Republican hotline 150, hotline of youth health centers 8-800-080-22-26);
- 5) Mental health centers.



**ЖАСТАР МЕН ЖАСӨСПІРІМДЕРГЕ, ОЛАРДЫҢ АТА-АНАЛАРЫНА ЖӘНЕ ЖАС ОТБАСЫНА ПОДРОСТКАМ, МОЛОДЕЖИ, ИХ РОДИТЕЛЯМ И МОЛОДЫМ СЕМЬЯМ**

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ТЕГІН, ЖАСЫРЫН ТҮРДЕ

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**Бізге кел!  
Біз тыңдаймыз,  
кемектесеміз,  
ешкімге айтпаймыз!**

**Приходи к нам!  
Мы выслушаем,  
поможем и  
никому не расскажем!**

**Адрес: "Ақмешіт" м/а Салатов 9а ☎ 8 800 080 22 26**

**111**  
или  
**150**

ПРОСТО НАБЕРИ  
С ЛЮБОГО ТЕЛЕФОНА

**НИКТО НЕ ИМЕЕТ ПРАВА БИТЬ РЕБЁНКА!**

Если вы знаете о фактах насилия по отношению к детям срочно позвоните по этим номерам

**111 или 150**

**ПОЗВОНИ НАМ, МЫ ТЕБЕ ПОМОЖЕМ!**

Тебя обижают?  
Тебя бьют?  
Дома или в школе?  
Тебя пугают?  
А может обижают твоего друга?

ҚЫЗҒОРТА ОБЛАСТЫҚ ДЕНСАУЫҚ САҚАУ БАСҚАРМАСЫ  
ОБЛАСТТЫҚ ЖАСТАР ДЕНСАУЫҚ ОРТАЛЫҒЫ

ҚЫЗҒОРТА ОБЛАСТЫҚ АУРУ ИШІ АҚАМАНЫҢ  
ОБЛАСТТЫҚ МОДЕЛЬДІК ЦЕНТРІ ДЕНСАУЫ

**ХАБАРЛАС - СЕН ЖАҒАЙҒЫЗ ЕМЕССІН!  
ПОЗВОНИ - ТЫ НЕ ОДИН!**

СЕНІ ЕШКІМ ТҮСІНЕБЕДІ МЕ?  
ТЕБЯ НИКТО НЕ ПОНИМАЕТ?

КӨНШІДЕГІ УАЙЫМДЫ АТА-АНАҒА, ДОСТАРЫҒА АЙТУҒА БАТЫЛЫҢ БАРМАЙ МА?  
ТЫ НЕ РЕШАЕШЬСЯ РАССКАЗАТЬ О ПЕРЕЖИВАНИЯХ РОДИТЕЛЯМ И ДРУЗЬЯМ?

КЕЙДЕ ҚАРАШАЙЫМ ӘНГІМЕЛЕСУ КӨП ЖАҒДАЙДЫ ӨЗГЕРТЕДІ.

ИНОГДА ПРОСТО РАЗГОВОР МЕНЯЕТ МНОГОЕ.

**8 800 080 22 26**

Тәулік бойы, тегін, жасырын түрде

Қызылорда облысының денсаулық сақтау басқармасы  
Ақпараттық-қолдау және психологиялық көмекшілік  
қызметінің орталығы

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Ақпараттық-қолдау және психологиялық көмекшілік  
қызметінің орталығы

<https://onlinehealth.kz>

Categories	Data
The site has started working	from 04.04.2020
Sessions	252 081
Site visits	80 246
Users from Kazakhstan	90,5%
Number of other countries	9,5%
Total specialists consultations	375
Total written requests	154
Webinars number	109
Total webinars participants	22833

## Assistance to parents, school psychologists and mental health specialists during the pandemic (MoHC, MoES, UNICEF Children's Fund)

### Purpose:

1. Support for students and parents
2. Assistance to teachers, school psychologists and mental health specialists (stress and emotional burnout preventive measures)

### Results:

More than 100 702 views, and more than 2,340 subscribers to the YouTube channel– **Mentalcenter QAZAQSTAN**

More than 55 consultations for school psychologists on the analysis of complex cases

**Thanks for your attention!**