1. **What actions are being taken to ensure the mental well-being of people on the islands?**

|  |  |  |
| --- | --- | --- |
| Island | Date of Response/ Update | Response |
| **Reunion, France** | Stéphanie Sorby  PHD Student  [Steph.sorby@gmail.com](mailto:Steph.sorby@gmail.com)  28 March 2020 | * Government advice to continue to exercise etc. but this is restricted to 1 hour maximum and only 1km around your home. |
| Véronique Leandre  [vero.leandre@hotmail.com](mailto:vero.leandre@hotmail.com)  26 March 2020 | * Psychological support centres are open. |
| **Sweden** | Lena Eckerberg,  Project Manager, Energikontor Sydost AB–- Energy Agency for Southeast Sweden  [lena.eckerberg@energikontorsydost.se](mailto:lena.eckerberg@energikontorsydost.se)  23 March 2020 | Nationwide measures, advice and restrictions are being issued and implemented in line with the rest of the country. Up to date information can be found at [The Public Health Agency of Sweden](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.folkhalsomyndigheten.se%2Fthe-public-health-agency-of-sweden%2F&data=02%7C01%7Cnicola.sharman.2019%40uni.strath.ac.uk%7Cb72f0bb87d2e4ce7254d08d7cf0712da%7C631e0763153347eba5cd0457bee5944e%7C0%7C0%7C637205501591166364&sdata=d8qXSbOy0DFuCccaWMqkHEqVfUwjs993UHKvmxYSDFk%3D&reserved=0) and [the Swedish Government](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.regeringen.se%2Fregeringens-politik%2Fregeringens-arbete-med-anledning-av-nya-coronaviruset%2Fregeringens-beslut-och-initiativ-med-anledning-av-nya-coronaviruset%2F&data=02%7C01%7Cnicola.sharman.2019%40uni.strath.ac.uk%7Cb72f0bb87d2e4ce7254d08d7cf0712da%7C631e0763153347eba5cd0457bee5944e%7C0%7C0%7C637205501591166364&sdata=kZ2jDboGdC31HuIjkJAlyoBdOYQOi9q0N00TjfZ0%2Bcs%3D&reserved=0). |
| **Greek Islands, Greece** | Kostas Komninos  Aegean Energy  [kk@aegean-energy.gr](mailto:kk@aegean-energy.gr)  23 March 2020 | Unaware of any measures to date. |
| Prof. Thanasis Kizos  Department of Geography, University of the Aegean, Mytilini, Lesvos Island, Greece  [akizos@aegean.gr](mailto:akizos@aegean.gr)  7 April 2020 | There are no special conditions for island residents, only the general provisions for the country. There is a help line open 24/7. |
| **Hawai’i, USA** | David Forman  Director, Environmental Law Program, University of Hawai’i  [dmforman@hawaii.edu](mailto:dmforman@hawaii.edu)  22 March 2020 | * Advice issued by the Hawai’i Department of Health on “The Importance of Mental Health” found [here](https://health.hawaii.gov/news/corona-virus/covid-19-daily-update-march-20-2020/). |
| Chai Reddy  Director at Wo International Center at Punahou School.  [creddy@punahou.edu](mailto:creddy@punahou.edu)  24 March 2020 | * There are encouragements from employers and the state to ask people to consider this aspect as part of their overall health, but whether those who need the support are receiving it is unknown. |
| **Mallorca, Balearic Islands, Spain** | Maria Rosario Huesa Vinaixa  Professor of Public International Law and International Relations at the Universitat de les Illes Balears.  [xaro.huesa@uib.es](mailto:xaro.huesa@uib.es)  23 March 2020 | * Unaware of any measures to date. |
| **Madeira, Portugal** | Filipe Oliveira  AREAM  [filipeoliveira@aream.pt](mailto:filipeoliveira@aream.pt)  24 March 2020 | * People are using a lot social media and trying to keep communication on that level, sharing funny things of daily life. * There are also Facebook groups discussing and answering questions by health professionals including psychologists. |
| **Prince Edward Island, Canada** | Dr. Laurie Brinklow  Co-ordinator of the Institute of Island Studies  UNESCO Chair in Island Studies and Sustainability  [brinklow@upei.ca](mailto:brinklow@upei.ca)  24 March 2020 | * The media is doing a lot of “"good news”" stories about organizations that are springing up, such as Caremongering PEI on [Facebook](https://www.facebook.com/search/top/?q=caremongering%20-%20pei%20%3Aresponse%20to%20covid-19&epa=SEARCH_BOX). * The population are taking to social media a lot for this kind of thing: using Zoom and Skype and Facetime to check on neighbours and relatives. Island musicians are offering online concerts. * The National Arts Centre in Ottawa is paying musicians to do online concerts, which Islanders are tuning in to. |
| Erin Taylor  Government of Prince Edward Island  [eotaylor@gov.pe.ca](mailto:eotaylor@gov.pe.ca)  23 March 2020 | * There are a range of efforts through social media to maintain social connectedness (church services, exercise classes, musical performances, activities for kids, etc.) |
