**Supplementary material**

Items included in the questionnaires:

IG1. Symptoms

* Loneliness
* Sleeping problems
* Anxiety
* Stress
* Bereavement
* Depression

IG2. Mental disorders

* Schizophrenia and psychotic disorders
* Anxiety disorder
* Bipolar disorders
* Depression
* Substance use disorder
* Chronic pain
* Eating Disorders
* Dermatillomania
* Obsessive compulsive disorder

IG3. COVID-19 general information

* Q1: Does the strategy include information related to the latest information on Covid-19?
* Q2: Does it include information on the strategies developed by the Government in response to the pandemic…)?
* Q3: Does it includes information on the latest information about the global response to the COVID-19 outbreak?

IG4. MH strategies and MH topics

* Q4: Include psychological tips for maintaining good mental health and coping with Covid-19?
* Q6: Describe some psychological skills to help people cope with anxiety and worry about COVID-19?
* Q8: Does it promote the social connection at home?
* Q26: Does the strategy include information on how to support a loved one who is very anxious about the COVID-19?
* Q27: Does the strategy include information on how to manage the stress while people await the test results?
* Q28: Does the strategy include information on how to manage the stress in case they have tested positive?
* Q29: Does the strategy include information on the stigma and how to reduce it?
* Q32: Does the strategy include information on how to manage stress and anxiety?
* Q39: Is there any link for elderly people related to any symptoms or mental disorders?

IG5. MH strategies and MH-related topics

* Q5: How to maintain a healthy lifestyle?
* Q25: Does it include special mention to disabled people?
* Q30: Does the strategy include information for healthcare workers?
* Q31: Does the strategy include information on how to support health care workers?
* Q33: Does the strategy develop any strategy for identifying healthcare staff needs as a result of the Coronavirus pandemic?
* Q34: Does the strategy include information for domestic violence victims?
* Q35: Does the strategy include information for caregivers?
* Q36: Does the strategy include any information on financial support for bussines/people affected by COVID-19?
* Q37: Does the strategy develop any advice on medication access during the Covid-19?
* Q38: Does the strategy contemplate work at home?

IG6: MH recommendations and MH topics

* Q7: Does it provide emotional support, such as conversations for sharing tips online?
* Q9: Describe how to access mental health services?
* Q10: Provide any phone or online mental health services?
* Q11: Does it offer an online psychological assessment?
* Q12: Does it provide feedback on the psychological assessment results?
* Q13: Does it provide any mental health treatment/intervention alternative?
* Q14: Does it provide any telephone or online contact with the general practitioner?
* Q15: Does it provide any telephone or online contact with the psychologist?
* Q16: Does it provide any telephone or online contact with other mental health professional?
* Q17: Does it provide an online community forum?
* Q18: Does it provide suicide and crisis support?
* Q21: Does it provide steps for understanding child's feelings?

IG7: MH recommendations and MH-related topics

* Q19: Does it include information for parents?
* Q20: Information on how to explain the coronavirus to children?
* Q22: Does it provide any alternative to elder people to stay connected online?
* Q23: Does it help in getting established online and learning digital literacy skills?
* Q24: Does it include any guideline for COVID-19 Outbreaks in residential care facilities (for people with physical and mental disabilities, other community based health facilities (e.g. Drug and alcohol services, community mental health)?

