



SRI LANKA COLLEGE OF PSYCHIATRISTS

"WIJERAMA HOUSE", 6, WIJERAMA MAWATHA, COLOMBO 7, SRI LANKA.

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11th May 2022

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Press Release

Violence is Irreversible and Irreparable

The spate of unprecedented violence seen in the country over the last few days deeply concerns the members of The Sri Lanka College of Psychiatrists. Violence should be abhorred in all its forms considering the unimaginable physical and psychological consequences it inflicts on individuals, families, societies and the nation as a whole.

Being physically attacked, being in the vicinity of violence or witnessing such violence could lead to many psychological conditions such as acute stress reaction, post-traumatic stress disorder, anxiety disorder and serious depression. The psychological effects of violence can last a life time even if the physical effects are overcome.

Psychological consequences may also occur due to the widespread damage incurred to private and public property and due to the economic impact on the resumption of normal activities and work. Unless the destruction and associated restrictions end there will be a considerable increase in depression and anxiety in families who are unable to make ends meet in an already difficult economic situation.

The harmful psychological effects on the children and youth of our country also need to be highlighted. Children who witness these violent acts in person or even on television or social media can become traumatized. Being exposed to violence at a young age may also increase the likelihood of being violent in adulthood, especially if such acts are committed by people the children consider as their role models.



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The education of the children of our country has been disrupted for several years since 2019 due to man made disasters and the COVID pandemic . The current acts of violence has resulted in closure of schools which will not only have a negative impact on their education but also in their ability to form healthy social relationships.

Peaceful protests are a democratic right of any citizen and the youth of the country have been exercising this right over the past month. Curbing their rights via aggressive means and methods will only lead to increasing frustration among the youth who are already feeling helpless about their plight. This could lead to disastrous consequences. We urge authorities to take appropriate steps to ensure peaceful protests continue. The college also urge our fellow citizens to carry their protests in a peaceful manner and only through non-violent methods.

The Sri Lanka College of Psychiatrists reiterates its commitment to the mental health and wellbeing of all Sri Lankans. We will continue to support the nation and the people in their time of need without fear or favour.

We urge anyone affected psychologically by the ongoing violence to contact 0712578578 from 9.00am to 9.00 pm and they could also dial 1926 the hotline available for 24 hours at the National Institute of Mental Health for support and counselling.

Dr.Gihan Abeywardena
President

Dr.Chamara Wijesinghe
Secretary

Sri Lanka College of Psychiatrists

