

Mental Health and Psychosocial Support in humanitarian emergencies: what should health sector know and do?

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### Three Main objectives

### WHO MHPSS work in emergencies

1

To strengthen – through WHE – mental health emergency responses across the organization's operations

2

Apply early recovery approach to stimulate the initiation of long-term development of sustainable mental health services

3

To fill in key gaps in policy and tools that meet the demands of the field: government, NGOs, WHO and other UN agencies in emergency-affected countries

### IASC Guidelines: Inclusive framework: mental health and psychosocial support covers both

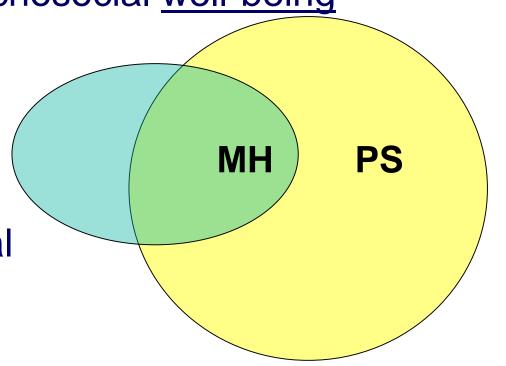
Composite definition

protecting or promoting psychosocial well-being

and/or

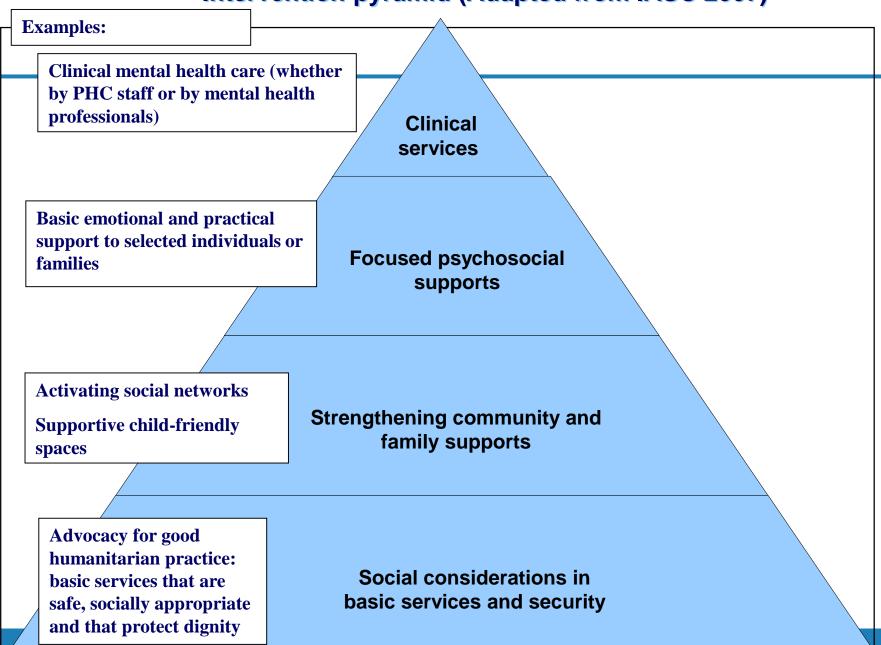
preventing or treating mental

health conditions.

