

**Mental Health and Psychosocial Support in  
context of humanitarian emergencies: what  
should humanitarian health actors know?**

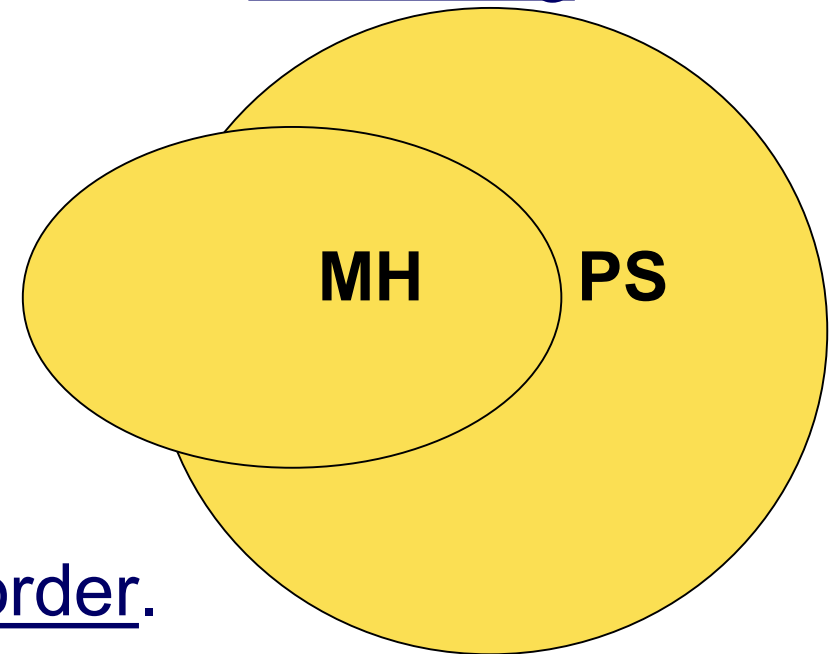
# IASC Guidelines: Inclusive framework: *mental health and psychosocial support* covers both

Composite definition

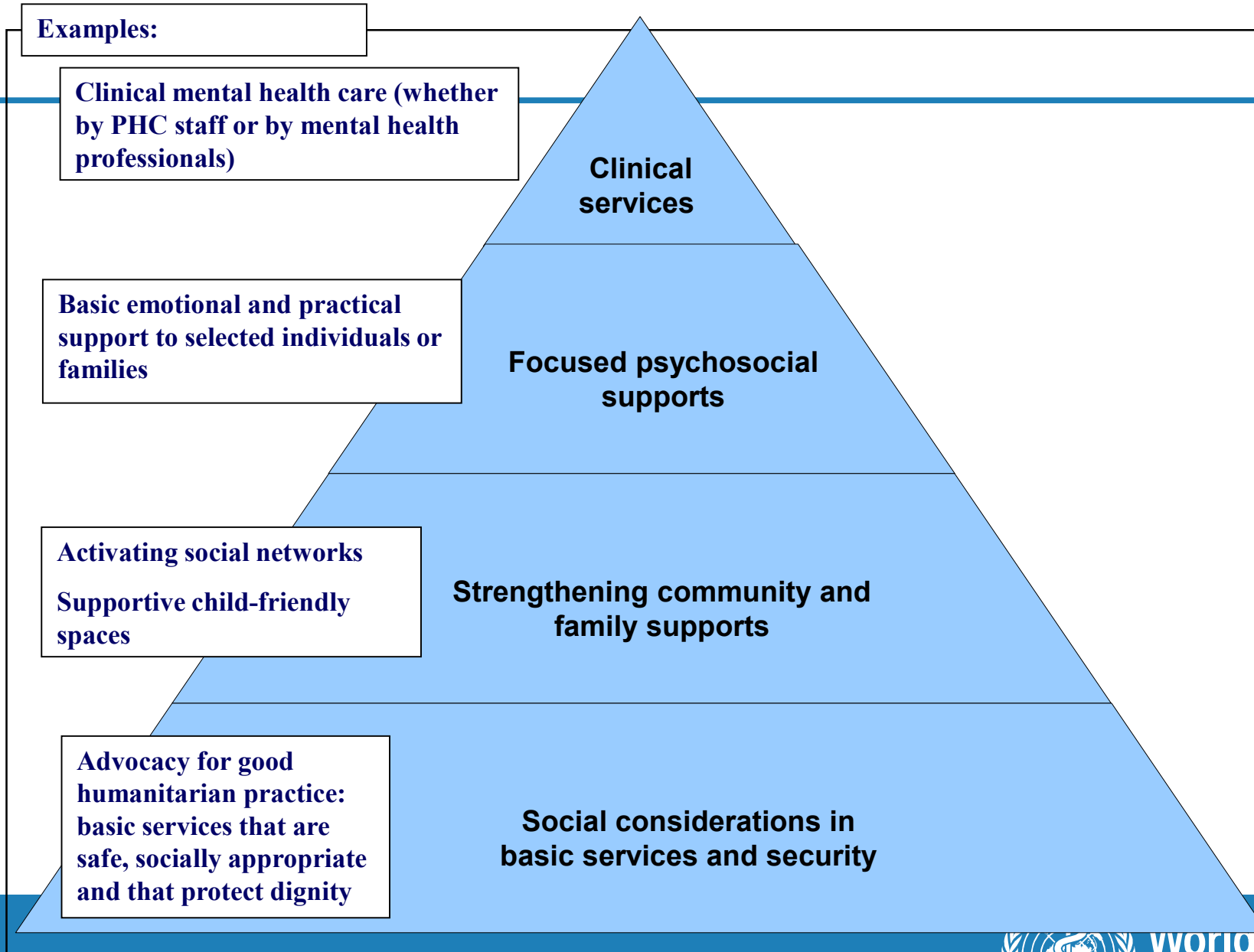
- protecting or promoting psychosocial well-being

