MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT IN EMERGENCY SETTINGS

MHPSS IN UKRAINE REFUGEE RESPONSE

- Mental health and psychosocial support (MHPSS) is a widely recognized priority in the Ukraine situation refugee response.
- Mental health is defined as a high key health risk over the next three months in WHO Ukraine crisis Public Health Situation Analysis – Refugee-hosting countries, 17 March 2022

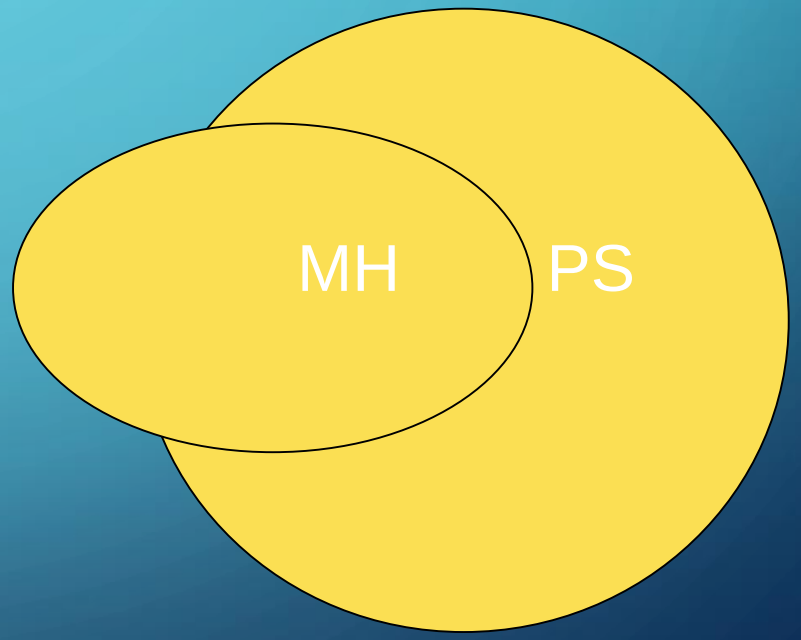
IASC GUIDELINES MHPSS INCLUSIVE FRAMEWORK: *MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT* COVERS BOTH

Composite definition

- protecting or promoting psychosocial well-being

and/or

preventing or treating mental disorder.



WHAT ARE THE MHPSS NEEDS?

