

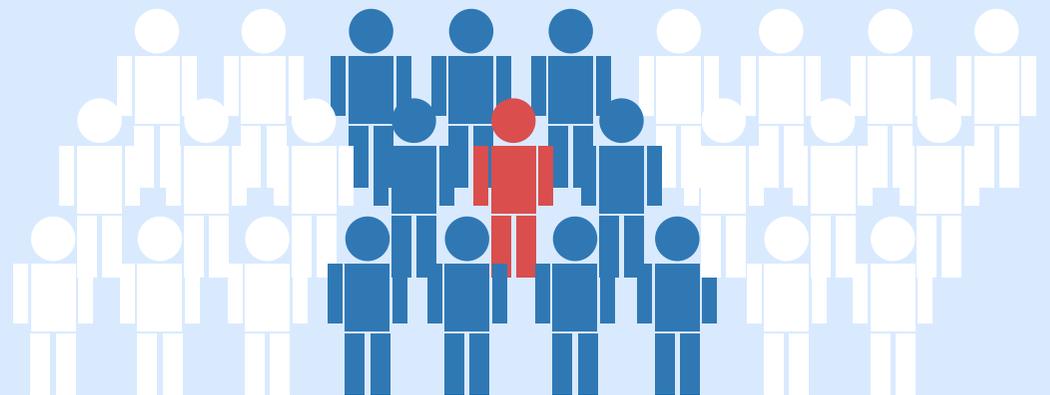
# COVID-19 VACCINE

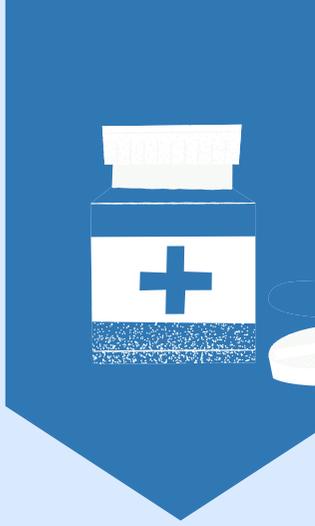
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# MENTAL HEALTH

Part I: How to cope with vaccine apprehension

Part II: COVID-19 vaccine and people living with a mental health condition





# PART 1

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## How to cope with **VACCINE APPREHENSION**



# How to cope with vaccine apprehension

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## Mixed Feelings about **VACCINE**

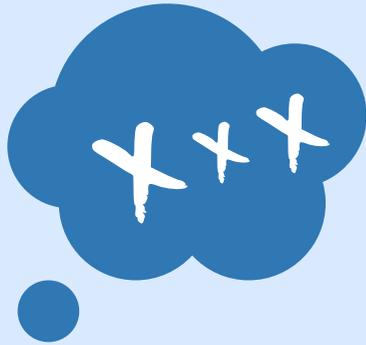
- 1** COVID-19 has changed our lives, causing widespread '**pandemic fatigue**' and **negative emotions**.
- 2** Now, we're facing something new: the **COVID-19 vaccine**.
- 3** **Vaccine hesitancy** is not a new issue. Misinformation and conspiracy on social media might increase negative emotion towards vaccination.
- 4** **Stress and anxiety are normal reactions** to an abnormal situation.
- 5** Hence, **it's natural** and **OK** if you're stressed / anxious thinking about the vaccine.

# How to cope with vaccine apprehension

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It's okay to feel stressed, worried, anxious and overwhelmed, but there're steps you can take to build your wellness:

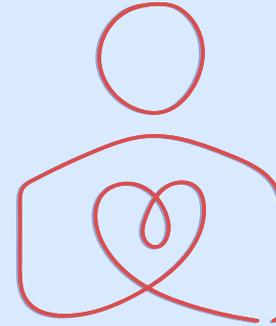
1



## Address unhelpful thoughts

Naturally, we fear the unknown. Talk to someone / a therapist to address vaccine-related misinformation and learn helpful thinking patterns (e.g. consequences of not vaccinating is worse).

2



## Practice compassion

Remind yourself that you're not alone in this pandemic, and we can support one another. Through vaccination, we're doing our best in achieving herd immunity.

3



## Focus on what you can do

Continue to adhere to SOP, mask-wearing, physical distancing, and handwashing. These can help make you feel more in control during this stressful time.

4



## Accept fear with kindness

Accept your fears without negative judgment. Remind yourself that you're willing to be vaccinated, despite the fear, to care for yourself and your loved ones.

