



**World Health
Organization**

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

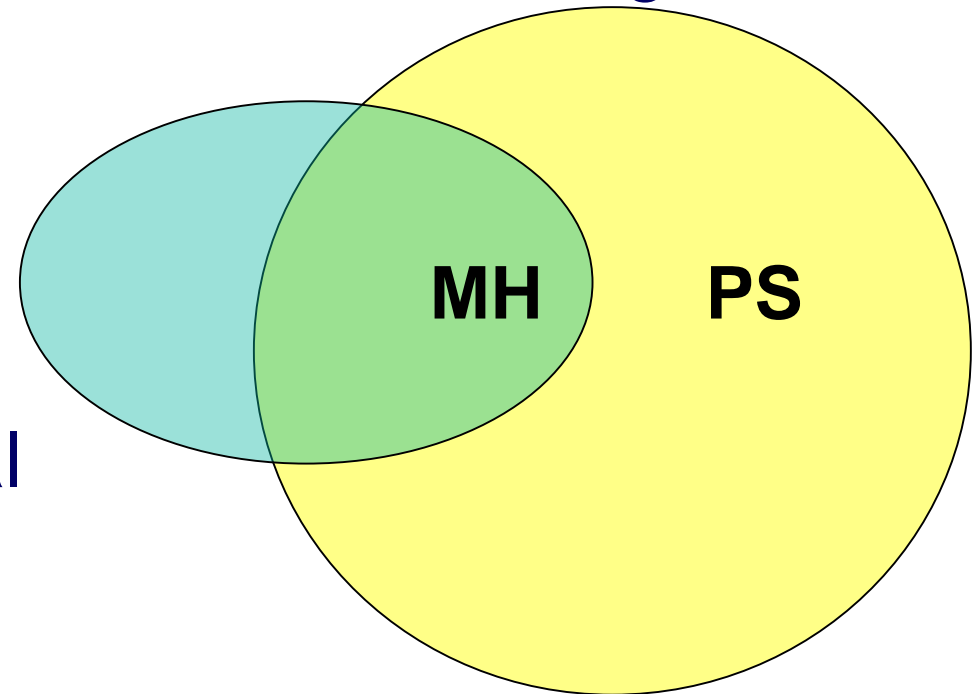
IASC Guidelines: Inclusive framework: *mental health and psychosocial support* covers both

Composite definition

- protecting or promoting psychosocial well-being

and/or

- preventing or treating mental health conditions.



Intervention pyramid (Adapted from IASC 2007)

Examples:

Clinical mental health care (whether by PHC staff or by mental health professionals)