Intervention pyramid

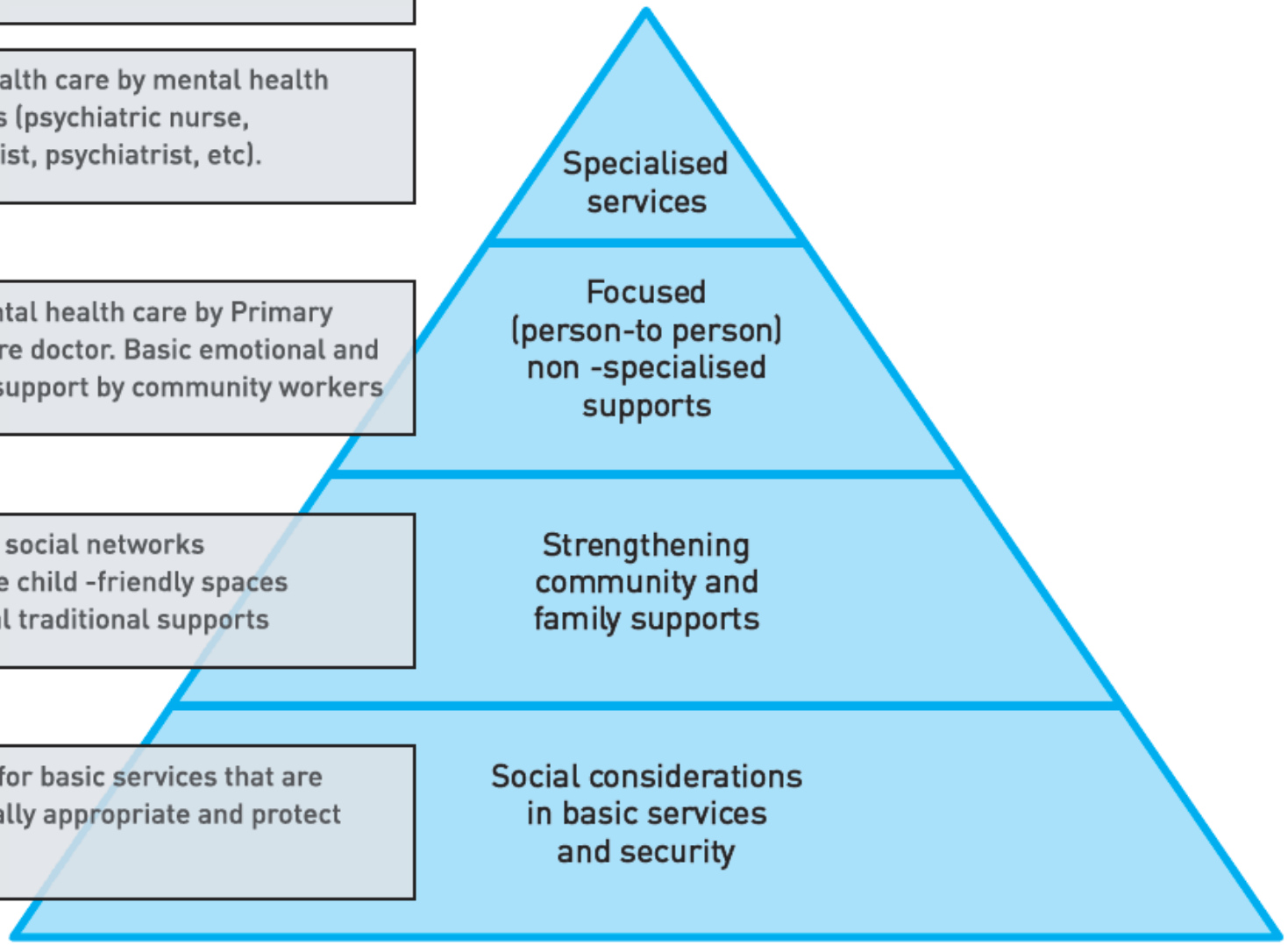
Examples:

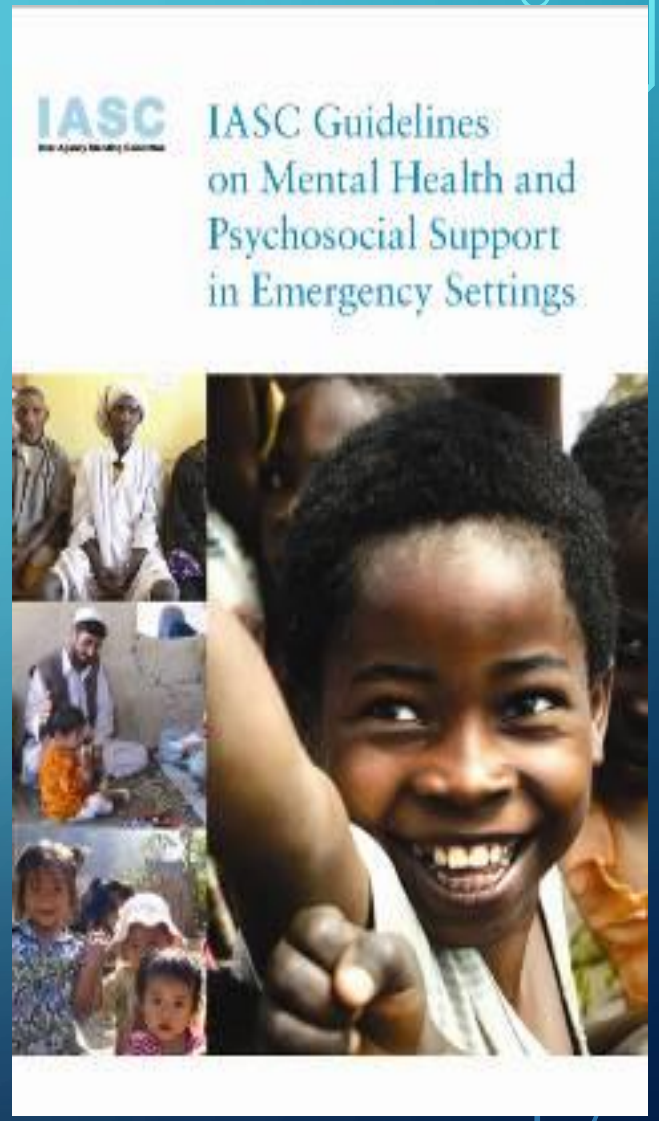
Mental health care by mental health specialists (psychiatric nurse, psychologist, psychiatrist, etc).