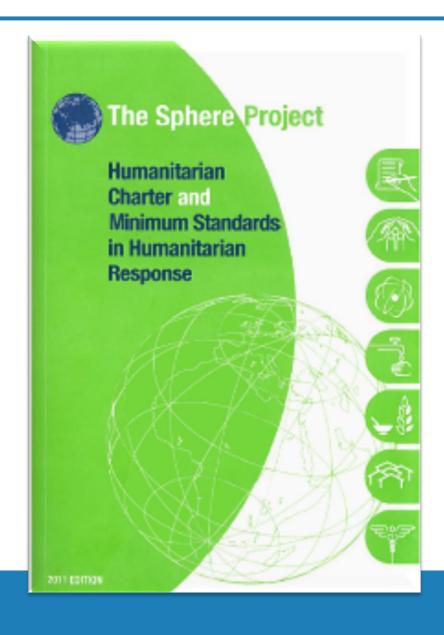




### **Intervention pyramid (Adapted from IASC 2007)**



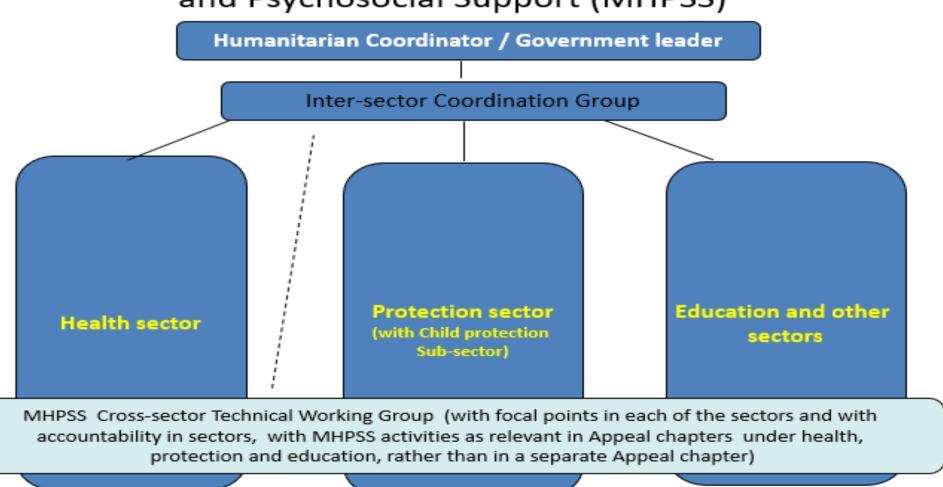
### **ACTION BY THE HEALTH SYSTEM**



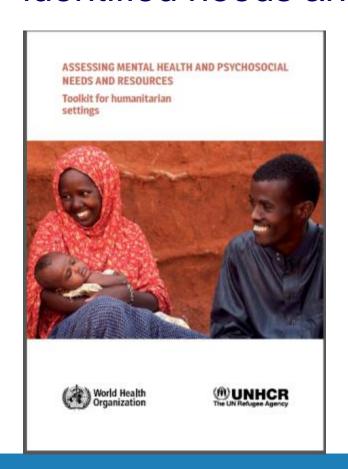


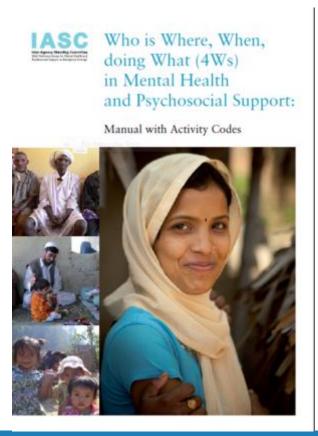
1. Coordinate MHPSS work across sectors

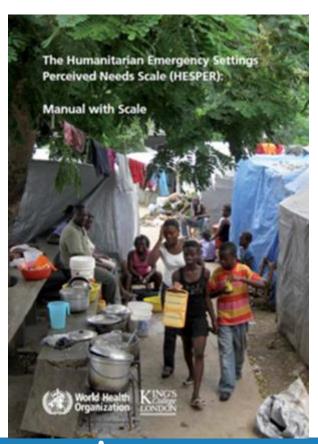
Reaching agreement on model for coordinating Mental Health and Psychosocial Support (MHPSS)



2. Ensure interventions are developed on the basis of identified needs and resources.

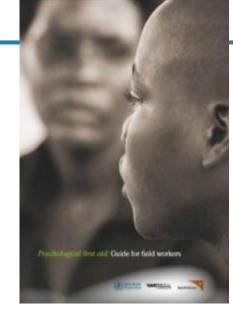


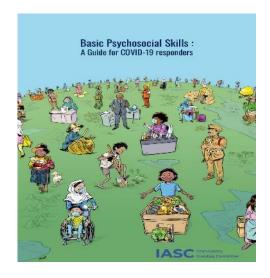




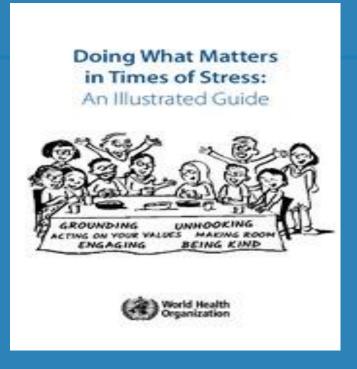


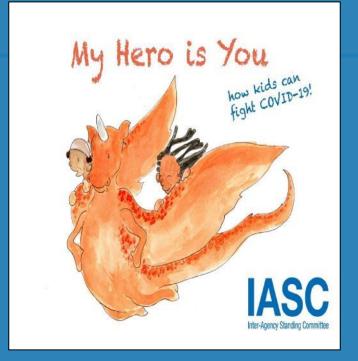
- 3. Enable community members including marginalized people to strengthen community self-help and social support
- 4. Ensure that community workers, including volunteers, as well as staff at health services offer psychological first aid to people in acute distress after exposure to extreme stressors













### Mental health and psychosocial considerations during the COVID-19 outbreak

### 18 March 2020

in January 2020 the World Health Organization (WHO) declared the outbreak of a new coronavirus discose, COVID 19, to be a Public Health Emergency of international Concern. WHO stated that there is a high risk of COVID-19 spreading to other countries around the world. In March 2020, WHO mode the assessment that COVID-19 can be characterized as a pendemic.