| PEI Association for Newcomers to Canada  30 April 2020 | * Some mental health services are available virtually. There is a lot of information about how to cope. However, we are chronically short of mental health services at the best of times, so it is not a good situation in that regard. There has been an increase in domestic abuse reports, etc, and probably many more that cannot be reported due to the individual not being able to make a private call. Very worrying. |
| **Vancouver Island, BC, Canada** | Angela Faye  angelafaye2120@gmail.com  6 May 2020 | * I am not aware (yet) of anything specific to the Island. British Columbia has invested in and rolled out. Government measures found [here](https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19) |
| **Japan** | Masataka Kizuka  [kizuka@koto.kpu-m.ac.jp](mailto:kizuka@koto.kpu-m.ac.jp)  23 March 2020 | * There seems to be no changes brought about by the virus at the moment. |
| **Okinawa, Japan** | Hiroshi Kakazu  Prof. Emeritus, University of the Ryukyus  [makishi.kakazu@gmail.com](mailto:makishi.kakazu@gmail.com)  6 May 2020 | * There is a huge chunk of the informal sector in Japanese island societies, particularly in the tourism-related service sector, where non-regular and single-mother workers are concentrated. The Covid-19, in particular, hit the hardest these households economically as well as mentally, causing considerable distress and impaired ability, leading to a social anxiety disorder or mental illness. They need a professional diagnosis, but all healthcare professionals are entirely tied up with treating virus victims. Psychologists or licensed mental therapists are conducting a stress test and advising these distressed people through a website. Mental care of school children, who are living in social isolation for about two months, is a particular concern. Although there is a lot of TV and online programs to help mitigate atresia and encourage them to catch up with their learning, some remote islands are not even connected with the Internet system. |
| **Maine, USA** | Kate Tagai  Senior Community Development Officer, Island Institute  [ktagai@islandinstitute.org](mailto:ktagai@islandinstitute.org) | * Town committees have organized check-in calls to those who are the most at risk and are building communications plans to make sure that those who are immunocompromised, elderly, or otherwise unable to leave their houses at least have someone checking that they have what they need. * One island group is writing and sending letters to community members, especially those who are’'t connected to the internet, to keep them connected to the community. * Others are moving in-person gatherings online: craft nights, book groups, happy hour get-togethers. * Already established community Facebook groups and list servs are doing a lot to help towns communicate important information and updates and for people to share needs and stay connected. |
| **Læsø, Denmark** | Helene Pristed Nielson  Aalborg University  [pristed@dps.aau.dk](mailto:pristed@dps.aau.dk)  27 March 2020 | The Danish National Board of Health has issued advice. |
| **Ibiza and Formentera, Spain** | Leonor Vilas  [leonorvilas@hotmail.com](mailto:leonorvilas@hotmail.com)  25 March 2020 | No official measures, to the best of my knowledge. Some voluntary initiatives are being put in place to call regularly with isolated elderly people. |
| **Fiji** | 26 March 2020 | None to date. |
| **Puerto Rico, USA** | Ana Labiosa  22 March 2020 | There are hotlines for people to call and social media campaigns that explain where to call and how to act. |
| **Galway, Ireland** | Garry Kendellen  Galway Atlantaquaria  [Garry@nationalaquarium.ie](mailto:Garry@nationalaquarium.ie)  22 March 2020 | Ad hoc support events on social media, free online resources etc. |
| **Bay Islands, Honduras** | Donato Molina Ebanks  [Thegreenislandofguanaja@gmail.com](mailto:Thegreenislandofguanaja@gmail.com)  14 May 2020 | We are being very creative doing as much at home in the garden, learnings, cooking, streaming on the web to Working out at home. |
| **Orkney Islands, Scotland** | S.Davidson  22 March 2020 | Mostly, communities try to take care of this themselves. |
| Neil Kermode  OREF  [neil.kermode@gmail.com](mailto:neil.kermode@gmail.com)  23 April 2020 | Lots of Social media chat on assorted platforms. Local radio still operating. Plans for local events to go 'virtual'. |
