

## Mental health policy in indonesia during the COVID-19 pandemic

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### Abstract

Mental health is an essential aspect of achieving overall health. But in most developing countries, mental health issues have not been prioritized. The Coronavirus-19 (COVID-19) pandemic has made mental health an important issue for the world. The World Health Organization (WHO) identifies mental health as an integral component of countermeasures against COVID-19. The COVID-19 Pandemic, with its massive transmission and the high death rate, is causing problems that lead to mental disorders. Policy mental health services in Indonesia must

optimize the integration of mental health services. Community-based approaches can expand the coverage of mental health services during the COVID-19 Pandemic. Governments should integrate mental health services into community-based services to ensure a versatile range of mental health services. Participatory and bottom-up empowerment models are rational choices to overcome resource problems and stigma as barriers to mental health programs in Indonesia.

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