UNHCR
The UN Refugee Agency

FACTSHEET

Mental Health and Psychosocial Support (MHPSS) Services

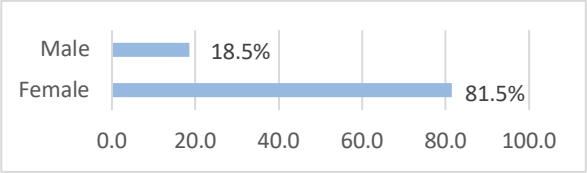
January – December 2024

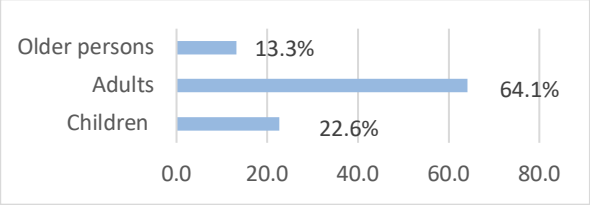
192,569
people participated in social/recreational activities and awareness sessions

10,000
vulnerable people attended inclusive care programmes

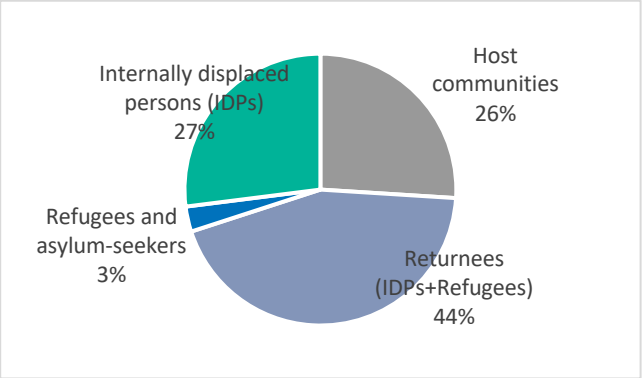
1,884
referrals to specialized mental health services