and/or

preventing or treating mental disorder.



## Intervention pyramid (Adapted from IASC 2007)

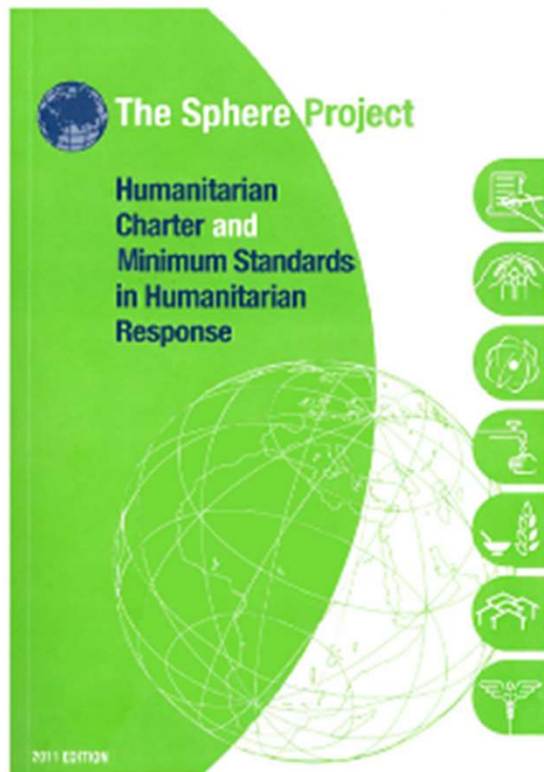


# Key things to remember

- Participation
- MHPSS is based on human rights principles
- MHPSS is not only about mental disorders and not only about PTSD
- Do Not label the population as traumatized
- Engage multiple sectors
- Always think of how to strengthen the system as a whole



# ACTION BY THE HEALTH SYSTEM



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

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1. Coordinate mental health and psychosocial support across sectors



# Coordination of MHPSS

## in humanitarian crisis in line with the IASC MHPSS Guidelines

Humanitarian Coordinator / Government leader

### Inter-sector Coordination Group



Health sector



Protection sector  
(with Child Protection, Gender Based Violence and Mine Action AoRs)



Education, Nutrition, CCCM and other sectors

### MHPSS Cross-sectoral Working Group

(with focal points in each of the sectors and with accountability in sectors. MHPSS activities to appear as relevant within Appeal chapters, rather than in a separate stand-alone Appeal chapter)

## in WHO Public Health Emergencies

Humanitarian Coordinator / Government leader / WHO

### Incident Management Team



Partners Coordination

**MHPSS role**  
MHPSS TWGs



Risk Communication & Community Engagement

**MHPSS role**  
Developing and disseminating message on stress coping and psychosocial wellbeing for different groups.



Case management

**MHPSS role**  
Integrating mental health and psychosocial considerations into clinical case management and essential health services.



