223,990

refugees reached through mental health promotion and protection awareness sessions

195

patients with severe mental health illnesses received lifesaving psychiatric support

15,094

Individuals received support from community para-counselors using evidence-based psychotherapeutic methods

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A group of adolescent girls attending a group mental health and psychosocial support activity for addressing symptoms of anxiety and depression in adolescence. ©UNHCR

Key achievements

UNHCR's Mental Health and Psychosocial Support (MHPSS) program is continuing to advocate for and support refugees by integrating MHPSS interventions into Public Health and Protection sectors. In 2025, UNHCR's MHPSS program supported **102,453** refugees through community-based awareness sessions aiming for promotion and protection of mental health activities. In addition, **17,419** were provided by **1:1** psychological counselling by psychologists and trained and supervised community para-counselors. This year, UNHCR's Mental Health and Psychosocial Support (MHPSS) program also prioritized enhancing the quality of mental health support, digitalizing MHPSS data, and targeting enhancing MHPSS services provided to adolescents.

Inpatient mental health care:

- In 2025, 195 patients with severe mental health illnesses and their family members received lifesaving inpatient psychiatric support and psychoeducation and related follow up.

Early Adolescent Skills for Emotions (EASE) implementation:

- to address the psychological needs of adolescents with emotional difficulties, UNHCR organized a 10-day training and planned supervision for 21 psychologists and 7 refugee community para-counsellors working with relevant NGOs. Upon completing the training, EASE trainees continued providing services to adolescents having emotional problems and their caregivers. Prior to the launch of the EASE program, all tools, manuals, IEC materials, and workbooks were translated and contextualized to ensure cultural relevance.

Digitalization of MHPSS data:

- In 2025, UNHCR introduced digital pre- and post-counselling psychological assessment tools within MHPSS services, enabling outcome analysis for more than 2,300 refugees who received counselling. Impact evaluation findings indicated statistically significant improvements across key mental health and psychosocial outcome indicators

Interpersonal Therapy (IPT) Technical Supervision:

- The 18-month weekly online IPT supervision supported by a specialist from Columbia University has been successfully completed. A total of 18 Bangladeshi psychologists completed the supervision component of their training since 2023 and are now certified IPT therapists, strengthening evidence-based mental health practitioner presence in the camps.

mhGAP Supervision:

- Post-training online supervision was conducted for 17 Mental Health Gap Action Programme (mhGAP) trainees in Bhasan Char, supported by the World Health Organization (WHO), to continue and strengthen the quality of clinical mental health services.

Suicide Prevention and Intervention:

- in addition to collecting suicide data through Kobo in Bhasan Char, UNHCR launched a digital platform in 2025 to support the tracking and management of suicide cases in camps across Cox's Bazar.

Challenges

- The current number of psychologists and community para counselors is insufficient to provide adequate psychosocial counseling for children and adolescents.
- There is a need to strengthen ongoing advocacy and coordination with MHPSS partners to ensure the systematic recording, monitoring, and timely provision of support for suicide cases in the camps of Cox's Bazar.

Way Forward

- Upscaling Early Adolescent Skills for Emotions (EASE) curriculum to train additional psychologists and refugee community para counselors (CPCs) to ensure comprehensive evidence-based and community-based psychosocial support for adolescents and caregivers within the camps.
- Strengthen advocacy with partners and ensure the provision of technical support to MHPSS partner staff to enhance their capacity in recording, tracking, and responding to suicide cases, in coordination with the MHPSS Technical Working Group.
- Continue co-chairing the MHPSS Working Group and providing technical guidance to members.

Focused group discussions on 'Early Adolescent Skills for Emotions (EASE) interventions. ©UNHCR

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Mental Health & Psychosocial Support (MHPSS)

Factsheet | 31 Dec 2025

Beneficiaries received individual level mental health services

294,594

Throughout 16 Mental Health and Psychosocial Support (MHPSS) service units, UNHCR provides services ranging from community based activities to specialized counselling. These services are designed to help refugees address the impacts of previous distressing experiences and daily stressors and form skills that can help them realize their potentials.

8,573
# of consultations for clinical mental health

3,098
# of individuals received individual level focused psychosocial support by psychologist

143
# of volunteers trained on community paracounselling modality (basic skills & integrative adapt Therapy)

15,904
# of sessions for individual level focused psychosocial support by psychologist

46,127
# of sessions for individual level focused psychosocial support by refugee community paracounsellor

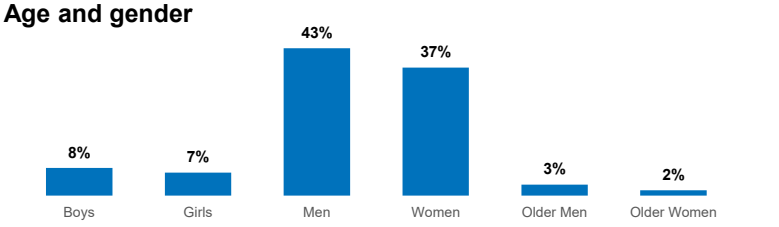
16
Mental Health and Psychosocial Support (MHPSS) service units active in camps