Basic mental health care by Primary Health Care doctor. Basic emotional and practical support by community workers

Activating social networks
Supportive child -friendly spaces
Communal traditional supports

Advocacy for basic services that are safe, socially appropriate and protect dignity





PLEASE, KEEP IN MIND THE FOLLOWING ESSENTIALS OF MHPSS COMMUNICATION

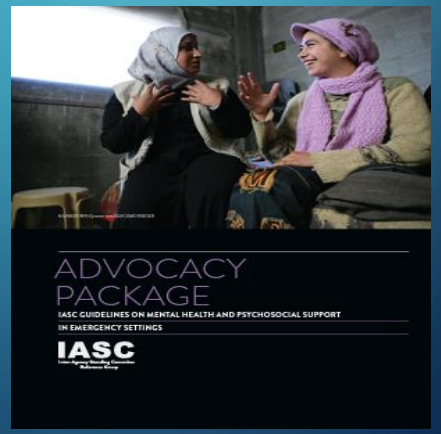
- Avoid assuming that everyone is traumatized;
- Psychological distress is common and natural;
- In emergencies, people are affected in different ways and require different kinds of support;
- Avoid emphasizing post-traumatic stress disorder (PTSD) in epidemiological projections;

PLEASE, KEEP IN MIND THE FOLLOWING ESSENTIALS OF MHPSS COMMUNICATION

- Loss is widespread among refugees;
- Children react to stressful experiences in different ways;
- Do not ask people about what they have experienced unless they want to talk about it themselves;
- Consider the needs of people with preexisting mental health conditions;
- Acknowledge and strengthen the agency of refugees and build on their capacity;

KEY TERMINOLOGY

- Do not pathologies stress reactions. Instead, normalize these reactions and emphasize resilience and coping (while referring the minority that need specialized mental health care for the appropriate services).



Examples of RECOMMENDED TERMS (Can be used in place of terms to the right)	Examples of TERMS THAT ARE GENERALLY NOT RECOMMENDED to be used outside clinical settings
• DISTRESS • ANGUISH • TORMENTED • PSYCHOLOGICAL AND SOCIAL PROBLEMS /EFFECTS/DIFFICULTIES	• TRAUMA
• ADVERSE EVENTS • ADVERSITY • TERRIFYING • LIFE-THREATENING • HORRIFIC EVENTS	• TRAUMATIC EVENTS
• SEVERELY DISTRESSED PEOPLE • SIGNS OF DISTRESS	• TRAUMATIZED PEOPLE
• REACTIONS TO DIFFICULT SITUATIONS • PEOPLE WITH EXTREME/SEVERE REACTIONS TO THE EMERGENCY	•SYMPTOMS
• STRUCTURED ACTIVITIES	• THERAPY • PSYCHOTHERAPY TO DESCRIBE NON-CLINICAL ACTIVITIES

KEY RESOURCES TO KEEP IN MIND

https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/mental-health-and-psychosocial-support-humanitarian-response-ukraine-and-neighbouring-countries

NEW WHO ONLINE COURSE ON MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT IN EMERGENCIES.

This online orientation course presents how to apply existing practical, evidence-based, scalable tools and practice-led approaches for the successful implementation of projects to strengthen MHPSS in emergencies.

The primary audience of this course is humanitarian health sector staff seeking to integrate MHPSS into their programmes. But other sectors will benefit from participating in at least some of the course modules.

Access the course here: https://openwho.org/courses/mental-health-and-psychosocial-support-in-emergencies/

Duration: ~7 hours, you can take the course all at once or in several sittings-

- Thank you!