Continuation of essential health services

**MHPSS role**  
Continuation of essential mental, neurological and substance use services.



Operations & others

**MHPSS role**  
Psychosocial wellbeing of health workforce and other responders.

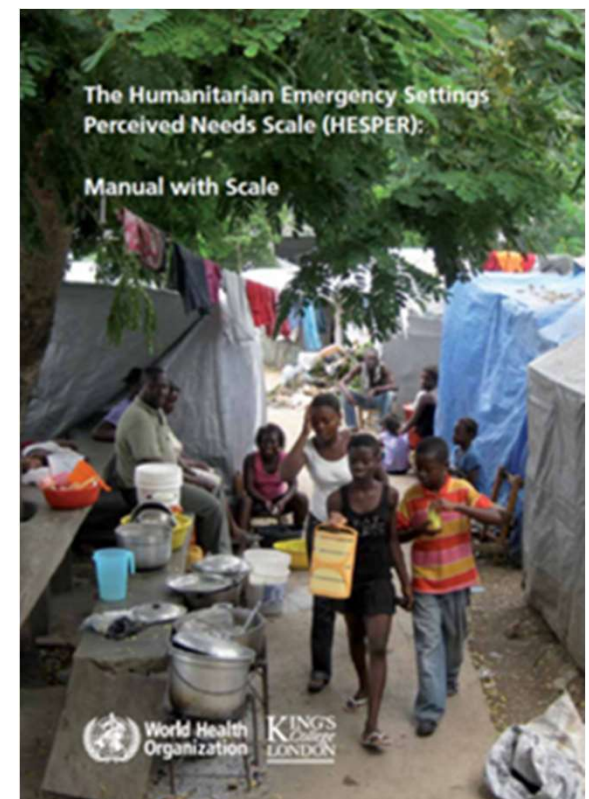
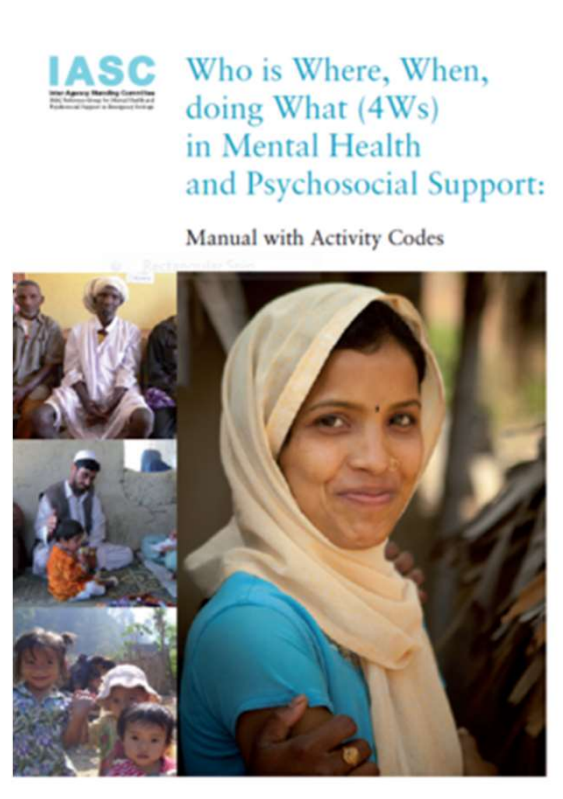
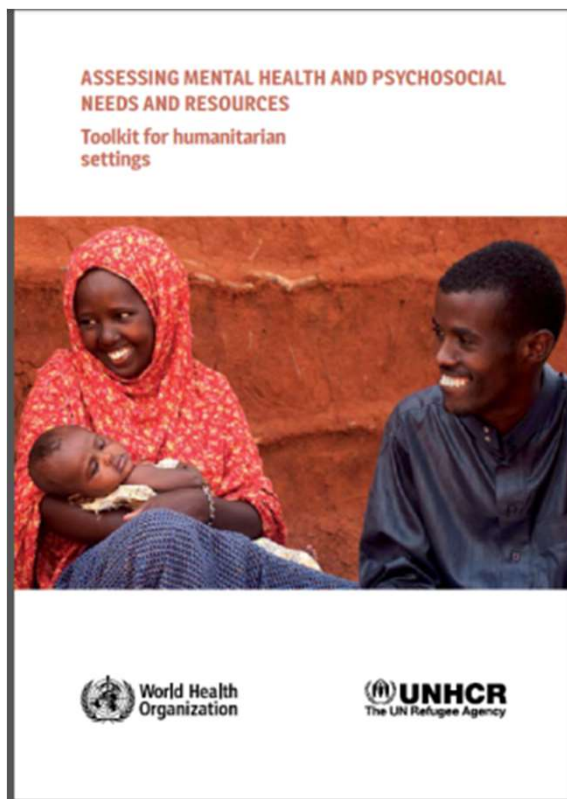
### MHPSS Cross-sectoral Technical Working Group