| **Shetland, Scotland** | Katrina Christie Loynd  A Day In The Year  [kchristie@adayintheyear.co.uk](mailto:kchristie@adayintheyear.co.uk)  3 May 2020 | There is a facebook group. People have been helping NHS Shetland and carers by making scrubs for them from old sheets and duvet covers which is keeping morale up as they are able to help instead of feeling helpless. |
| **South Uist,**  **Scotland** | Mary Schmoller  14 April 2020 | * Everyone is learning zoom video conferencing and people talking on phone. * Resilience Uist set up to support those who cannot leave houses – with shopping medicines etc. * Local shared view is that each township looks after its own – so stay in own township except for when necessary – shopping etc. * People out for walks meet the other villagers at a distance. * Radio nan Gaidheal is being very friendly and good old facebook is streaming endless music |
| Donnie Steele  Uist Gifts & Information  [uistdon@hotmail.co.uk](mailto:uistdon@hotmail.co.uk)  29 April 2020 | * Not a lot |
| **Greenland, Denmark** | 22 March 2020 | None |
| **Barra, Scotland** | 22 March 2020 | * Local initiatives–- COVIDceilidh hashtag on twitter of islanders playing their instruments and singing. A local charity called CobhairBharraigh is shopping and delivering groceries to the over 70s on the island. |
| **Isle of Lewis, Scotland** | Angus Cambell  [anguscampbell8@outlook.com](mailto:anguscampbell8@outlook.com)  CalMac Comunity Board and Highlands and Islands Enterprise  3 May 2020 | * Aware of Scottish Goverment advice lines etc but not sure of depth of engagement. Big problem in Islands because of isolation, poverty and historic pattern of not asking for help. |
| **Antigua & Barbuda** | Winston Williams  Antigua Barbuda Science Innovation Park  [Williamsjr.wv@gmail.com](mailto:Williamsjr.wv@gmail.com)  22 March 2020 | The Government have asked and received assistance from the Cuban Government for specialist advice to deal with the human fallout. |
| **Tobago, Trinidad & Tobago** | Margaret Hinkson  [magintob@hotmail.com](mailto:magintob@hotmail.com)  22 March 2020 | No specific measures. But daily briefings and updates on the cases along with frequent public announcements on health measures. |
| **Croatia** | Mirna Dalić  mirna.dalic@islandmovement.eu  Island Movement  6 May 2020 | * A state-level telephone line that can be called for psychological help has been introduced. Additionally, various arts organizations, bands artists, athletes and others, performers hold concerts, performances, exhibitions, educations, training classes through various online tools. |
| **Lastovo, Croatia** | Ivana Marčeta Frlan  Dobre Dobričević Association  30 April 2020 | * All mental well-being actions have been introduced on the state level, so far the municipality of Lastovo has not adopted any specific measures. * Psychological phone lines have been opened for all people who are having a difficult time coping with the current situation.   Psychological aid is only offered for pupils |
| **Solta, Croatia** | Maja Jurisic  Island Movement  [maja.jurisic@islandmovement.eu](mailto:maja.jurisic@islandmovement.eu)  22 March 2020 | Nothing |
| **Various Croatian Islands, Croatia** | Prof. Dr. Nenad Starc  Emeritus at the Institute of Economics Zagreb  [nstarc@eizg.hr](mailto:nstarc@eizg.hr)  4 April 2020 | Last week, call centres have been established on the national level. Psychological aid is offered but it is not island specific |
| **Barbados** | Mary Jane  [sheadley869@gmail.com](mailto:sheadley869@gmail.com)  22 March 2020 | The media has been providing advice from the government and mental health specialists in Barbados. |
| **Mauritius** | Amandine de Rosnay  Dynamia  [amandine@dynamia.mu](mailto:amandine@dynamia.mu)  23 March 2020 | None from government. |
| Bhanooduth Lalljee  [vinodl2018@gmail.com](mailto:vinodl2018@gmail.com)  19 April 2020 | "Radio and Tv programmes. All channels are free" |
| **Malta** | Noel Buttigieg  University of Malta  [noel.buttigieg@um.edu.mt](mailto:noel.buttigieg@um.edu.mt)  23 March 2020 | A lot of effort is made through media, promoting healthy choices including maintaining physical activity. Also, people are made aware of services available to support who require assistance due to emotional or psychological challenges. |
| **Isle of Öland, Sweden** | Tommy Lindstrom  Energy agency for southeast Sweden  23 March 2020 | Daily updates on local public webpages and social media. Possibility to join as volunteer coordinated by the municipality. |