Clinical services

Basic emotional and practical support to selected individuals or families

Focused psychosocial supports

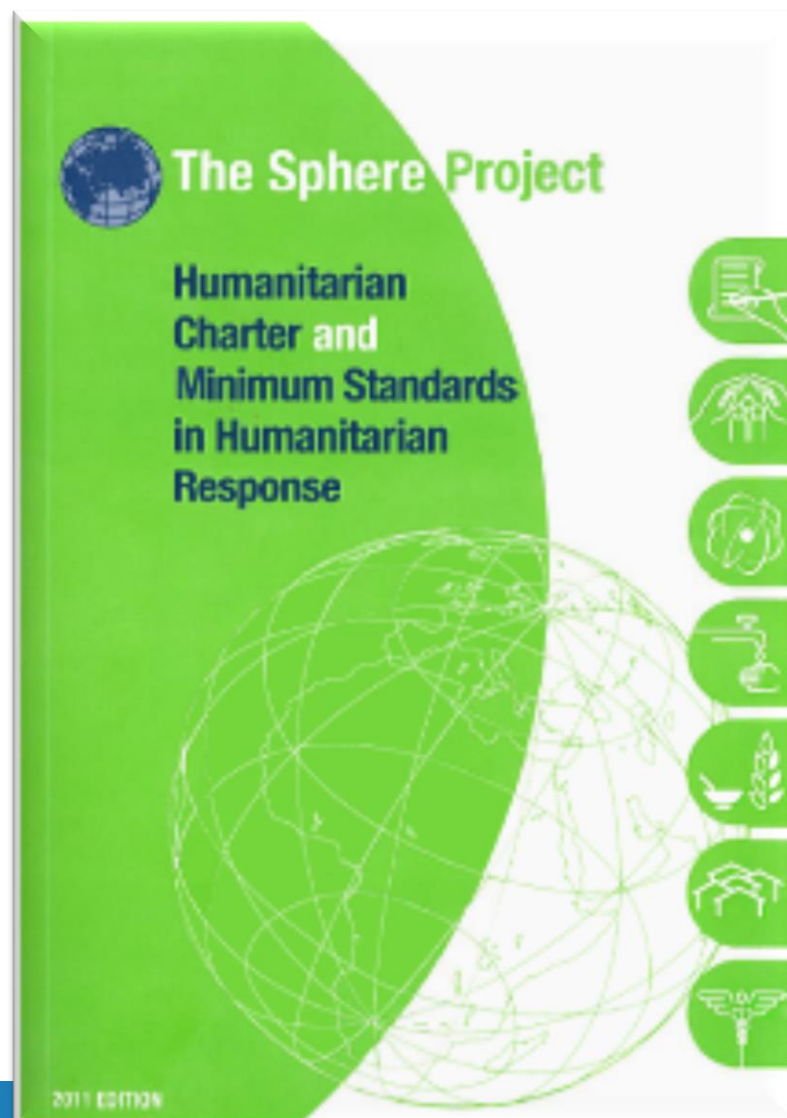
**Activating social networks
Supportive child-friendly spaces**

Strengthening community and family supports

Advocacy for good humanitarian practice: basic services that are safe, socially appropriate and that protect dignity