with MHPSS focal points in all relevant the pillars



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

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



# MHPSS assessment resources

**IASC** IASC  
Inter-Agency Standing Committee  
The Challenge Fund for Mental Health and  
Psychosocial Support in Humanitarian Settings

**IASC Reference Group  
Mental Health  
and Psychosocial Support  
Assessment Guide**



**IASC (2013). Mental Health and Psychosocial Support Assessment Guide**

**WHO/UNHCR (2012). Assessing Mental Health and Psychosocial Needs and resources: Toolkit for humanitarian settings**

**ASSESSING MENTAL HEALTH AND PSYCHOSOCIAL NEEDS AND RESOURCES**  
Toolkit for humanitarian settings



## CONSIDERATIONS FOR MHPSS ASSESSMENTS DURING COVID-19

**IASC Technical Note: Linking Disaster Risk Reduction (DRR) and Mental Health and Psychosocial Support (MHPSS). Annex B: Considerations for MHPSS Assessments during COVID-19.**

## What about surveys to assess rates of mental disorders?

### Popular but often problematic

- Challenging, resource-intensive, controversial

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- Difficulty distinguishing disorder from distress or transient stress; can lead to inaccurate results

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- Significant expertise required

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- Well conducted surveys may be part of comprehensive response (beyond minimum response needed)

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# WHO/UNHCR 2012 MHPSS Assessment Toolkit, Tool 5: Checklist for integrating mental health in primary health care (PHC) in humanitarian settings

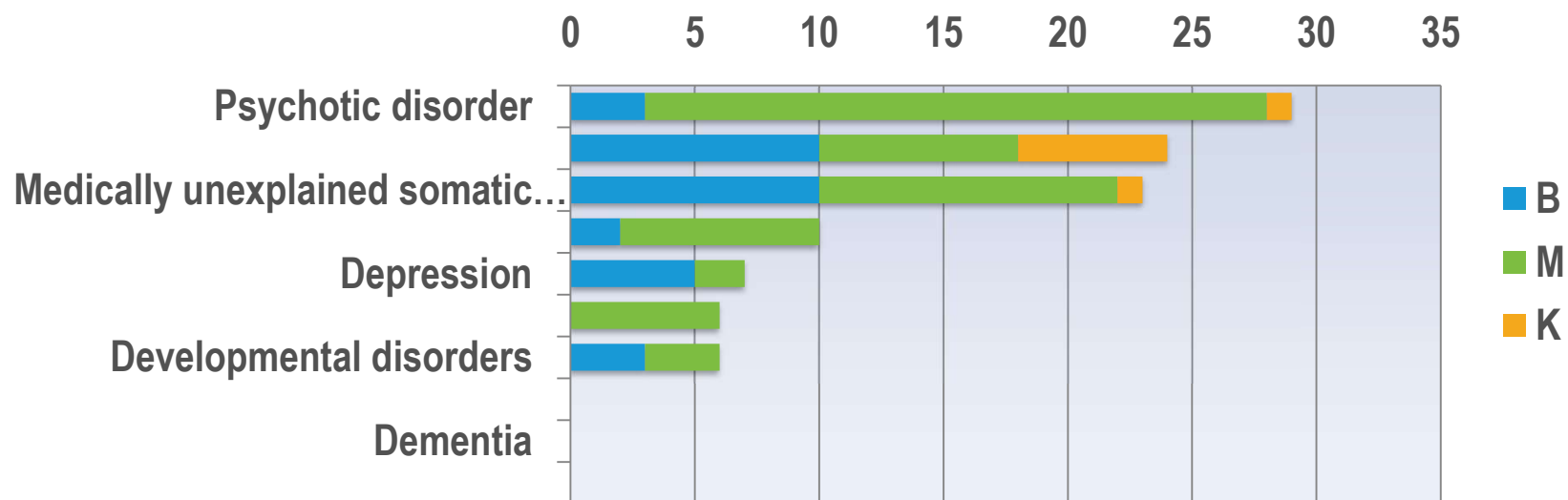
ASSESSING MENTAL HEALTH AND PSYCHOSOCIAL  
NEEDS AND RESOURCES  
Toolkit for humanitarian  
settings