| **Sao Tome and Principe** | Jyri Jontti  UNDP  23 March 2020 | Radio, TV and social media might have campaigns. |
| **Bermuda, UK** | Marcelle  [itsmarcelle@gmail.com](mailto:itsmarcelle@gmail.com)  23 March 2020 | * Unaware of any measures to date |
| **Samoa (Upolu)** | Espen Ronneberg  SPREP  [eronneberg@gmail.com](mailto:eronneberg@gmail.com)  23 March 2020 | * Unaware of any measures to date |
| **Big Tancook Island, NS, Canada** | Hillary Dionne  [reddragonfly70@gmail.com](mailto:reddragonfly70@gmail.com)  23 March 2020 | * People are checking in on each other, out walking and getting exercise, keeping in touch with video/phone/social media. |
| **Rarotonga, Cook lslands** | Maureen Hilyard  [maureen.hilyard@gmail.com](mailto:maureen.hilyard@gmail.com)  Cook Islands Internet Action Group (CIIAG)  7 May 2020 | * Although our Health system does little extra in the area of mental health, the government and private sector organisations have added their support by helping people not to feel as stressed as they possibly could be in this situation. Families were offered $100 per child each fortnight to have to keep them at home during the school closures; parents were given the work subsidy; electricity is being paid from March to May by the Electricity company; Vodafone has offered to pay half domestic phone bills for 3 months from March to May. A welfare payment is available for the elderly, sick and destitute. Business owners are also entitled to similar benefits plus a training subsidy to upskill workers during the WFH situation.. |
| Pasha Carruthers  University of the South Pacific/Consultant  [pashraro@gmail.com](mailto:pashraro@gmail.com)  8 May 2020 | * Private Sector task force has been promoting a series of well being workshops (Survive and Thrive), not sure what uptake is like. The initial government support above has helped a lot, as has our covid19 free status |
| **St Lucia** | Anita James  Retired Civil Servant  [anitavja@gmail.com](mailto:anitavja@gmail.com)  23 March 2020 | * People are checking in on each other, out walking and getting exercise, keeping in touch with video/phone/social media. |
| See [Caribbean Disaster Emergency Management Agency Situation Report](https://www.cdema.org/FINAL_CDEMA_Situation_Report_3_-_COVID_19_Outbreak_26_March_2020.pdf)  26 March 2020 | * Training off 311 Integrated Contact Center staff on COVID-19 general information, guidelines and counselling * On March 23, 2020, the 311 trained staff of the Integrated Contact Center call system, was integrated into the COVID-19 response to provide general COVID-19 information to the public * Acquisition of 40 mobile phones from Digicel to provide clinical and psychological support through medical personnel and councillors * Training of councilors to provide psychological support in the wake of COVID-19 |
|  | Priscillia Clement  Dominican Missionaries of Our Lady of Delivrande  [prisnute@gmail.com](mailto:prisnute@gmail.com)  6 May 2020 | * Although there have been no known concrete plans as yet except the hope that gradually the tourism industry will be back to some form of normalcy and that greater efforts to developing the agricultural sector are underway. |
| **Föhr Island, Germany** | Hannah Marczinkowski  Aalborg University  hmm@plan.aau.dk  14 April 2020 | * Limited access of unessential people, local businesses offering alternative services |
| **Grand Cayman, Cayman Islands, UK** | Paula Lombardo  Jean-Michel Coustea’'s Ambassadors of the Environment  [ehaviouo.paula@yaho](mailto:#ehaviouo.paula@yaho)o.com  24 March 2020 | * The Ritz-Carlton Grand Cayman, has been offering one free meal a day to all employees; free exercise and other "wellness" classes on Zoom; and regular video messages from management. The outpouring of genuine kindness has been impressive all over the island. |
| **Guam, US** | Lauren Swaddell  University of Guam Center for Island Sustainability  [swaddelll@triton.uog.edu](mailto:swaddelll@triton.uog.edu)  24 March 2020 | * The University of Guam is continuing to provide counselling services to UOG community. the government is consistently updating people on their actions on controlling the virus. |
| **Pitcairn Island, UK** | Melva Evans  Private citizen ( Pitcairn Islands Tourism, officially)  [melva@pitcairn.pn](mailto:melva@pitcairn.pn)  24 March 2020 | * We are a resilient bunch. We look after each other's welfare. And, if we must self-isolate, we will use every form of communication to check up on each other - including the use of VHF radios for community announcements, telephone, and social networking. All homes are equipped with VHF base stations. |