Social considerations in basic services and security

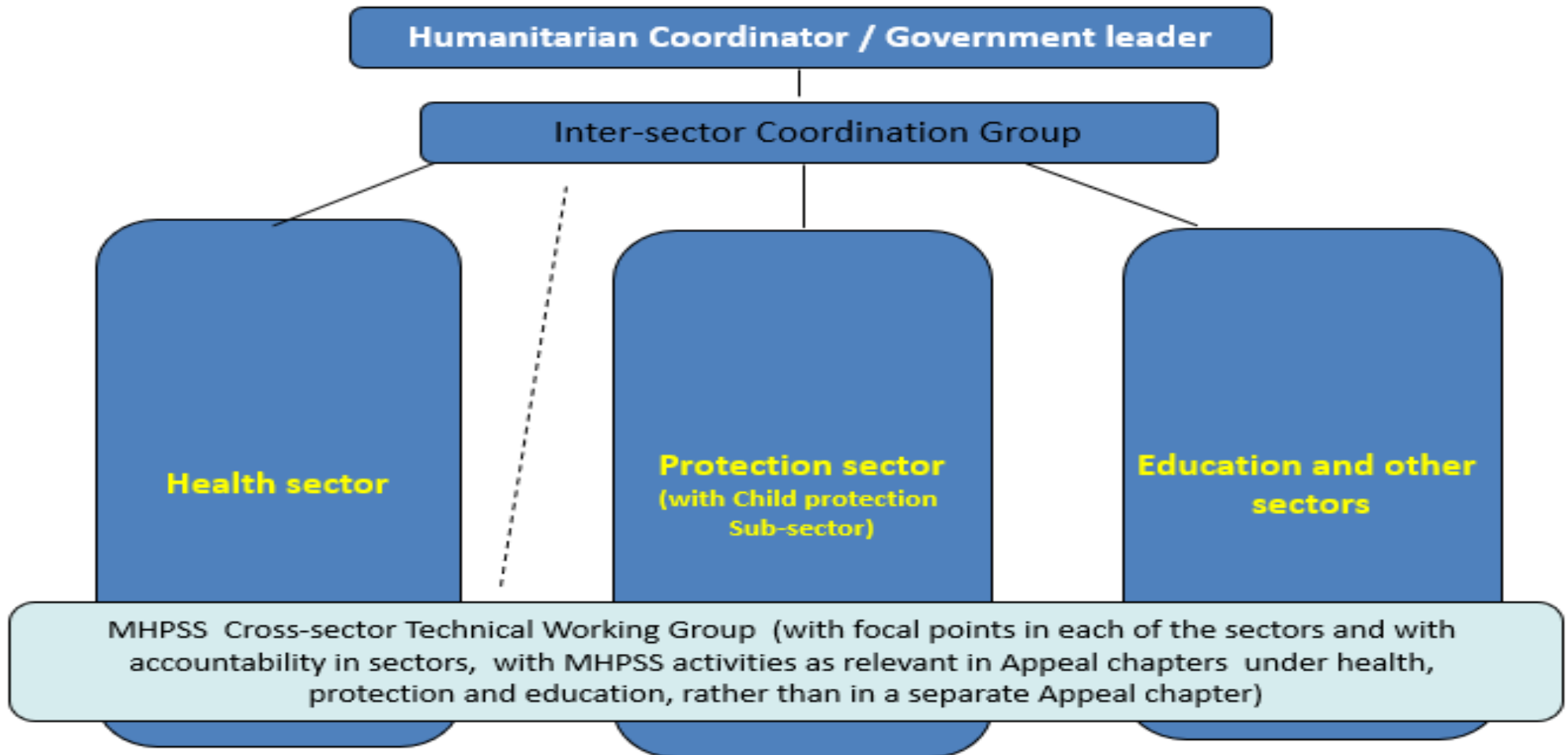
ACTION BY THE HEALTH SYSTEM



***Sphere Handbook* mental health standard: 9 key actions**

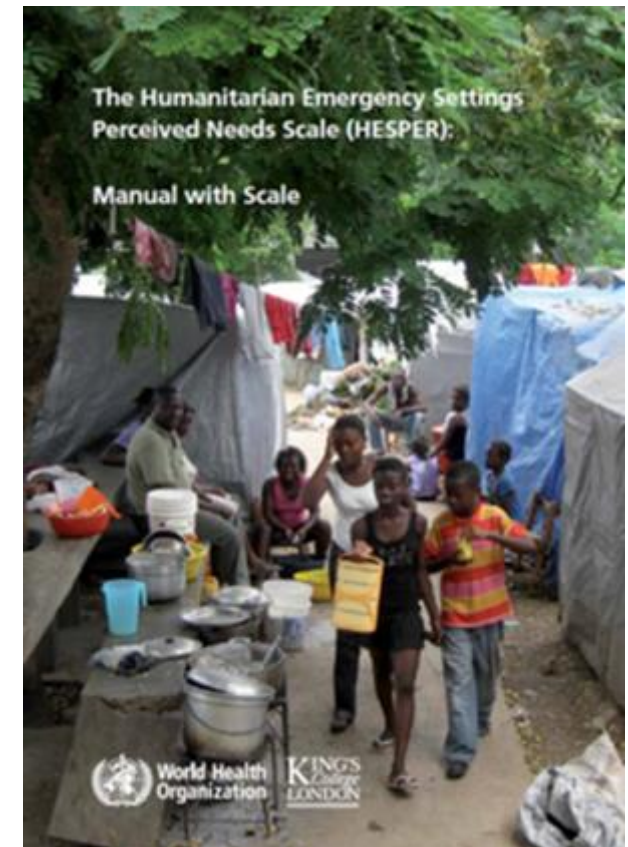
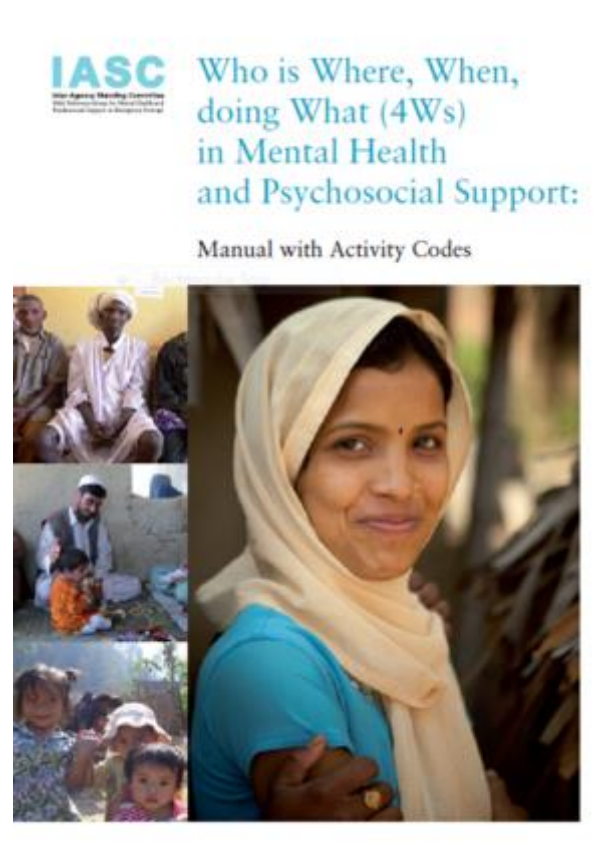
