

Recent disasters in sri lanka: Lessons learned

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Abstract

Sri Lanka has faced several disasters in the recent past, both manmade and natural. The mental health and psychosocial consequences have been felt at the individual, family, and collective levels. Individuals developed normal distress, posttraumatic stress disorder, depression, or alcohol abuse. There were changes in family and social processes causing a tearing of the social fabric, lack of social cohesion, disconnection, mistrust, hopelessness, dependency, lack of motivation, powerlessness, and despondency. Because of the widespread nature of mental health needs, a community approach would reach the most number of people.

Author keywords

Collective trauma; Community approaches; Disaster; Tsunami; War

Indexed keywords

EMTREE medical terms: acute stress; alcohol abuse; anxiety; cognitive therapy; community; depression; disaster; disaster planning; family; family therapy; fear; group therapy; health care quality; human; leadership; mental health; mental health service; nightmare; phobia; politics; posttraumatic stress disorder; priority journal; psychoeducation; psychotherapy; psychotrauma; rehabilitation care; relaxation training; review; schizophrenia; society; somatoform disorder; Sri Lanka; suicidal ideation; suicide attempt; tsunami; war; world health organization