| **Santa Maria Island, Azores, Portugal** | Antonio Monteiro  [asousamonteiro@gmail.com](mailto:asousamonteiro@gmail.com)  25 March 2020 | * Exit home for a short period for exercise; TV shows. |
| **Dominica** | Colin Scaife  CREAD  [cscaife@creadominica.org](mailto:cscaife@creadominica.org)  25 March 2020 | * Unknown at this time |
| **Anguilla, BWI, UK** | Ralph Birkhoff  Alquimi Renewables LLC  [rbirkhoff@alquimirenewables.com](mailto:rbirkhoff@alquimirenewables.com)  25 March 2020 | * Social departments providing assistance but honestly very limited social issues. It is just like off season here now and people are used to it here. |
| **Virgin Islands, US** | Anonymous  25 March 2020 | * None to date |
| **Beaver Island, Michigan, USA** | Pamela Grassmick  Beaver Island Association  [pgrassmick@gmail.com](mailto:pgrassmick@gmail.com)  25 March 2020 | * People are encouraged to call elderly and email each other. We still go outside for walks. |
| **Put-in-Bay, Ohio, US** | Peter Huston,  Put-in-Bay Chamber of Commerce  Director and "Island Ambassador"  [pibccambassador@gmail.com](mailto:pibccambassador@gmail.com)  20 April 2020 | * Limited self-help and on island counselling beyond 12 step program and clergy exist except through virtual means or travel to the mainland. |
| **Bahamas, New Providence** | Kelli Armstrong  BRON Ltd.  [karmstrong@bebron.com](mailto:karmstrong@bebron.com)  25 March 2020 | * The COVID-19 hotline has been merged with the Hurricane Dorian hotline for psycho-social support to be offered to all those who need to access these services at this time. * Citizens allowed 90 minutes of outdoor exercise daily with one other person from the same household, both maintaining physical distancing. This allowance has been restricted to immediate neighbourhoods only, so persons are not permitted to drive to another location for exercise. |
| Vikneswaran Nair  University of The Bahamas  vik.nair@ub.edu.bs  6 May 2020 | * Many professionals have offered free consultations to those in need. |
| **Aruba, Netherlands** | 25 March 2020 | * Heavy awareness campaigns on the virus to reduce hysteria. |
| Gisela Kadir-de Cuba  [gisela.decuba@gmail.com](mailto:gisela.decuba@gmail.com)  6 May 2020 | * During the shelter in place, everyone is allowed to sport outside their home (but with the 1.5 meters norm in place). Also, everyone is allowed to swim at our beaches, but not allowed to go with ice jugs to have fun. It is strictly for sport and mental health. The supermarkets remain open. |
| **Jura, Scotland** | Kirsten Gow  [kirstengow@yahoo.com](mailto:kirstengow@yahoo.com)  27 March 2020 | * Local people are trying to pull together. I have set up an island art challenge (with the view to getting together to have an exhibition when this is all over) and a virtual pub quiz. People are keeping in touch on the FB page where folk are actively sharing information and applauding the efforts they see folk in the community making. People are checking in with neighbours. In many ways we are lucky - we have space and reasonable weather just now I generally see a couple of people on my daily walk and have a chat at a safe distance. |
| Sarah Compton-Bishop  Scottish Islands Passport (HITRANS)  [sarah.cb@hitrans.org.uk](mailto:sarah.cb@hitrans.org.uk)  6 May 2020 | * community looking out for each other. |
| **Jamaica** | Allison  [a.m.rangolan@gmail.com](mailto:a.m.rangolan@gmail.com)  31 March 2020 | * Various groups have made helplines available. And persons are being encouraged to check on the elderly and vulnerable. |
| Sipho Bennett  [siphobennett8@gmail.com](mailto:siphobennett8@gmail.com)  6 May 2020 | * I am unaware and uncertain. |
| Dorienne Rowan-Campbell  Jamaica coffee growers association  [dorienne.rowancampbell@gmail.com](mailto:dorienne.rowancampbell@gmail.com)  6 May 2020 | * GOJ aware of the porblem as is funding resources. Unlikley that htose most in need will access them. Ther eis a lot on line and so mnay are not connceted. |
| **Various Scottish Islands, Scotland** | Ann MacDonald  Director  Scottish Islands Federation  [ann.macdonald@tireebroadband.com](mailto:ann.macdonald@tireebroadband.com)  17 April 2020 | Mental health is continually stressed at First Minister’s briefings. Support is planned and details are in the above link. As lock down continues this aspect will become increasingly important, especially for small elderly communities unable to attend funerals, meet with family or life-long friends. |