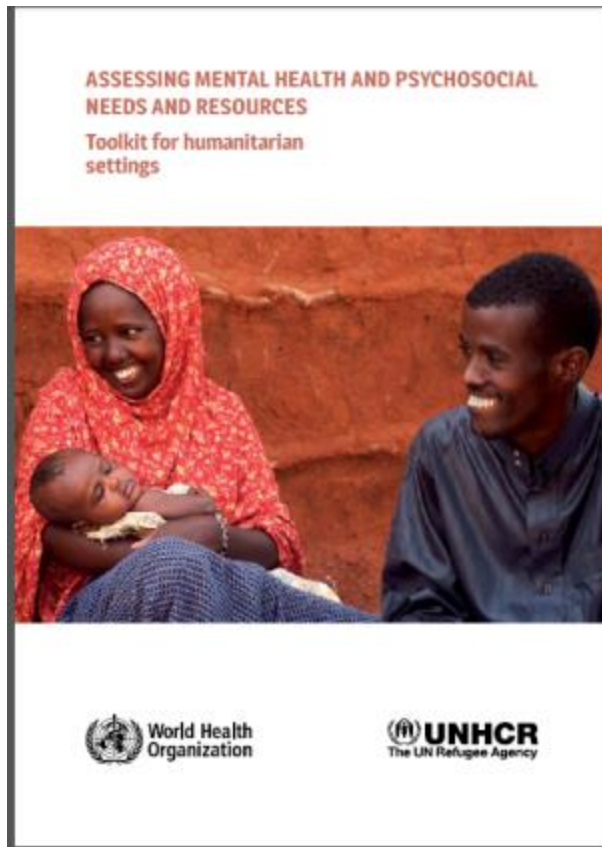
1. Coordinate MHPSS work across sectors

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



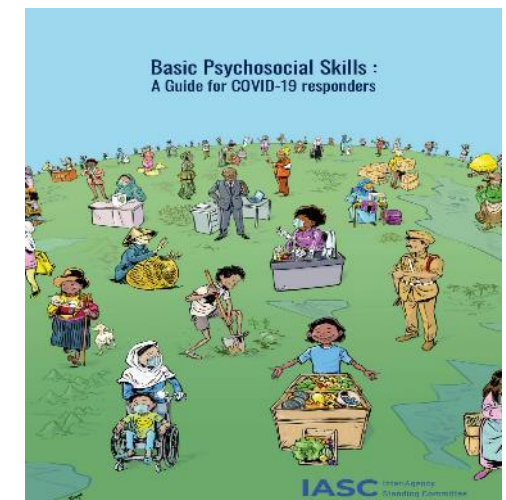
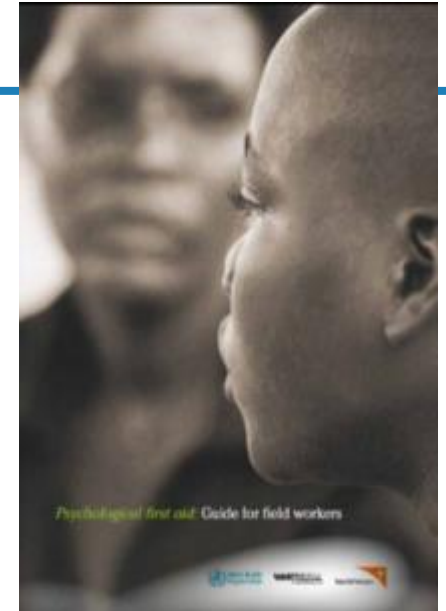
***Sphere Handbook* mental health standard: 9 key actions**