**Documents characteristics**

Table S1. Documents included in the review

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Code | Authors (year) | Country1 | Target Population2 | Document Type3 |
| **1** | Australian Government (1) | 1 | 1 | 2 |
| **2** | Centre for Addiction and Mental Health (2)  | 2 | 1 | 2 |
| **3** | Ireland's Health Services (3)  | 8 | 1 | 2 |
| **4** | Mental Health Ireland (4) | 8 | 1 | 2 |
| **5** | Gobierno de México (5) | 10 | 1 | 2 |
| **6** | Mental Health America (6) | 16 | 1 | 2 |
| **7** | Centers for Disease Control and Prevention (7) | 16 | 1 | 2 |
| **8** | MindHK (8) | 3 | 1 | 1 |
| **9** | Centre for Health Protection (9) | 3 | 1 | 2 |
| **10** | New Zealand Government (10) | 11 | 1 | 2 |
| **11** | Spanish Society of Psychiatry (11)  | 14 | 1 | 1 |
| **12** | Psychology General Council of Spain (12) | 14 | 1 | 2 |
| **13** | Gov.UK (United Kingdom Government) (13) | 4 | 1 | 2 |
| **14** | Mental Health Foundation (14) | 4 | 1 | 2 |
| **15** | Government of Canada (15) | 2 | 1 | 2 |
| **16** | Nidirect Government Services (16) | 8 | 1 | 2 |
| **17** | Confédération suisse (17) | 15 | 1 | 2 |
| **18** | Psychografimata (18) | 7 | 1 | 2 |
| **19** | Official College of Psychology of Catalonia (19) | 14 | 1 | 1 |
| **20** | MIELI ry (20) | 5 | 1 | 2 |
| **21** | Ordem dos psicologos (21) | 13 | 2 | 1 |
| **22** | Beyond Blue (22) | 1 | 1 | 2 |
| **23** | Australian Psychological Society (23) | 1 | 1 | 1 |
| **24** | Mental Health Commission of Canada (24) | 2 | 1 | 2 |
| 25 | British Columbia (25) | 2 | 1 | 2 |
| 26 | Canadian Mental Health Association (26) | 2 | 1 | 2 |
| 27 | City of Toronto (27)  | 2 | 1 |  |
| 28 | Here to Help (28) | 2 | 1 | 2 |
| 29 | Center of innovation in Campus Mental Health (29) | 2 | 1 | 2 |
| 30 | U.S. Department of Health and Human Services (30) | 16 | 1 | 2 |
| 31 | Public Health Emergency (31) | 16 | 1 | 2 |
| 32 | Substance Abuse and Mental Health Services Administration (32) | 16 | 1 | 2 |
| 33 | Department of Health (33) | 16 | 1 | 2 |
| 34 | American Medical Association (34) | 16 | 1 | 2 |
| 35 | National Alliance of Mental Illness (35) | 16 | 1 | 2 |
| 36 | Life in Mind (36) | 1 | 1 | 2 |
| 37 | Phoenix Australia (37) | 1 | 1 | 2 |
| 38 | Lifeline (38) | 1 | 1 | 2 |
| 39 | Headspace (39) | 1 | 1 | 2 |
| 40 | Mental Health Coalition South Australia (40) | 1 | 1 | 2 |
| 41 | Better Health – every mind matters (41) | 4 | 1 | 2 |
| 42 | Centre for Mental Health (42) | 4 | 1 | 2 |
| 43 | Mayor of London – London Assembly (43) | 4 | 1 | 2 |
| 44 | Study UK (44) | 4 | 1 | 2 |
| 45 | Rethink Mental Illness (45) | 4 | 1 | 2 |
| 46 | Start a Conversation (46) | 4 | 1 | 2 |

1 Countries: (1) Australia, (2) Canada, (3) China: Hong Kong, (4) England, (5) Finland, (6) Germany, Switzerland and France; CORAASP and CLASS, (7) Greece, (8) Ireland, (9) Italy, (10) Mexico, (11) New Zealand, (12) Portugal, (13) Scotland, (14) Spain, (15) Switzerland and (16) United States of America.

2 Target population: (1) General population and (2) Older adults.

3 Document type: (1) Report and (2) Web page.

\*In bold those documents included in the previous review.

