

# Mental health and psychosocial support in emergencies

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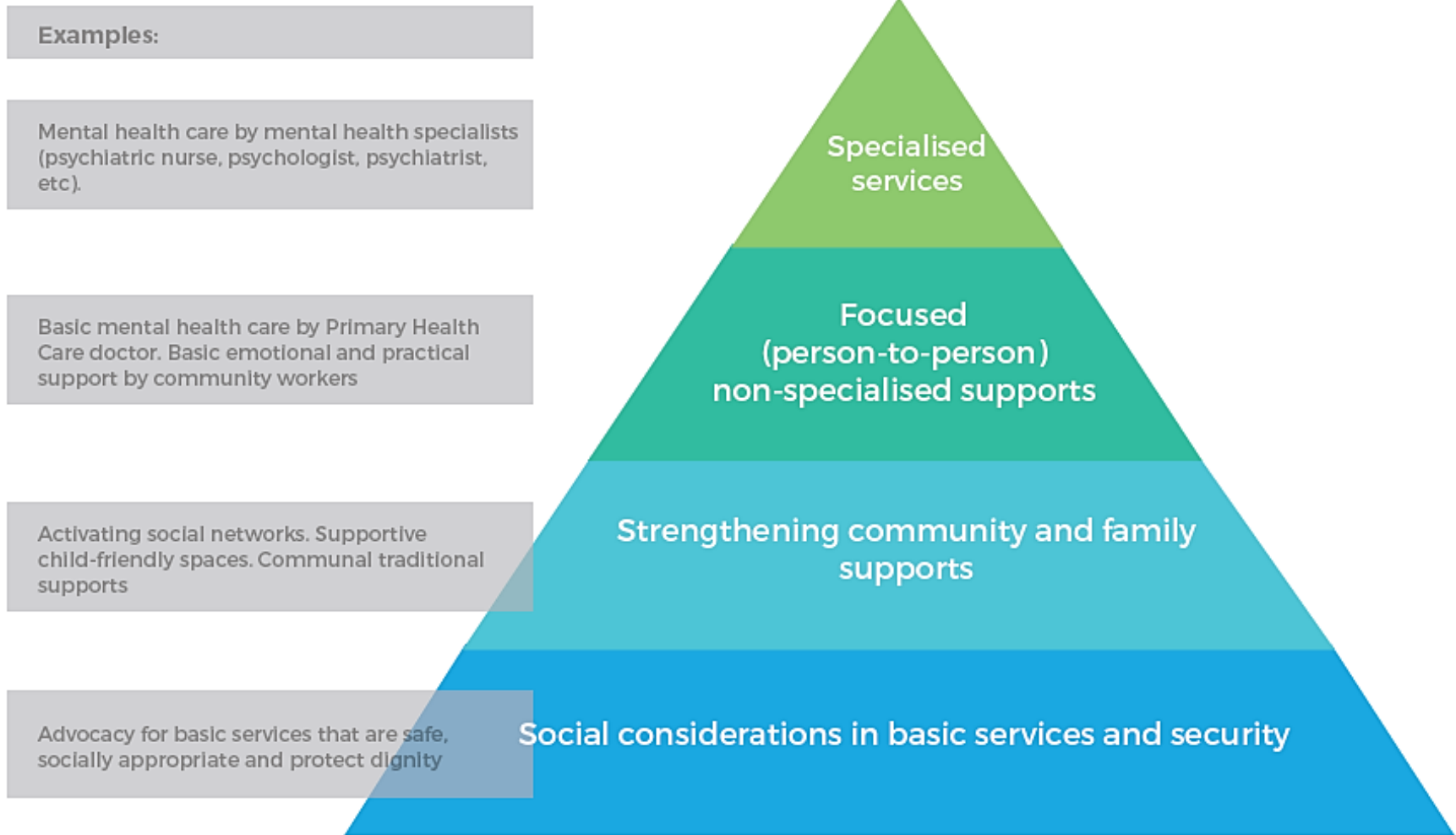


Всемирная организация  
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# MHPSS essentials (1): needs and interventions

## IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings

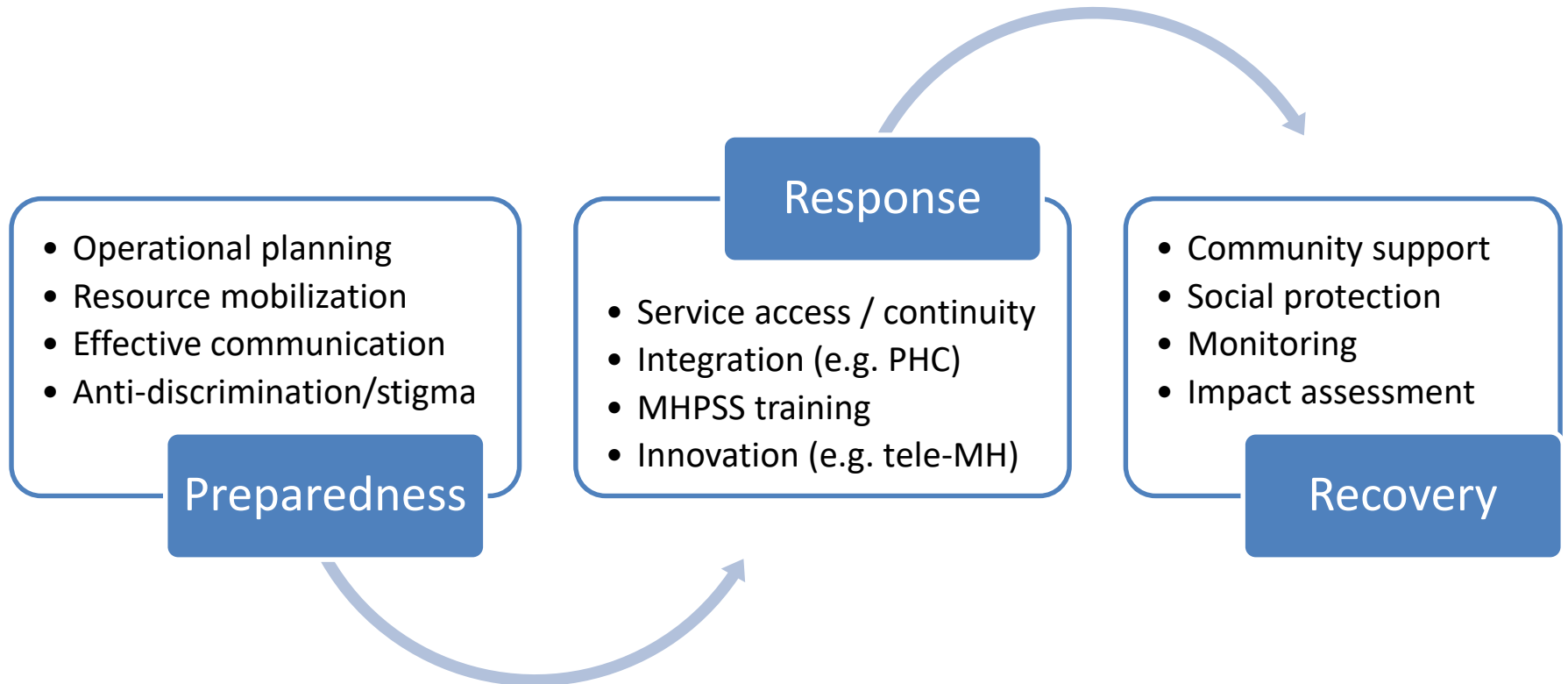


# MHPSS essentials (2): key actions

<https://spherestandards.org/wp-content/uploads/Sphere-Handbook-2018-EN.pdf>

<b>Coordinate MHPSS</b> across sectors	<i>Set up a cross-sectoral technical working group for mental health and psychosocial issues. It may be co-led by a health organisation and a protection humanitarian organisation</i>
<b>Develop programmes</b> based on identified needs and resources	<i>Analyse existing mental health systems, staff competencies, and other resources or services. Conduct needs assessments (NB MH conditions may be pre-existing, induced by the crisis or both)</i>
<b>Work with community</b> members, including marginalised people, to strengthen community self-help	<i>Promote community dialogue on ways to address problems collaboratively, drawing on community wisdom, experience and resources. Support re-initiation of pre-existing support mechanisms, e.g groups for women, youth.</i>
<b>Orient staff / volunteers</b> on how to offer psychological first aid	<i>Apply the principles of psychological first aid to manage acute stress after recent exposure to potentially traumatic events.</i>
<b>Make care available</b> (basic mental healthcare and, where possible, psychosocial support)	<i>Train and supervise general healthcare workers to assess and manage priority MH conditions. Organise a referral mechanism (between specialist / general healthcare and other services) Where feasible, train and supervise non-specialists.</i>
<b>Protect the rights</b> of people with mental health conditions	<i>Visit psychiatric hospitals and residential homes for people with severe mental health conditions on a regular basis from early in the crisis Address neglect and abuse in institutions and organise care</i>
<b>Minimise harm</b> related to alcohol and drugs	<i>Train staff in detection and brief interventions, harm reduction, and management of withdrawal and intoxication</i>
<b>Develop a sustainable mental health system</b> during early recovery planning and protracted crises	

# MHPSS essentials (3): critical phases



# Phases of social and economic impact

Source: WHO (2020). *Strengthening and adjusting public health measures throughout the COVID-19 transition phases*

## 2nd Phase of Social & Economic Impact

Loss of gender equality gains

Food shortages

Shortage of informal care and increased isolation of older people

Unemployment rises and stays high

Mental health problems

Increase in poverty risk

Rising crime

## 3rd Phase of Social & Economic Impact

Breakdown of social cohesion

Increased inequality

Long-term ill health

Rising suicides

Increase in avoidable hospitalizations

Housing insecurity – increasing homelessness