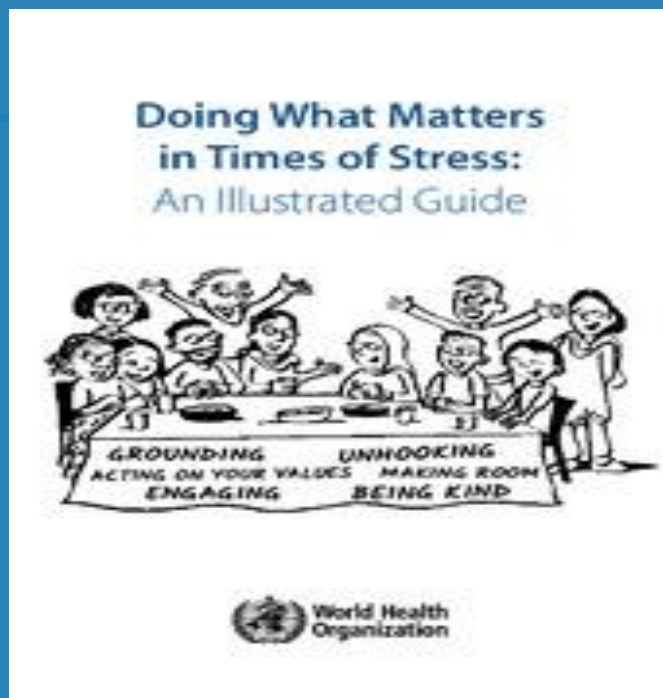
2. Ensure interventions are developed on the basis of identified needs and resources.



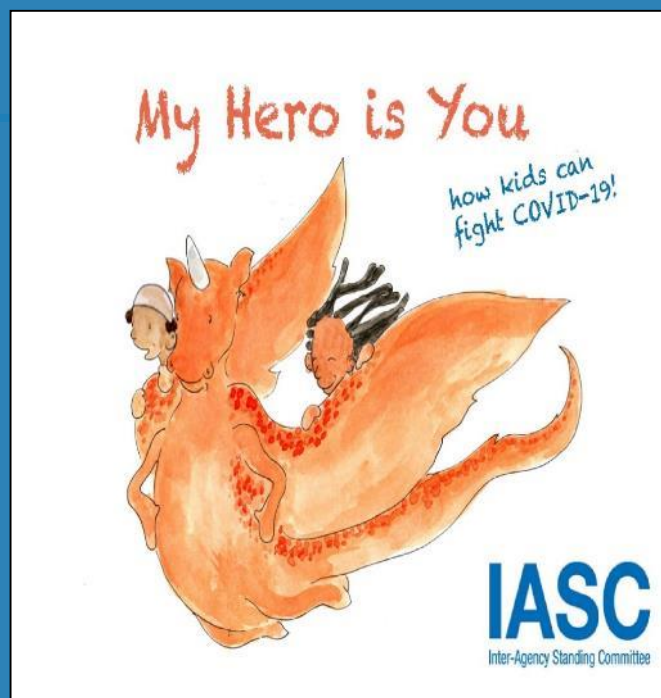
***Sphere Handbook* mental health standard: 9 key actions**