Conduct brief site visit, interview PHC managers and health staff, and assess:

- Staff number and competencies
- Number and type of cases
- Referral system
- Availability of psychotropic medications

## Example: Number and types of mental health cases recorded per month at camp health facilities, Ethiopia (Dollo Ado Camps)



**Source:** IMC Ethiopia (2013) IMC Ethiopia Baseline Mental Health Situational Analysis Dollo Ado Somali Refugee Camps Data from basic health information systems is shown from the three Somali refugee camps of Bokolmayo (B), Melkadida (M) and Kobe (K).

## 4Ws MHPSS Mapping

**IASC**  
Inter-Agency Working Committee  
for Addressing Group for Mental Health and  
Psychosocial Support in Emergencies

Who is Where, When,  
doing What (4Ws)  
in Mental Health  
and Psychosocial Support:

Manual with Activity Codes



- 4Ws: **Who** does **what** **where** until **when**
- Contains codes and sub-codes for 11 types of interventions that agencies do across sectors
- Helps with coordination, referral
- Demystifies MHPSS by creating a common language



# Example: 4Ws MHPSS Mapping in South Sudan

## MHPSS | WHO IS DOING WHAT, WHERE IN SOUTH SUDAN, 2018

### OVERVIEW

For more information, please contact the MHPSS Technical Working Group: [tuw@unhcr.org](mailto:tuw@unhcr.org)

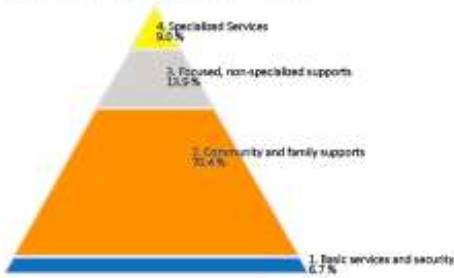
The MHPSS Technical Working Group and Network produces annually an overview of who is doing what where in South Sudan. In the 2018 snapshot 89 organizations participated and 1068 entries were provided. The information collection took place in close collaboration with the health cluster, protection cluster, education cluster, child protection sub-cluster and GBV sub-cluster. Information collection was done in line with IASC Guidelines. Besides this one-page overview a more comprehensive report with in-depth analysis will be made available.

### Agencies by Category

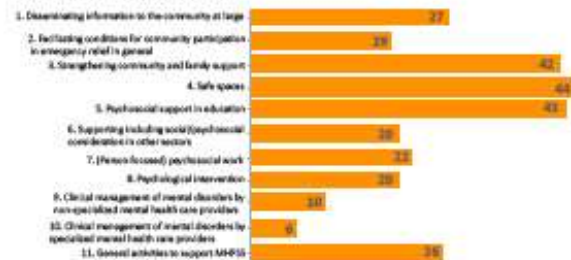
### Agencies by Type

21 International 68 National 18 International NGO 63 National NGO 1 Government 1 Red Cross 3 UN Agencies 4 Community Based Organizations 1 Faith Based Organization