WHO and public health surnorities around the world are acting to contain the COVID 19 outbreak. However, this time of citis is generating stress throughout the population. The considerations greeneded in this document have been developed by the WHO Department of Mental theight and Substance Use as a series of messages that can be used in communications to support mental and such documents.

### Manager for the separal population

1. COVID-19 has and is likely to affect people from many countries, in many goographical locations. When referring to people with COVID-19, do not attact he disease to any particular ethnicity or materially be rempather to rail those who are affected, in and from any country. People who are affected by COVID-19 have not done anything wrong, and they deserve our support, compassion and kindness.

2. Dur not refer to people with the disease as "COMD-19 cases", "dutinos" "COMD-19 families" in "the diseased", they are "people who have COMD-19", "people who are being treated for COMD-19", or "accost who are recovering from COMD-19", and other recovering from COMD-19", and other recovering from COMD-19", and other recovering from COMD-19 cannot be in the will go on with their jobs, families and loved ones. It's important to apparate a person from being or inheirly defined by COMD-19, in interior creduce of grees.

3. Minimae watching, reading or listening to new about COVID 19 that causes you to feel anyous or distracted, sock information only from trusted sources and making on tarty out can take practical steps to prepare your plans and protest your affer and loved news. Seek information updates at specific times during the day, once or bave. The sudden and heart constant stream of news reports about an outbreak can cause anyone to teel worted, do the tasts; not rumours and misinformation. Sather information at regular intervals from the WMO exhibits and local health authority pletforms in order to help you distinguish feets from rumours. Each can help to minimize force.

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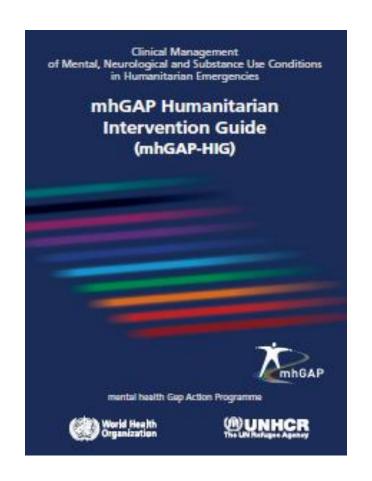
Promote self help to cope with stressors

Benefit from wide range of translation and adaptations available and disseminate to families with children

Use WHO repository of MHPSS risk communication messages

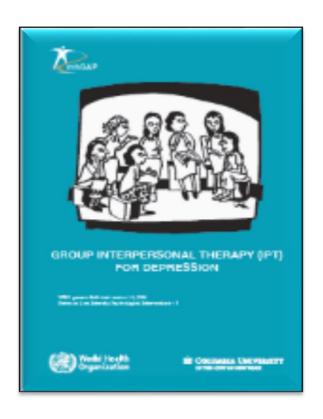


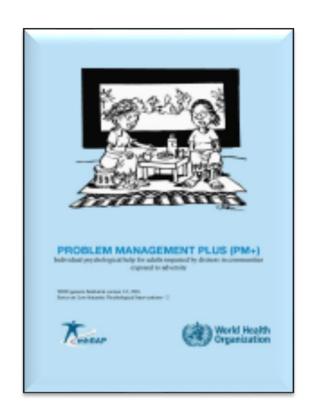
5. Ensure that there is at least one staff member at every health facility who manages diverse, severe mental health problems in adults and children.





6. Make psychological interventions available when possible for people impaired by prolonged distress



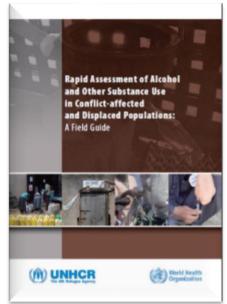




7. Address the safety, basic needs and rights of people with mental health problems in institutions.

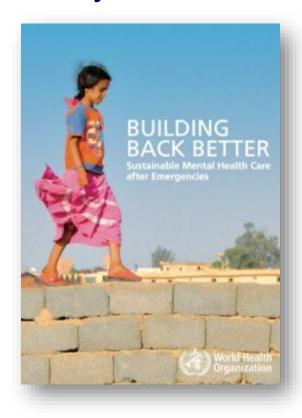


8. Minimize harm related to alcohol and drugs





- 9. As part of early recovery, initiate plans to develop a sustainable community mental health system.
- Afghanistan
- Burundi
- Indonesia
- Iraq
- Jordan



- Kosovo
- Somalia
- Sri Lanka
- Timor-Leste
- West Bank and Gaza Strip



### www.who.int/publications/i/item/9789240015456