| **Tiree, Scotland** | Alison Clark  Tiree Community Council  [alison@tireecommunitycouncil.co.uk](mailto:alison@tireecommunitycouncil.co.uk)  15 April 2020 | * TAIC: Tiree Action in the Community : Argyll and Bute Council staff on the island, members of Cùram, the Trust and a number of volunteers have come together to create a safety net called TAIC (taic means ‘help or support’ in Gaelic). A prescription collection service and grocery delivery service is offered to people on the island who need to isolate themselves at home for whatever reason during the next few months of the corona virus epidemic. * SOLAR aims to tackle food poverty (where there is a need for support), and also food waste. * No One Left Behind in a Digital Scotland Project – This Scottish Government Programme aims to identify the most vulnerable people in the COVID-19 emergency and provide them with digital connectivity. * Churches have made arrangements to support their parishioners in a variety of different ways , including podcasts, zoom gatherings and bible study groups .The church leadership is keeping in contact directly with individuals as required. |
| **Curaçao Island** | Respondent unknown  18 April 2010 | * There is a daily press conference to keep people up-to-date. There are also mental health hotlines. |
| **Curaçao Island** | Guido Roger  University of Curaçao  [G.rojer@uoc.cw](mailto:G.rojer@uoc.cw)  22 April 2020 | * Third sector initiatives are spread out. And exercise is promoted in the mornings between 6-9. |
| **Curaçao Island** | Juliette Buddingh  Kayena Consulting  [juliette.buddingh@gmail.com](mailto:juliette.buddingh@gmail.com)  22 April 2020 | One of the first things that was allowed after the lockdown was for people to be able to bike and walk during certain times of the day, which a lot of people are making use of. Government has also opened phone numbers where people can call if they need support. They are currently also starting up regular health care again (everything except life threatening was postponed during the lockdown), including psychotherapy. |
| **Mauritius** | Bhanooduth Lalljee  [vinodl2018@gmail.com](mailto:vinodl2018@gmail.com)  19 April 2020 | * Radio and Tv programmes * All channels are free |
| **Maldives** | Hafsath Aleem  CLEAN Maldives  [info@cleanmaldives.org](mailto:info@cleanmaldives.org)  22 April 2020 | Awareness programs and educational information are circulated every day via TV and social media. |
| **Trinidad & Tobago** | Genève Phillip-Durham  [Geneve.phillip@yahoo.com](mailto:Geneve.phillip@yahoo.com)  22 April 2020 | Counselling services are being provided via the Ministry of Health. |
| Kaneisha Toussaint  [Toussaint\_13@live.com](mailto:Toussaint_13@live.com)  6 May 2020 | I am not aware of any at this time |
| **São Miguel Island, Azores Archipelago, Portugal** | António Franco  [antonio.l.franco@eda.pt](mailto:antonio.l.franco@eda.pt)  23 April 2020 | There are professional support lines to which one can call to clarify doubts and try to deal with the anxiety associated with the confinement. |
| **Ireland** | Jack O’Sullivan  Environmental Management Services  [jackosullivan2006@gmail.com](mailto:jackosullivan2006@gmail.com)  23 April 2020 | Numerous voluntary organisations and local government agencies are providing mental health services for people affected by loneliness (because of self isolation, loss of income, failure of small businesses, etc), and the these are widely advertised on radio and TV. |
| **Tasmania** | Mike Turner  Envorinex  [mike.turner@envorinex.com](mailto:mike.turner@envorinex.com)  23 April 2020 | * We can provide accommodation units for such afflicted persons in respect to raising family self esteem |
| **Martha’s Vineyard, Commonwealth of Massachusettes, USA** | Virginia Jones  [info@vineyardsailing.com](mailto:info@vineyardsailing.com)  6 May 2020 | * One can but wonder and actually I worry far more about those who live in cities! We have the beaches, the fields, the forests and lots of natural areas -- for which we are so blessed! |
| **United States** | Michael Kotowski  [mkotowski2013@gmail.com](mailto:mkotowski2013@gmail.com)  6 May 2020 | * Nothing special, though city services opened up for 311 call-in * There are local, city, state and national outreach programs, with 311 and 911 access for emergencies |