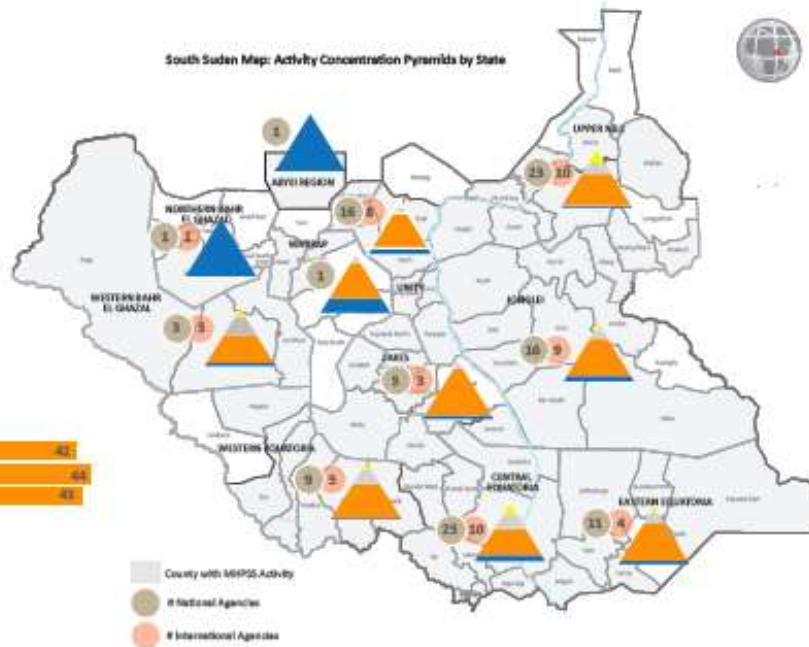
### South Sudan and Abyei Region Activity Concentration



### # Agencies Carrying out MHPSS Activities



### South Sudan Map: Activity Concentration Pyramids by State



The names and symbols for the groups in this report are the direct trade official trademark or, accepted by the Government of South Sudan in 2014. These marks are hereby recognized by UNHCR and are used for identification purposes only. UNHCR is not responsible for the use of these marks for any other purposes and is not liable for any copyright or trademark infringement. Some marks of the groups are used for identification purposes only.

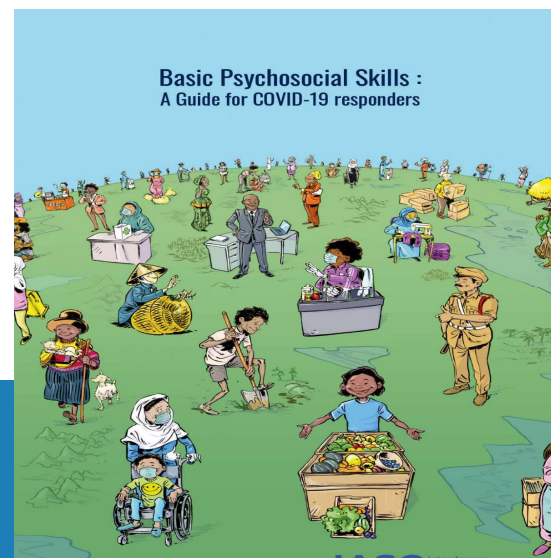
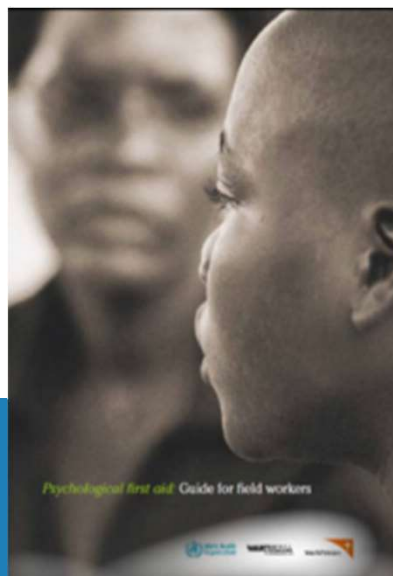
OpenWHO.org by

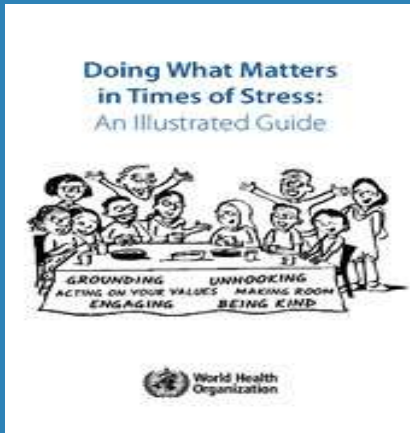


# ***Sphere Handbook* mental health standard: 9 key actions**

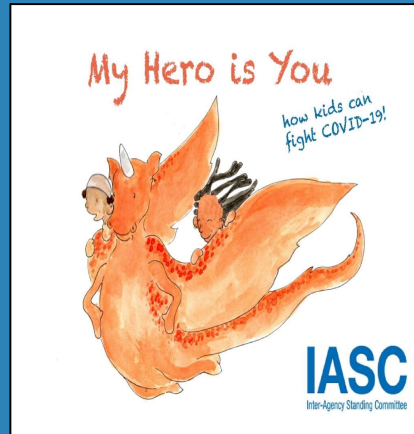
3. Enable community members including marginalized people to strengthen community self-help and social support