239,596 persons included in MHPSS services

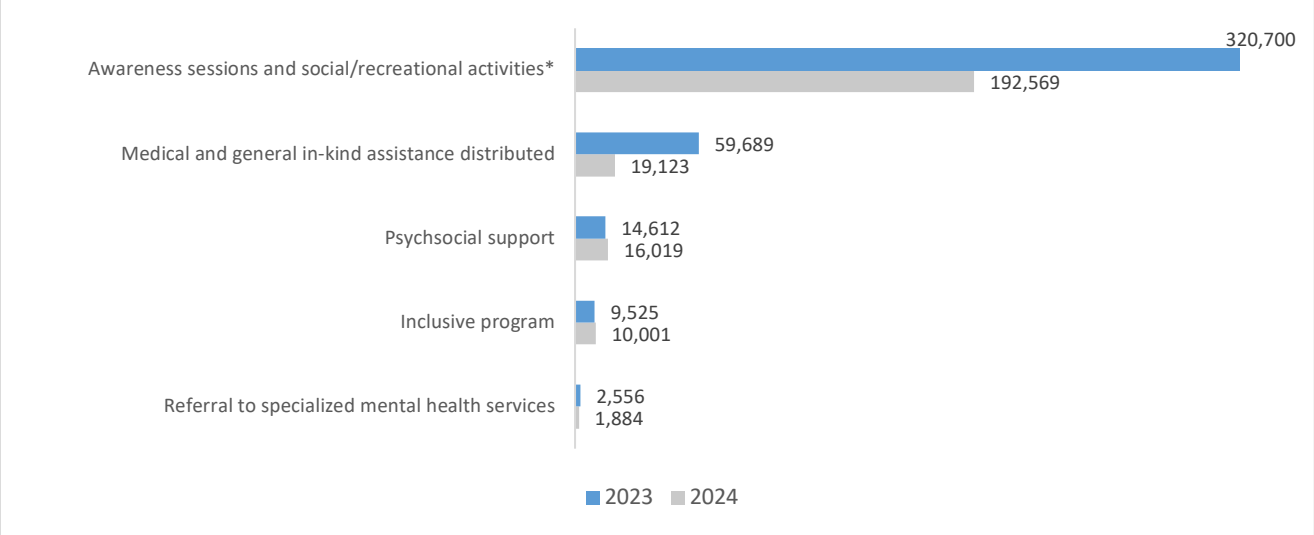




Population groups benefiting from services



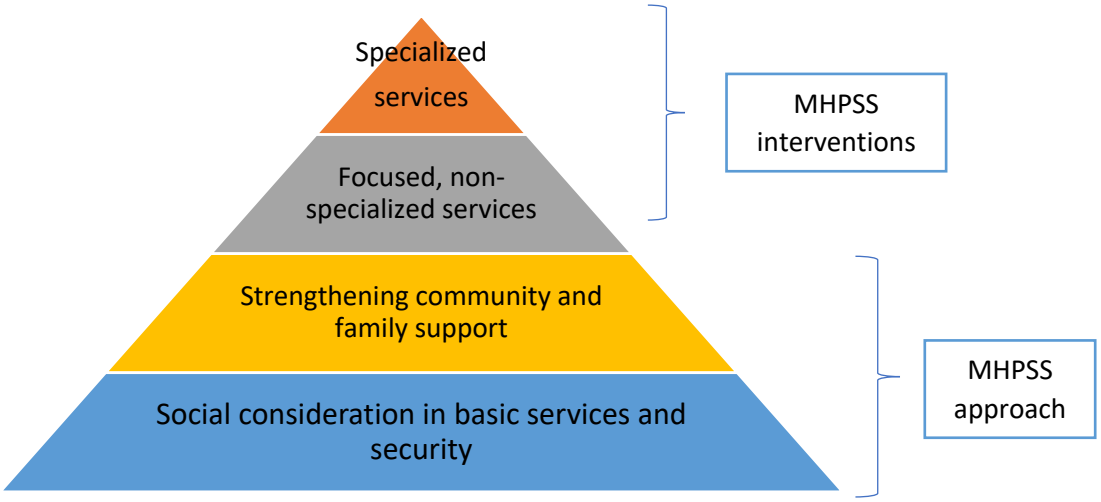
14 Governorates | **113** Community Centres | **720** Volunteers



Services provided:

Mental health in Syria has been severely impacted by the 14-year long crisis, displacement, and economic insecurity. Affected populations have experienced a range of stressors such as exposure to violence, separation from or loss of loved ones, poor living conditions, poverty, food insecurity, loss of livelihoods, physical injuries, and illnesses as well as a lack of access to services such as health care, education, and social care.

The mental health and psychosocial support (MHPSS) approach of UNHCR Syria is aligned with UNHCR's operational guidance on MHPSS and Inter-Agency Standing Committee (IASC) guidelines. Multi-layered interventions are integrated in the health and protection responses (primary health care, community-based protection) as well as in education and shelter programmes.



IASC pyramid of MHPSS interventions

Social considerations in basic services and security:

- The **age, gender and diversity approach** is applied and mainstreamed in all protection activities and interventions conducted at UNHCR-supported **community centres** and by mobile teams and outreach volunteers.
- In 2024, UNHCR provided general and medical in-kind assistance for **19,123 vulnerable people.** A total of **61%** of the individuals received medical assistive devices such as pressure modification, respiratory, diabetic devices, mobility, hearing and visual aids, which are critical to enable older people and persons with disabilities to continue to live at home and delay or prevent the need for long-term case; increase choice, safety, independence, and sense of control for service users restoring the dignity of the people with disabilities and people with special needs.

Strengthening community and family support:

- UNHCR's inclusive care programme for older persons and persons with disabilities provided support to **10,000 people with disabilities and older people and their caregivers**. These programmes were implemented by well-trained focal points . The programme provides vast

opportunities for everyone to get involved in creating a positive, inclusive society for all and enhancing the independence of people with and for whom UNHCR works.

- UNHCR and partners conducted **9,628 social/recreational activities and awareness-raising sessions for 192,569 vulnerable people.** The topics were selected based on communities' needs and concerns such as the management of depression and suicide prevention, stress and anger management. These awareness-raising activities help to reinforce positive messages and that those living with mental health issues are deserving of care, understanding, compassion, and pathways to hope, healing, recovery, and fulfilment.

Focused, non-specialized psychosocial support:

- By the end of 2024, **10,790 vulnerable people** received mental health and psychosocial support case management services.
- Individual and group counselling was provided to **5,229 vulnerable people with psychosocial needs** by MHPSS case managers in all UNHCR-supported community centres and multi-disciplinary clinics.
- **395 partner staff** received training on different topics related to mental health and psychosocial support in addition to specific interventions related to older persons and persons with disabilities such as: individual counseling, group counseling, self-help, psychological first aid (PFA), effective communication with older persons, basic interventions for persons with disabilities, general training of trainers (ToT), inclusion of persons with disabilities, MHPSS case management, learning difficulties, and basic PSS training.

Specialized mental health services:

- A total of **1,884 referrals to psychiatrists and psychotherapists** were made by MHPSS case managers for vulnerable people suffering from severe mental health disorders.