| **Orkney, Scotland** | Gareth Davies  [gareth.davies@aquatera.co.uk](mailto:gareth.davies@aquatera.co.uk)  7 May 2020 | * Normal health and welfare service in heighened state of readiness, people helping each other, generally much enhanced friendliness and care between people even in chance encounters |
| **St Lucia** | Andrew McHale  Independent Consultant  [scmchale@gmail.com](mailto:scmchale@gmail.com)  15 May 2020 | Apart from one interview with a local psychiatrist who has referenced the need for mental well-being, there has been no ostensible or official action in that respect. Nevertheless, a discernible increase in the number of persons jogging, walking and exercising outdoors, during the 5.00am to 7.00 pm opening hours, has been observed. |
| **Dominica** | Grace Stephen  Invest Dominica Authority  [gphilo129@gmail.com](mailto:gphilo129@gmail.com)  15 May 2020 | Counsellors are available through the Ministry of Health |
| **Turks & Caicos Islands** | Eric Salamanca  Department of Environment and Coastal Resources  [efsalamanca@gov.tc](mailto:efsalamanca@gov.tc)  14 May 2020 | The local government, including the Governor, are conducting regular updates of the situation. |
| **Dominica** | Daphne Vidal  Discover Dominica Authority  [dvidal@dominica.dm](mailto:dvidal@dominica.dm)  13 May 2020 | Psycho social support is available through a designated hotline. |
| **St. Maarten, Netherlands** | Paul ldeler  GOSOLARSXM Inc.  [paul.ideler@gmail.com](mailto:paul.ideler@gmail.com)  13 May 2020 | Financial support for mental health service providers. |
| **Prince Edward Island, Canada** | Erin Taylor  Government of Prince Edward Island  [eotaylor@gov.pe.ca](mailto:eotaylor@gov.pe.ca)  13 May 2020 | Mental health support is being provided virtually. |
| **Aruba** | Oriana Wouters  Directorate of Nature and Environment  [oriana.wouters@dnmaruba.org](mailto:oriana.wouters@dnmaruba.org)  13 May 2020 | constant communication on COVID, which equates to no communication on other matters. |
| **Seychelles** | Myron Meme  Ministry of Environment Energy & Climate Change  [myron.meme@env.gov.sc](mailto:myron.meme@env.gov.sc)  13 May 2020 | We have the family affairs department ensuring services to that matter. |
| **Trinidad, Trinidad & Tobago** | Adelle Roopchand  [adelleroopchand@gmail.com](mailto:adelleroopchand@gmail.com)  13 May 2020 | PSA on to keep and stay healthy by sponsoring the amount of covid content especially GOR children  Mental health support via hotlines |
| **St. Maarten, Netherlands** | Cristal Legrand  Le Grand Voyages  [legrand.cristal@gmail.com](mailto:legrand.cristal@gmail.com)  13 May 2020 | The Mental Health Foundation has been available for persons seeking assistance but beyond that I am not sure. |
| **Grand Cayman, Cayman Islands** | Caroline Barnes  Thrive Ltd  [ceb@thrivecayman.com](mailto:ceb@thrivecayman.com)  13 May 2020 | We have a mental health helpline and a number of volunteers and organisations on hand to assist - but we do not have mental health facilities which have been a dire need here for far too long already. I believe they are working on that but its taking years. |
| **Grenada** | Kimalene Regis  Kimalene Regis Consulting  [kimaleneregis@gmil.com](mailto:kimaleneregis@gmil.com)  13 May 2020 | hotline and public live programmes online. |
| **Bahamas** | Latonya Williams  Forestry Unit  [Latonyawilliams242@gmail.com](mailto:Latonyawilliams242@gmail.com)  13 May 2020 | Call centers, town hall meetings, radios talk shows |
| **Bermuda** | Korrin Lightbourne  Bermuda Business Development Agency  [korrin@bda.bm](mailto:korrin@bda.bm)  13 May 2020 | There's an emotional wellbeing hotline available - employee assistance programme is also offering virtual counselling sessions. |
| **Beaver Island, U.S.A.** | Kathleen McNamara  St James Township  [mcnamara.stjamestwp.bi@gmail.com](mailto:mcnamara.stjamestwp.bi@gmail.com)  13 May 2020 | No tangible efforts are underway. The State of Michigan has launched a 'Stay Home, Stay MIndful' website to Offer Free Mental Health Resources During COVID-19 Pandemic and this will be shared with the community through a weekly Covid-19 Public Statement. |
| **South Uist,**  **Scotland** | Mary Schmoller  [mary\_schmoller@hotmail.com](mailto:mary_schmoller@hotmail.com)  13 May 2020 | RED and GREEN stickers. Villages checking on each other. It is now getting difficult as people want to see people. Hard for Old People 80+ who are not IT Literate- no papers they normally spend time with WHFP etc |