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

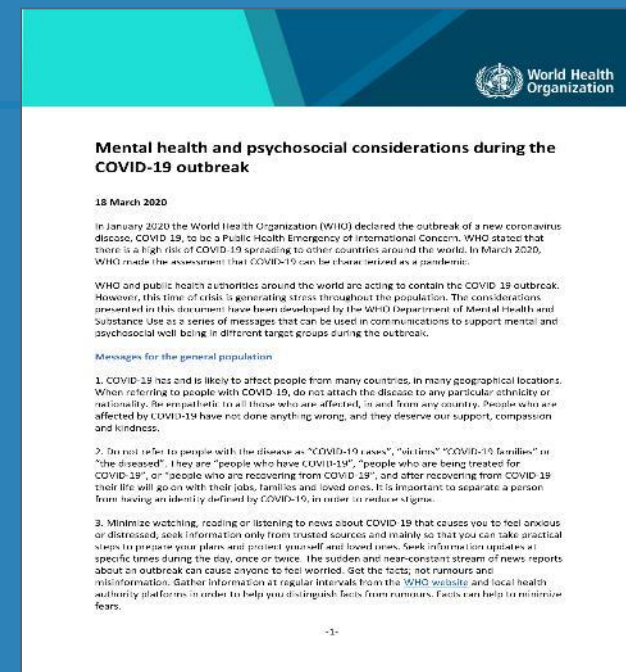




Promote self help to cope with stressors



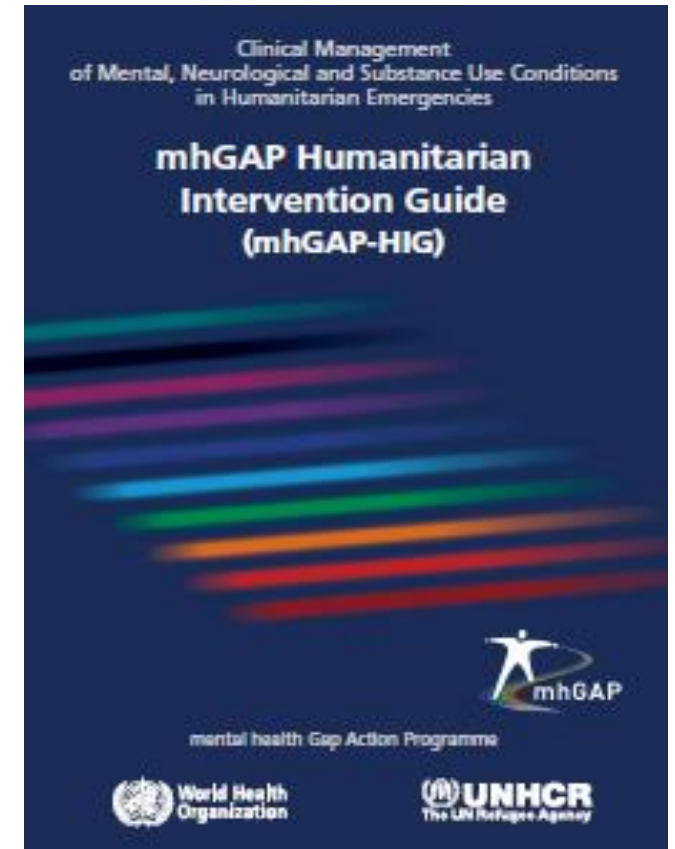
Benefit from wide range of translation and adaptations available and disseminate to families with children