Table S2. Number of positive (YES) answers in percentage (%) per document and indicator group (IG)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Code** | **IG1** | **IG2** | **IG3** | **IG4** | **IG5** | **IG6** | **IG7** | **Total** |
| 1 | 66.67 | 88.89 | **100** | 77.78 | 90 | **100** | **100** | **89.05** |
| 2 | **100** | 77.78 | **100** | 88.89 | 80 | **100** | 40 | 83.81 |
| 3 | **100** | 77.78 | **100** | 44.44 | 60 | 83.33 | 60 | 75.08 |
| 4 | **100** | 66.67 | **100** | 88.89 | 40 | 83.33 | 60 | 76.98 |
| 5 | 50 | 22.22 | **100** | 55.56 | 70 | 75 | 40 | 58.97 |
| 6 | **100** | 77.78 | **100** | 88.89 | **100** | 91.67 | 60 | **88.33** |
| 7 | **100** | 44.44 | **100** | **100** | **100** | 83.33 | 80 | **86.82** |
| 8 | **100** | 11.11 | 66.67 | 33.33 | 20 | 50 | 0 | 40.16 |
| 9 | 50 | 22.22 | **100** | 33.33 | 20 | 83.33 | 60 | 52.7 |
| 10 | 50 | 11.11 | **100** | 66.67 | 90 | **100** | 80 | 71.11 |
| 11 | 50 | 33.33 | 0 | 33.33 | 40 | 16.67 | 0 | 24.76 |
| 12 | **100** | 22.22 | 0 | 66.67 | 60 | 66.67 | 40 | 50.79 |
| 13 | **100** | 44.44 | **100** | **100** | 90 | **100** | 60 | 84.92 |
| 14 | **100** | 77.78 | **100** | 77.78 | 70 | 75 | 60 | 80.08 |
| 15 | 83.33 | 22.22 | **100** | 55.56 | 70 | 83.33 | 20 | 62.06 |
| 16 | 83.33 | 22.22 | **100** | 44.44 | 80 | 91.67 | 80 | 71.67 |
| 17 | 66.67 | 66.67 | **100** | 44.44 | 70 | 66.67 | 40 | 64.92 |
| 18 | 33.33 | 11.11 | 66.67 | 55.56 | 60 | 50 | 40 | 45.24 |
| 19 | 66.67 | 11.11 | **100** | 66.67 | 60 | 66.67 | 40 | 58.73 |
| 20 | 50 | 66.67 | **100** | 55.56 | 60 | 75 | 80 | 69.6 |
| 21 | 66.67 | 22.22 | **100** | 33.33 | 20 | 41.67 | 20 | 43.41 |
| 22 | **100** | 22.22 | **100** | **100** | **100** | 91.67 | 80 | 84.84 |
| 23 | 83.33 | 77.78 | **100** | 55.56 | 80 | 66.67 | **100** | 80.48 |
| 24 | **100** | 66.67 | **100** | 55.56 | 70 | 91.67 | 60 | 77.7 |
| 25 | 50 | 33.33 | **100** | 66.67 | 80 | 91.67 | 40 | 65.95 |
| 26 | **100** | 77.78 | **100** | 55.56 | 90 | 83.33 | 80 | 83.81 |
| 27 | **100** | 55.56 | **100** | 66.67 | **100** | **100** | 80 | **86.03** |
| 28 | **100** | 77.78 | **100** | 66.67 | **100** | **100** | 60 | **86.35** |
| 29 | **100** | 77.78 | **100** | 55.56 | 50 | 83.33 | 60 | 75.24 |
| 30 | **100** | 88.89 | 66.67 | 66.67 | 70 | 83.33 | 80 | 79.37 |
| 31 | **100** | 88.89 | **100** | 77.78 | 80 | 91.67 | **100** | **91.19** |
| 32 | 83.33 | 44.44 | 66.67 | 55.56 | 60 | 75 | 20 | 57.86 |
| 33 | 83.33 | 44.44 | **100** | 66.67 | 80 | 91.67 | **100** | 80.87 |
| 34 | 83.33 | 77.78 | **100** | 88.89 | **100** | 91.67 | 80 | **88.81** |
| 35 | **100** | 66.67 | **100** | 66.67 | **100** | 91.67 | 60 | 83.57 |
| 36 | 66.67 | 22.22 | **100** | 44.44 | 40 | 91.67 | 60 | 60.71 |
| 37 | **100** | 33.33 | **100** | 55.56 | 50 | 58.33 | 60 | 65.32 |
| 38 | 83.33 | 33.33 | 0 | 44.44 | 50 | 50 | 20 | 40.16 |
| 39 | 83.33 | 77.78 | **100** | 44.44 | 50 | 50 | 20 | 60.79 |
| 40 | 50 | 11.11 | **100** | 44.44 | 50 | 66.67 | 0 | 46.03 |
| 41 | **100** | 22.22 | **100** | 44.44 | 40 | 75 | 40 | 60.24 |
| 42 | 83.33 | 66.67 | **100** | 88.89 | **100** | 75 | 60 | 81.98 |
| 43 | 83.33 | 22.22 | **100** | 55.56 | 80 | 75 | 40 | 65.16 |
| 44 | 83.33 | 11.11 | **100** | 33.33 | 40 | 8.33 | 0 | 39.44 |
| 45 | 66.67 | 66.67 | 66.67 | 66.67 | 50 | 83.33 | 0 | 57.14 |
| 46 | 83.33 | 55.56 | **100** | 55.56 | 20 | **100** | 40 | 64.92 |

