To
The Health Secretary
Public Health Department
Secretariat
Pernem, Goa

4th April 2020

Sub: Mental Health initiatives for COVID pandemic.

Dear Madam,

The Psychiatric Society of Goa (PSG) is a registered Non-Governmental association of Psychiatrists and other mental health professionals (Private & Public) from the state of Goa. We have been working very closely with the community and professionals since its inception to promote and create awareness about mental health issues for our state of Goa.

In the current crisis of the COVID-19 Pandemic, we anticipate a large and significant psychological impact on society with regard to the effects of lockdown, isolation, infection, quarantine, loss of life and livelihood.

In view of this emerging crisis we have launched a community service to address psychological distress via video conferencing which will be operational from the 7th of April. For this we have partnered with a local web-based telemedicine platform, Covid19 App. We have a team of psychiatrists and counsellors who will be providing free counselling services to those in psychological distress over the next three months.

Telemedicine is an ideal way to reach out to the masses keeping in mind the need for social distancing and restrictions imposed by the lockdown.

As responsible members of society we wish to contribute our experience and services to partner with the Government of Goa in any capacity deemed advisable. We have enclosed a brief about how our Tele-medicine system will operate.

We look forward to serve our state and our people in these difficult times.

Yours Sincerely

Dr. Ashish Srivastava
(Hon. President)

Dr. Wenona Fernandes
(Hon. Secretary)

www.psychiatricsocietygoa.org
Brief of functioning of Coviday

Coviday is a web and cloud based telemedicine platform designed by a Goan entrepreneur Mr. Nishad Raj Amonkar.

It can be used by the general public affected directly or indirectly as a result of Covid 19 to get on demand video based mental health consultation from a registered psychiatrist/mental health professional.

The user has to book an appointment on the site with a brief description of his/her symptoms, quarantine/isolation status.

The query is then assigned to the appropriate psychiatrist/mental health professional who then consults the patient over video and can even prescribe medicines to the user.

Counselling services would be provided to the user by mental health professionals registered with the platform.

Confidentiality would be maintained.