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

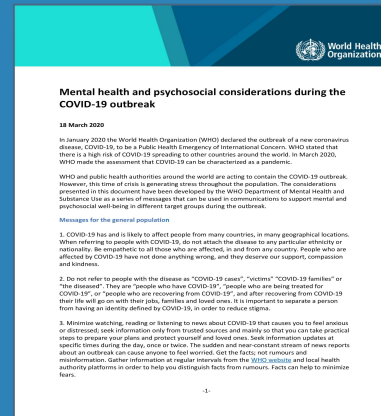




Promote self help to cope with stressors



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



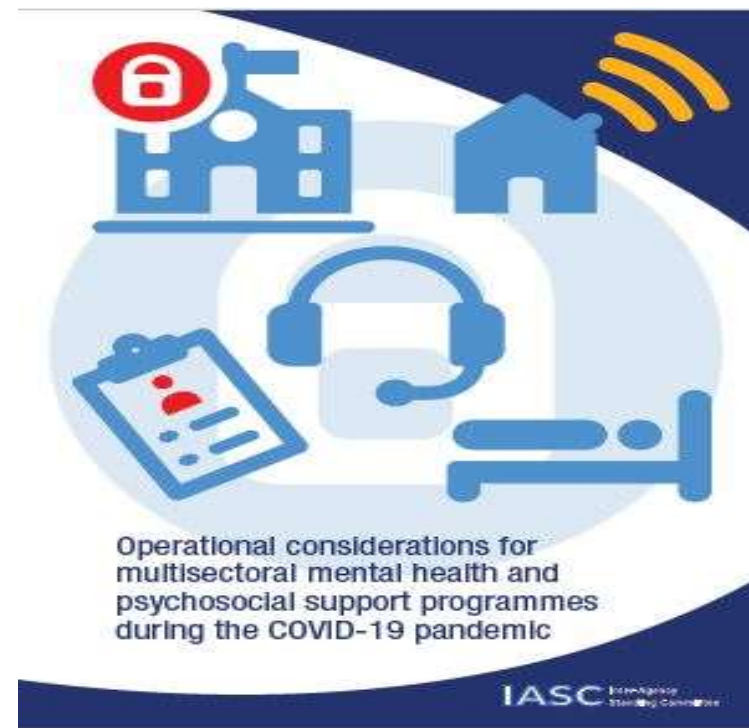
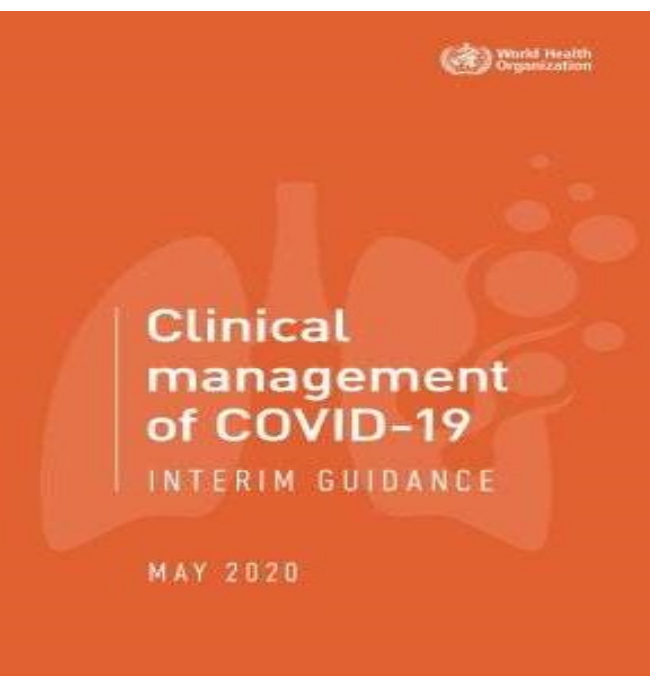
Use WHO repository of MHPSS risk communication messages