\*In bold the highest scores per indicator group

**Results of the cluster analysis**

Table S3. Mental symptoms (indicator group 1, IG1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Clusters | Loneliness | Sleeping problems  | Anxiety | Stress | Bereavement | Depression |
| Cluster 1 | 100 | 95.45 | 95.45 | 100 | 100 | 100 |
| Cluster 2 | 75 | 62.5 | 100 | 100 | 37.5 | 0 |
| Cluster 3 | 0 | 33.33 | 100 | 100 | 44.44 | 100 |
| Cluster 4 | 100 | 71.43 | 100 | 100 | 0 | 100 |
| Global | 76.09 | 73.91 | 97.83 | 100 | 63.04 | 82.61 |

\*Percentage of documents that includes the question (positive answer for this specific question).

Table S4. Mental disorders (indicator group 2, IG2)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Clusters | Schizophrenia and psychotic disorders | Anxiety disorder | Bipolar disorders | Depression | Substance use disorder | Chronic pain | Eating Disorders | Dermatillomania | Obsessive-compulsive disorder |
| Cluster 1 | 37.5 | 75 | 50 | 100 | 100 | 75 | 50 | 12.5 | 50 |
| Cluster 2 | 60.71 | 100 | 57.14 | 100 | 71.43 | 0 | 60.71 | 0 | 57.14 |
| Cluster 3 | 0 | 100 | 0 | 0 | 30 | 0 | 10 | 0 | 0 |
| Global | 43.48 | 95.65 | 43.48 | 78.26 | 67.39 | 13.04 | 47.83 | 2.17 | 43.48 |

\*Percentage of documents that includes the question (positive answer for this specific question).

Table S5. COVID-19 information (indicator group 3, IG3)

|  |  |  |  |
| --- | --- | --- | --- |
| Clusters | Question 01 | Question 02 | Question 03 |
| Cluster 1 | 100 | 95.35 | 93.02 |
| Cluster 2 | 0 | 0 | 0 |
| Global | 93.48 | 95.35 | 93.02 |

\*Percentage of documents that includes the question (positive answer for this specific question).

Table S6. MH strategies & MH topics (indicator group 4, IG4)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Clusters | Question 04 | Question 06 | Question 08 | Question 26 | Question 27 | Question 28 | Question 29 | Question 32 | Question 39 |
| Cluster 1 | 100 | 100 | 100 | 100 | 100 | 100 | 62.5 | 100 | 62.5 |
| Cluster 2 | 100 | 100 | 100 | 83.33 | 0 | 33.33 | 100 | 100 | 33.33 |
| Cluster 3 | 100 | 100 | 100 | 87.5 | 0 | 0 | 0 | 75 | 100 |
| Cluster 4 | 100 | 100 | 87.5 | 0 | 0 | 12.5 | 0 | 37.5 | 0 |
| Cluster 5 | 100 | 100 | 100 | 100 | 14.29 | 28.57 | 14.29 | 0 | 0 |
| Cluster 6 | 100 | 100 | 100 | 100 | 0 | 11.11 | 0 | 100 | 0 |
| Global | 100 | 100 | 97.83 | 78.26 | 19.57 | 30.43 | 26.09 | 69.57 | 32.61 |

\*Percentage of documents that includes the question (positive answer for this specific question).