Key achievements

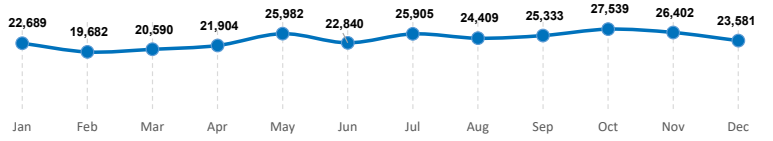
Progress against target

	REACHED	TARGET
# of participants who attended community psychosocial group activities (100%)	223,990	207,500
# of sessions for individual-level focused psychosocial support (psychologist) (100%)	15,904	14,300
# of sessions for individual level focused psychosocial support (by CPC) (100%)	46,127	41,280
# of individuals receiving individual level focused psychosocial support (by psychologist) (96%)	3,098	3,235
# of consultations for clinical mental health (100%)	8,573	6,225
# of new individuals receiving individual level focused psychosocial support (by CPC) (100%)	7,781	6,850
# of staff/community members trained on basic knowledge of MHPSS, PFA, Stress management (100%)	675	535
# of volunteers trained on community paracounselling modality (basic skills & integrative adapt Therapy) (99%)	143	144

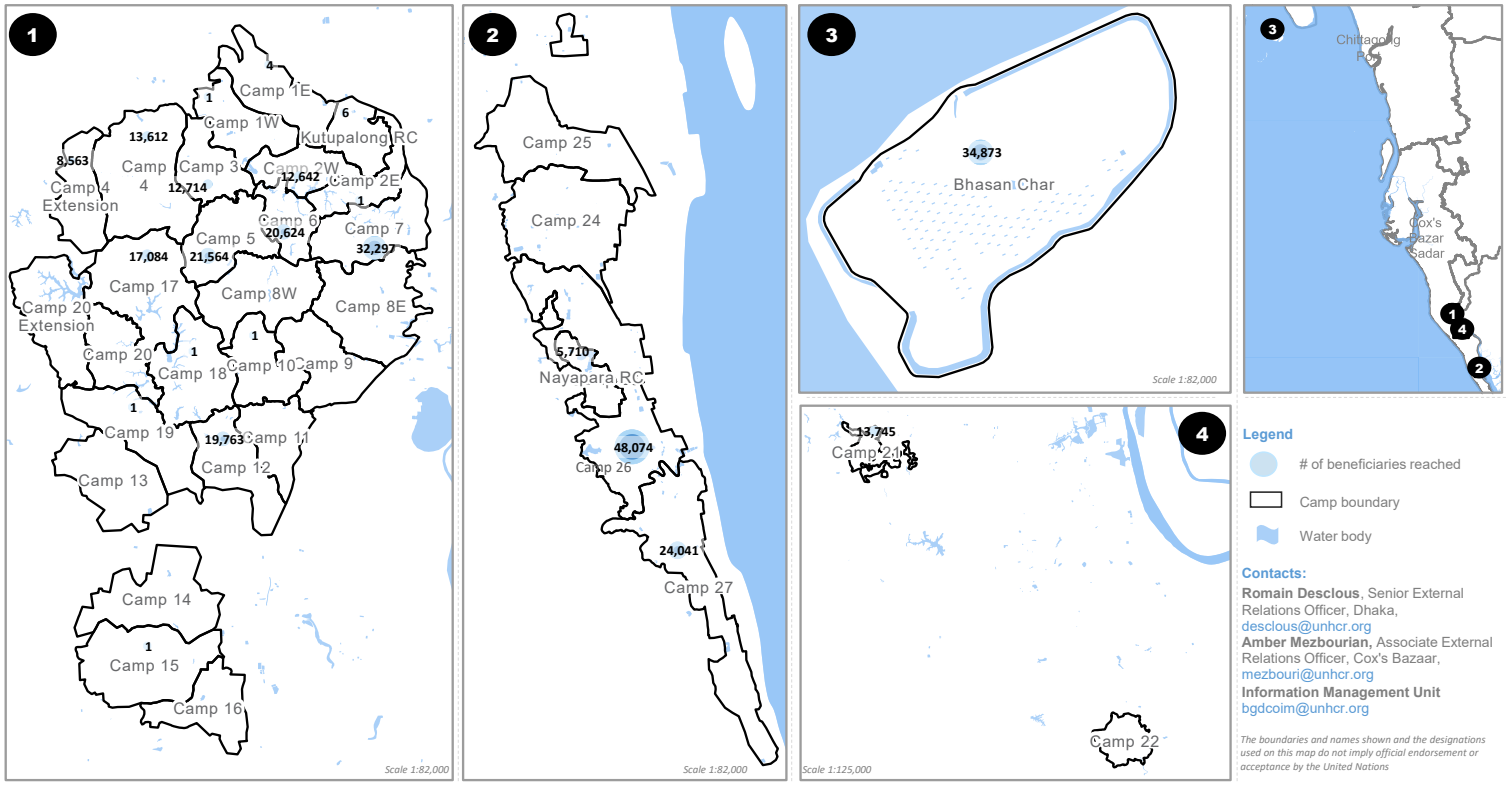
Age and gender



Monthly trend (total beneficiaries assisted with services)



Geographic overview (total beneficiaries assisted by camp)



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The boundaries and names shown and the designations used on this map do not imply official endorsement or acceptance by the United Nations

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Partners: Bandhu, BRAC, FH, Friendship, GK

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