Use WHO repository of MHPSS risk communication messages

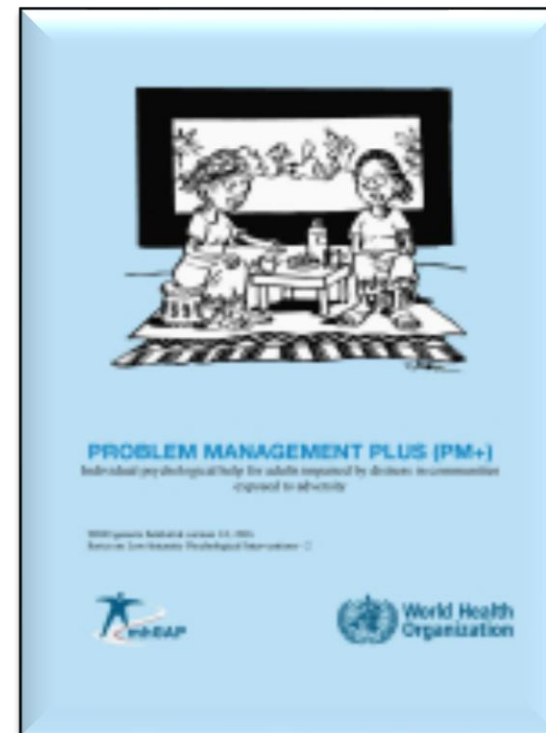
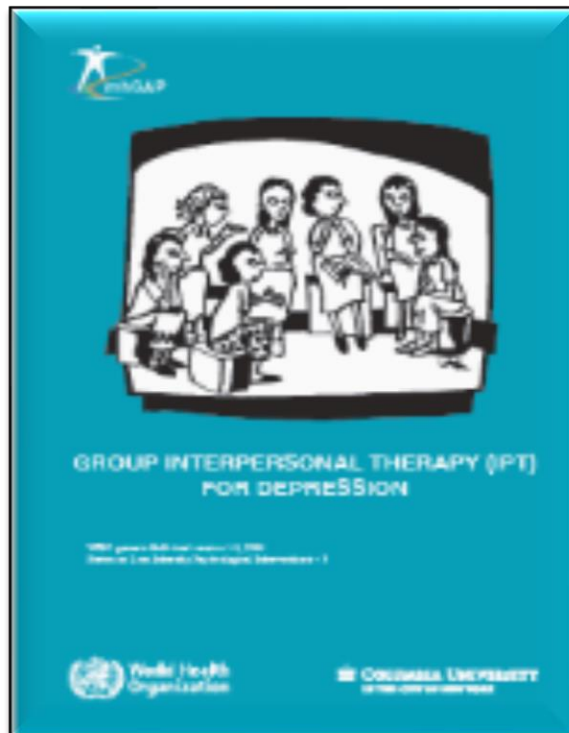
***Sphere Handbook* mental health standard: 9 key actions**

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.



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

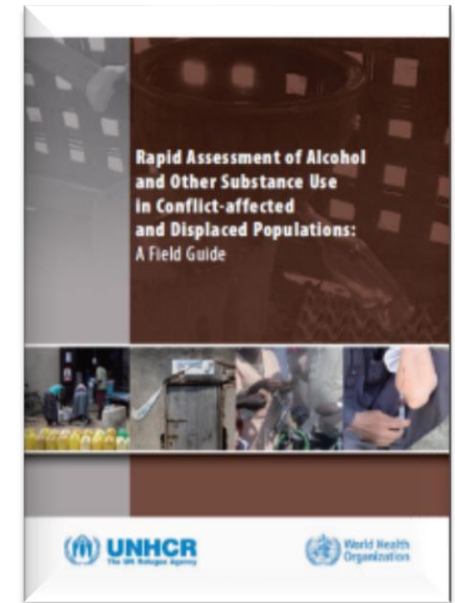


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7. Address the safety, basic needs and rights of people with mental health problems in institutions.



8. Minimize harm related to alcohol and drugs

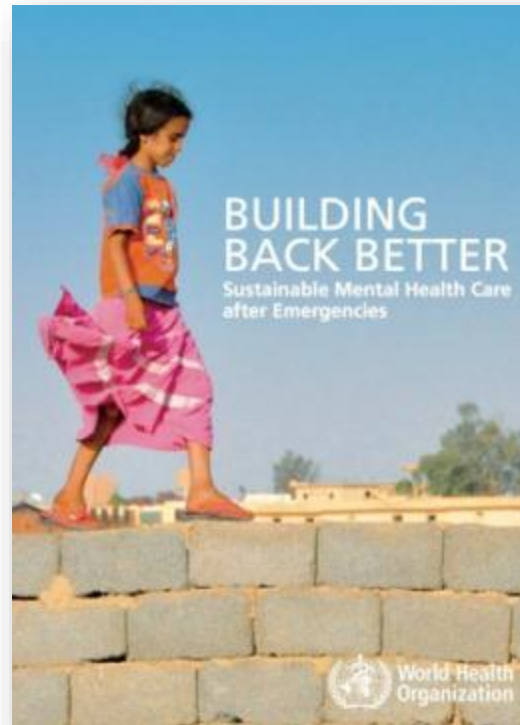


***Sphere Handbook* mental health standard:**

9 key actions

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**

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