Use social media and adapt to local context

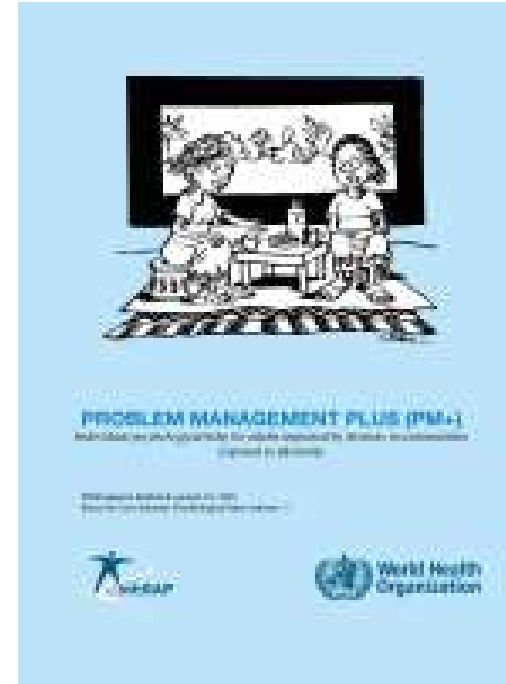
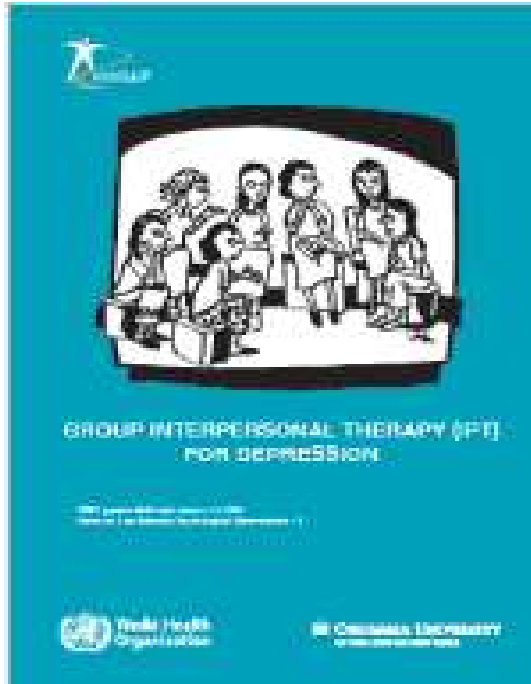
# ***Sphere Handbook* mental health standard: 9 key actions**

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.



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

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



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

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**

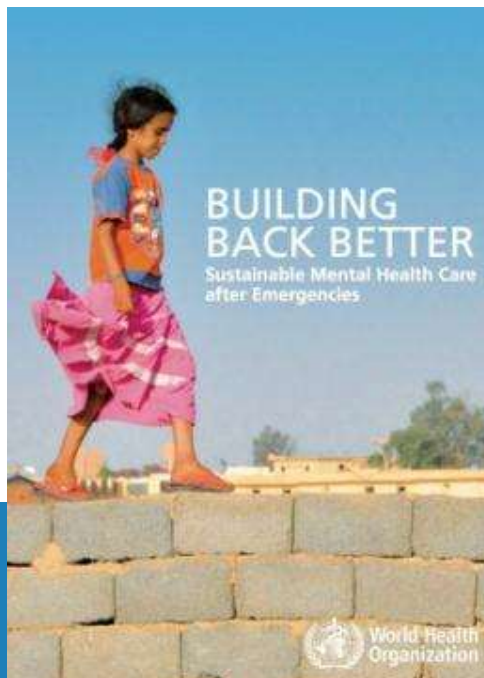
- **Kosovo**

- **Somalia**

- **Sri Lanka**

- **Timor-Leste**


- **West Bank and Gaza Strip**



# Key resources to keep in mind


**MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT  
HUMANITARIAN RESPONSE IN UKRAINE AND  
NEIGHBOURING COUNTRIES**

Resources in English, Hungarian, Latvian,  
Lithuanian, Polish, Romanian, Russian,  
Slovakian, and Ukrainian Version 2.0.




**KEY RESOURCES**

IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings. (IASC, 2007).




**E U R**

IASC MHPSS RG Assessment Guide. (IASC MHPSS RG, 2012).



**E U**



**The Common Monitoring and Evaluation Framework for Mental Health and Psychosocial Support in Emergency Settings**

**WITH MEANS OF VERIFICATION (VERSION 2.0)**

