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# Integration of Mental Health and Psychosocial Support in Sport

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# Situation in Poland

- Poland has received the majority of Ukrainian refugees fleeing the conflict. Since **24 February 2022** more than **5 million** people from Ukraine have crossed border with Poland
- **1,5 million** registering in Poland and got PESEL. It is mainly **women** with **children** and **elderly** people
- Ukrainian refugees have been confronted with a range of **stressors**: exposure to violence; separation from loved ones; loss of homes and belongings; poor living conditions; lack of access to adequate food and sanitation; physical injuries and illnesses; and a lack of access to life supportive services such as health and social care.
- Remaining challenges: Ongoing **stress** cause of **depression** and **anxiety**, **integration** into Polish society and **social cohesion** among children.

# Why MHPSS is important?

- Prevalence distress is very high in emergencies
- Strengthen resilience → Most will recover over time
- 22% affected by conflict have a mental health conditions (depression, PTSD etc) 1 in 5 people

People in difficult situations:

- Support to cope and adapt to changes around them
- MHPSS is more than 'treatment' also strengthening family and community support i.e. school or sport settings
- Integration, social cohesion ,bullying can be addressed with MHPSS Programs



# Psychological First Aid Training of Trainers ( PFA TOT)

WHO together with Institute of Sport in Poland with the support of Olympic Refugee Foundation

- 16 couples (Sport coaches + 16 Psychologist) will have PFA TOT
- 32 trainings on the regional level around Poland will be delivered
- 600 sport coaches will be trained on PFA skills
- 12000 children could have support which increases resilience and capacity to deal with stress
- Combining the expertise of sport coaches and mental health professionals aims to enhance skills of both providers, build a community of mutual support and develop referral networks to best serve the needs of young impacted by displacement.



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