COVID-19 is the pandemic which is currently threatening the whole world. Everyone is worried for self, beloved family and friends due to the risk of transmission and infection. Every health care workers and front line workers who are working in each health care department and quarantine building and preventive process can have mental health issues such as stress, worry and depression.

Facing these problems alone in the wake of COVID-19 pandemic can give rise to worse consequences. And that is why you should talk to someone who will listen to your feelings and get psychological support.

Now, “Khan Sar Chat Lay Myar” Helpline is ready to help you deal with these challenges. To get information about COVID-19 that frontline health workers would like to know, to share your feelings, and to receive psychological support, the Helpline number “09 9611 40000” can be reached every Monday to Saturday (between 9:00 am and 9:00 pm).
We are also ready to listen to your feelings and help you with psychological support!