Title: Digital mental health at the time of pandemic

Abstract:
The impact of the COVID-19 pandemic has gone far beyond the direct overload of the hospital care system, with physical distancing, financial uncertainty, and the stress of well-being having largely negative consequences on individuals’ mental health. To meet this overwhelming and growing demand for mental health care on an already strained health care system, we must have innovative approaches to significantly expand the capacity of care delivery.

In this talk I will discuss how an online psychotherapy clinic could be used to rapidly scale up the clinical capacity to address mental health problems caused by the COVID-19 pandemic while ensuring a high quality of care.

Bio: Dr. Nazanin Alavi is a staff psychiatrist and assistant professor at the department of psychiatry at Queen's university. She is clinical lead of Emergency psychiatry at Kingston Health Sciences Centre. Dr. Alavi is a pioneer in online mental health research and has more than 12 years of research experience in this area. She has designed an online platform for delivering online psychotherapy and leads the online psychotherapy lab at Queen’s university.