| **Various, Greece** | Thanasis Kizos  University of the Aegean  [akizos@aegean.gr](mailto:akizos@aegean.gr)  13 May 2020 | During quarantine, personal exercise was permitted and a phone support line operated. |
| **Tasmania, Australia** | Mike Turner  [mike.turner@envorinex.com](mailto:mike.turner@envorinex.com)  12 May 2020 | Telephone medical support has replaced in surgery visits with any difficult cases directed to local hospital services |
| **Madeira, Portugal** | Pedro Sepúlveda  pedro.sepulveda@madeira.gov.pt  DRAAC  6 May 2020 | A specific telephone line was established to deal with that issue |
| **Barbados** | Ronald Nathan  rancilen@gmail.com  A.M.E. Zion Church  20 May 2020 | Sea bathing and entry into parks will help mental health. |
| Sandra Payne  Invest Barbados  spayne@investbarbados.org  20 May 2020 | Gradual unlocking; webinars; constant communication |
| Carol Harris  Sustainable Occupational Safety Consultancy  sheadley869@gmail.com  20 May 2020 | Public awareness programs, promotion of services already in existence in the public and private sector. |
| **Jamaica** | Suzanne Thomas  sthomas@jbdc.net  JBDC  20 May 2020 | Reaching out to MSMEs and showing them opportunities has been very positive while we are opening back our Advisory Team to assist persons with new innovations and business support |
| Abigail Scarlett  [Abigail.scarlett101agmail.com](http://abigail.scarlett101agmail.com/)  20 May 2020 | There have been countless programs on social media and television for persons to take part in activities such as 'Jamaica moves' |
| Tracey Edwards  [Plakortis](https://plakortis.com), University of the West Indies-Graduate Research Student: Water Adaptation in Small Island Developing States  [plakortis@gmail.com](mailto:plakortis@gmail.com)  20 May 2020 | Public engagements and advice have been given to help people cope. UWI sends weekly messages from the Chancellors with mental health advice. One feels as though it is a large community of close circles going through together. Churches maintain contact via Zoom, WhatsApp groups. There was effort on the part of entertainers and the arts community to provide virtual entertainment to households. The Jamaica Constabulary Force hosted their own national Stay at Home Concert. |
| **Martha’s Vineyard, USA** | Christine Flynn  Martha's Vineyard Commission  flynn@mvcommission.org  20 May 2020 | Lots of Public Service Announcements and volunteers looking out for people |
| **Trinidad and Tobago** | Rima Mohammed  New Earth Organic Enterprises Limited  rimamohammed@hotmail.com  20 May 2020 | Mental health hot lines have been increased |
| **Fuerteventura, Spain** | James La Trobe-Bateman  [james@latrobebateman.com](mailto:james@latrobebateman.com)  25 May 2020 | Local council organising virtual events such as 'Canaries Day' (local holiday). Allowed out at different times of the day to enjoy the sun. |
| **San Juan, Puerto Rico, USA** | Anonymous  25 May 2020 | Good question. Mental health services are available, but not well advertised. |
| **US Virgin Islands, USA** | Miguel Quinones  syrQul  [miguel.quinones@email.com](mailto:miguel.quinones@email.com)  25 May 2020 | There are health phone help lines where people can call when they feel distressed. |
| **Jamaica** | Adrian Henriques  Caribbean Youth Environment Network (Jamaica)  [a.r.h\_wolmerian@hotmail.com](mailto:a.r.h_wolmerian@hotmail.com)  25 May 2020 | Mental Health hotlines and sensitization by the Ministry of Health and Wellness in Jamaica have been established. |
| **Turks & Caicos Islands** | Anonymous  26 May 2020 | Social Services along with government psychologists and guidance counsellors are working together to assist those who may be in need of support. |
| **Isle of Man, UK** | PJ Vermeulen  ICT  [pj@bdc.im](mailto:pj@bdc.im)  26 May 2020 | Sport and Exercise allowed, although slow to open this up. |
| **St Lucia** | Chris Hackshaw  Hackshaw Boat Chaters  [sales@hackshaws.com](mailto:sales@hackshaws.com)  27 May 2020 | This needs more attention, it is an area we are lacking. |

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*This information has been collated by the Strathclyde Centre for Environmental Law and Governance in collaboration with Island Innovation from 22 March to 01 June 2020 and can be found at* [*https://www.strath.ac.uk/research/strathclydecentreenvironmentallawgovernance/ourwork/research/labsincubators/eilean/islandsandcovid-19/*](https://www.strath.ac.uk/research/strathclydecentreenvironmentallawgovernance/ourwork/research/labsincubators/eilean/islandsandcovid-19/)*.*