Table S7. MH strategies & MH-related topics (indicator group 5, IG5)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Clusters | Question 05 | Question 25 | Question 30 | Question 31 | Question 33 | Question 34 | Question 35 | Question 36 | Question 37 | Question 38 |
| Cluster 1 | 100 | 30 | 90 | 90 | 60 | 80 | 50 | 40 | 20 | 40 |
| Cluster 2 | 100 | 81.82 | 100 | 100 | 90.91 | 100 | 100 | 90.91 | 100 | 100 |
| Cluster 3 | 100 | 77.78 | 100 | 100 | 77.78 | 0 | 100 | 66.67 | 55.56 | 100 |
| Cluster 4 | 100 | 25 | 12.5 | 0 | 0 | 31.25 | 81.25 | 68.75 | 50 | 81.25 |
| Global | 100 | 50 | 67.39 | 63.04 | 50 | 52.17 | 82.61 | 67.39 | 56.52 | 80.43 |

\*Percentage of documents that includes the question (positive answer for this specific question).

Table S8. MH recommendations & MH topics (indicator group 6, IG6)

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Cluster | Question 07 | Question 09 | Question 10 | Question 11 | Question 12 | Question 13 | Question 14 | Question 15 | Question 16 | Question 17 | Question 18 | Question 21 |
| Cluster 1 | 100 | 100 | 100 | 100 | 100 | 88.89 | 88.89 | 100 | 100 | 100 | 100 | 100 |
| Cluster 2 | 100 | 100 | 100 | 100 | 0 | 100 | 100 | 100 | 100 | 100 | 100 | 100 |
| Cluster 3 | 100 | 85.71 | 100 | 42.86 | 0 | 71.43 | 42.86 | 100 | 100 | 71.43 | 100 | 0 |
| Cluster 4 | 100 | 100 | 100 | 33.33 | 0 | 100 | 83.33 | 100 | 100 | 0 | 66.67 | 100 |
| Cluster 5 | 100 | 66.67 | 100 | 33.33 | 0 | 66.67 | 33.33 | 66.67 | 0 | 100 | 66.67 | 100 |
| Cluster 6 | 100 | 100 | 100 | 0 | 0 | 88.89 | 77.78 | 100 | 100 | 100 | 88.89 | 100 |
| Cluster 7 | 75 | 100 | 50 | 0 | 0 | 25 | 0 | 25 | 0 | 25 | 50 | 0 |
| Global | 97.83 | 95.65 | 95.65 | 50 | 19.57 | 82.61 | 69.57 | 91.3 | 84.78 | 76.09 | 86.96 | 76.09 |

\*Percentage of documents that includes the question (positive answer for this specific question).

Table S9. MH recommendations & MH-related topics (indicator group 7, IG7)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Clusters | Question 19 | Question 20 | Question 22 | Question 23 | Question 24 |
| Cluster 1 | 100 | 100 | 100 | 100 | 100 |
| Cluster 2 | 100 | 78.26 | 43.48 | 0 | 0 |
| Cluster 3 | 100 | 100 | 83.33 | 0 | 100 |
| Cluster 4 | 0 | 0 | 16.67 | 0 | 0 |
| Cluster 5 | 100 | 100 | 57.14 | 100 | 0 |
| Global | 86.96 | 76.09 | 52.17 | 23.91 | 21.74 |

\*Percentage of documents that includes the question (positive answer for this specific question).

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