Firm closures

Slower recovery and widening economic and health gaps between geographical areas.

## 1st Phase of Social & Economic Impact

Job loss

Criminal exploitation, loan sharks and recruitment into organized crime

Stigma and xenophobia

Increase in avoidable hospitalizations

Employment insecurity and underemployment

Excess mortality and morbidity

Adverse childhood experiences

Long-term unemployment

Increase in gender-based violence

Increase in gender-based violence

Increasing family stress

Disadvantaged children less able to catch up on schooling

Increase in poverty risk and working poor

Increased alcohol consumption

Hunger – food and fuel insecurity

Higher infection and death rates of marginalized populations and those with poor health and in territories with fragile health systems

Increase in levels of stress & anxiety

Rising levels of NEETs

Alcoholism and addiction

# *A new normal: UN lays out roadmap to lift economies and save jobs after COVID-19*



United Nations

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PRESS RELEASE

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UN will focus on 5 key streams in its response, placing communities at centre of recovery efforts:

1. protecting existing health services and strengthening health systems' capacities;
2. helping people cope with adversity, through social protection and basic services;
3. protecting jobs, supporting small and medium-sized enterprises, and informal sector workers through economic recovery programmes;
4. guiding the necessary surge in fiscal and financial stimulus to make macroeconomic policies work for the most vulnerable and strengthening multilateral and regional responses; and
5. promoting social cohesion and investing in community-led resilience and response systems.

These streams are connected by action to meet the need for environmental sustainability, if countries are to recover and “**build back better**”, and be better prepared to address future shocks, including pandemics.

[\*\*UN framework for the immediate socio-economic response to COVID-19\*\*](#)

# MHPSS resources for COVID-19 response and recovery

- **UN**
  - [Policy brief on COVID-19 and mental health](#)
- **IASC** [[Inter-Agency Standing Committee](#)]
  - [Interim Briefing Note Addressing Mental Health and Psychosocial Aspects of COVID-19 Outbreak](#)
  - [Guide to psychosocial skills for COVID-19 responders](#)
  - [My Hero is you](#) (a children's storybook)
- **WHO:**
  - [Mental health and psychosocial considerations during the COVID-19 outbreak](#)
  - [Doing What Matters in Times of Stress: An Illustrated Guide](#)
- **UNICEF:**
  - [Social stigma associated with the coronavirus disease \(COVID-19\)](#)
  - [Community-based MHPSS in humanitarian settings](#)