# How to cope with vaccine apprehension (cont.)



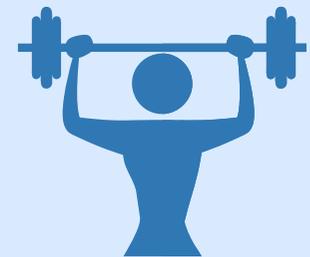
## 05 SELF-CARE



Getting enough sleep



Eating nutritious food at regular times



Exercising regularly



Try as much as possible to maintain a daily routine



Engaging in activities or hobbies you enjoy



Reaching out for help or call 24/7 mental health crisis hotline at 018-3893220

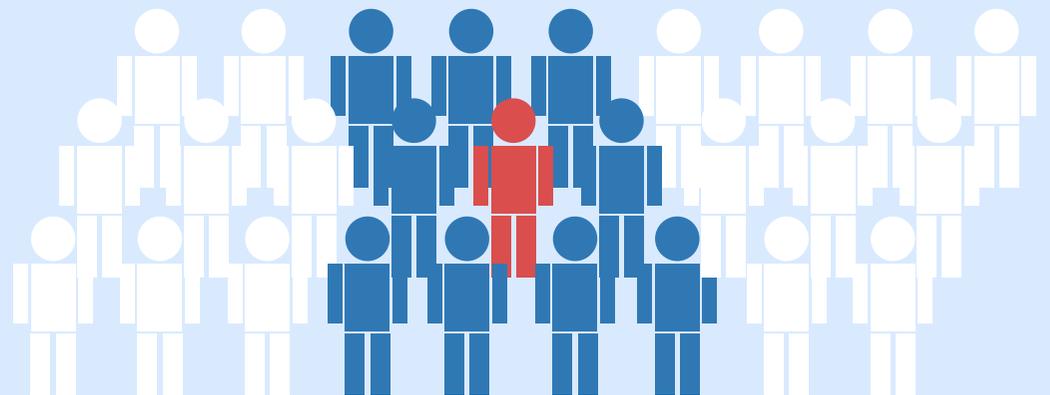
# COVID-19 VACCINE

&

# MENTAL HEALTH

Part I: How to cope with vaccine apprehension

**Part II: COVID-19 vaccine and people living with a mental health condition**





# PART 2

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**COVID-19 Vaccine**  
&  
**people living with a**

**MENTAL HEALTH CONDITION**



## COVID-19 vaccine and people living with a mental health condition



- 1** If you're living with **a mental health condition** (anxiety, depression, schizophrenia, bipolar disorder), **it's OK** to take the COVID-19 vaccine.
- 2** There's **no known significant interaction** between the COVID-19 vaccine and psychiatric medications (e.g. antidepressant, antipsychotic, mood stabilizer).
- 3** People living with mental health conditions (esp. anxiety disorders) might have more worries associated with vaccination. Hence, **discuss with your psychiatrist or healthcare provider your concerns related to the vaccination.**



## Should I declare my mental health condition



- 1** **YES**, the process is similar to people with underlying physical health conditions. **It's helpful to notify the healthcare provider** if you're on treatment for a mental health condition.
- 2** You can **declare your mental illness under the 'others'** category. Unlike comorbid physical illness, there's no specific area to indicate your mental illness in the 'MySejahtera App.'
- 3** On the day of vaccination, **inform the doctor if you're on any psychiatric treatment** (even if you're not on medication).
- 4** Prepare **a list of prescribed medications** you're taking before your vaccine appointment.



# Reasonable adjustments

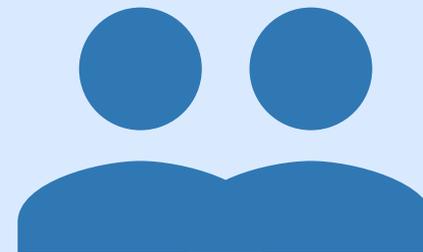
When you book your vaccination, you can ASK if there're any reasonable adjustments which will help or support you.



## BEFORE:



- 1** Request somewhere **quiet to sit** while you wait for your appointment.



- 2** Ask if a carer / **friend could accompany you** to your appointment.



- 3** Inform the **healthcare provider** if you're afraid of **needles** or need clarification on any medical procedure (e.g. checking blood pressure).



- 4** Please **discuss with your psychiatrist** if you need to take some **extra medication to calm down** on the day of vaccination.



# Reasonable adjustments (cont.)



## AFTER:



- 1** Request for a more **extended period to rest** in the observation / rest area after the vaccine. **Safeguard measures are available** in case of any reaction.

- 2** Some people may have **discomfort after getting the vaccine**, e.g. soreness in the arm, tiredness, headache, nausea, or aches. These are often **mild and, last for only a few days**.



- 3** If you develop a **severe** headache, abdominal pain, leg pain, or shortness of breath, etc. **please seek medical care right away**.

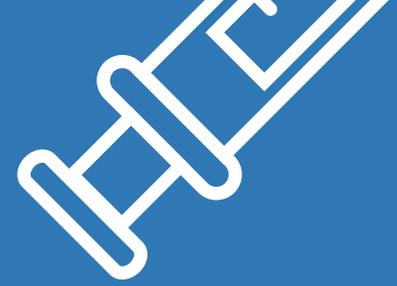
- 4** **Discuss with your healthcare provider** about taking **over-the-counter medications** to manage any pain and discomfort you may experience after getting vaccinated.

Note: Vaccination centre set up may differ due to the space, manpower or other factors. However, it's helpful to declare your mental health condition during the screening process and reach out for help.



# Managing Phobia

e.g. Trypanophobia (fear of needles) or Aichmophobia (fear of sharp objects).



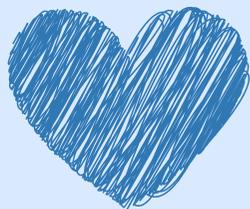
**Fear of needles is common in adults and understandable. Here are some tips to help you:**



- 1 Inform the healthcare provider** that you're worried / having a phobia.



- 2 Visualize yourself being in a safe and comfortable place. Take slow and deep breaths.**



- 3 Positive self-talk** and remind yourself that the injection is only a tiny 'strong sensation.' It's OK; **this will also pass.** You're making progress by taking up the courage to do this.



- 4 Calm yourself** by listening to music with headphones, humming your favorite song, using an essential oil or holding a stress ball, etc.

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