



MHPSS

How FSC members can best interact with beneficiaries with emotional distress and refer them to support where appropriate

14 June 2022

Adib Asrori, MHPSS Programme Specialist UNFPA/Co-Chair MHPSS
Working Group

MHPSS

The term mental health and psychosocial support refers to *any type of local or outside support that aims to protect or **promote** psychosocial well-being and/or **prevent or treat** mental disorders.* Before, the term **mental health is more widely used in health settings** and **psychosocial support use to be a preferred term for social organizations.** As they are highly overlapped, the guideline **advocates to use the composite term MHPSS to cover a wide range of services at different levels.**

Why MHPSS is important in FSC?

- In many emergencies, hunger & food insecurity cause severe stress and damage the psychosocial well-being of the affected population.
- Understanding the interactions between mental health psychosocial well-being and food security enables humanitarian actors to increase the quality and effectiveness of food aid.
- Food insecurity affected 69.6% of [reproductive-aged women](#), increase prevalence of Depression (89,4%), Anxiety (90,8%), and Stress (85,7%).
- Among studies published in the previous five years, [food insecurity was significantly and positively associated with multiple indicators of psychological distress](#).
- Food insecurity is associated with a [257% higher risk of anxiety and a 253% higher risk of depression](#) (study during COVID-19 pandemic).

WHO NEEDS THIS INTERVENTION? WHO PROVIDES THIS?



WHAT KIND OF INTERVENTION?

The population who may have significant difficulties in basic daily functioning, people with severe mental disorder. They must be assisted by:

- Clinical Psychologist
- Psychiatrist
- Professional Counsellor

Those people who require more focused individual, family or group interventions by trained & supervised workers, but who may not have years of training in specialised care, for example:

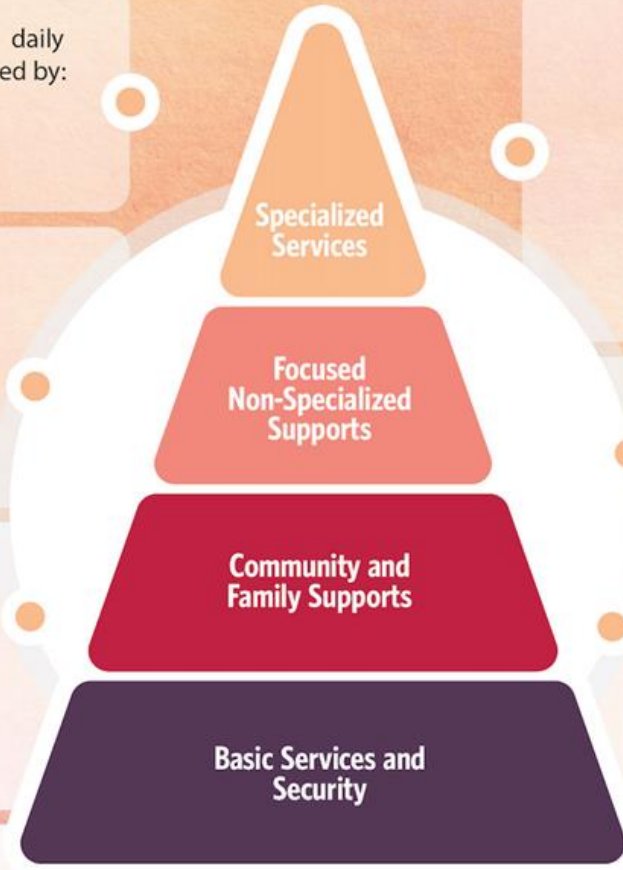
- Trained Mental Health Nurse
- Lay Counsellor supervised by psychologist
- Social Workers

Those people who are able to maintain their mental health and psychosocial well-being if they receive help through key community & family supports, for example:

- Community Leaders / Religious Leaders / Teachers
- Family Members with positive coping mechanism
- Community Facilitators / Social Workers

Well-being of all the people should be protected through the (re)establishment of security, adequate governance & services that address basic physical needs, the needs for basic services and security are met by:

- Responsible Actors who work on humanitarian assistance, including by not limited to the Government, NGOs, Community Leaders, Camp Managers, etc.



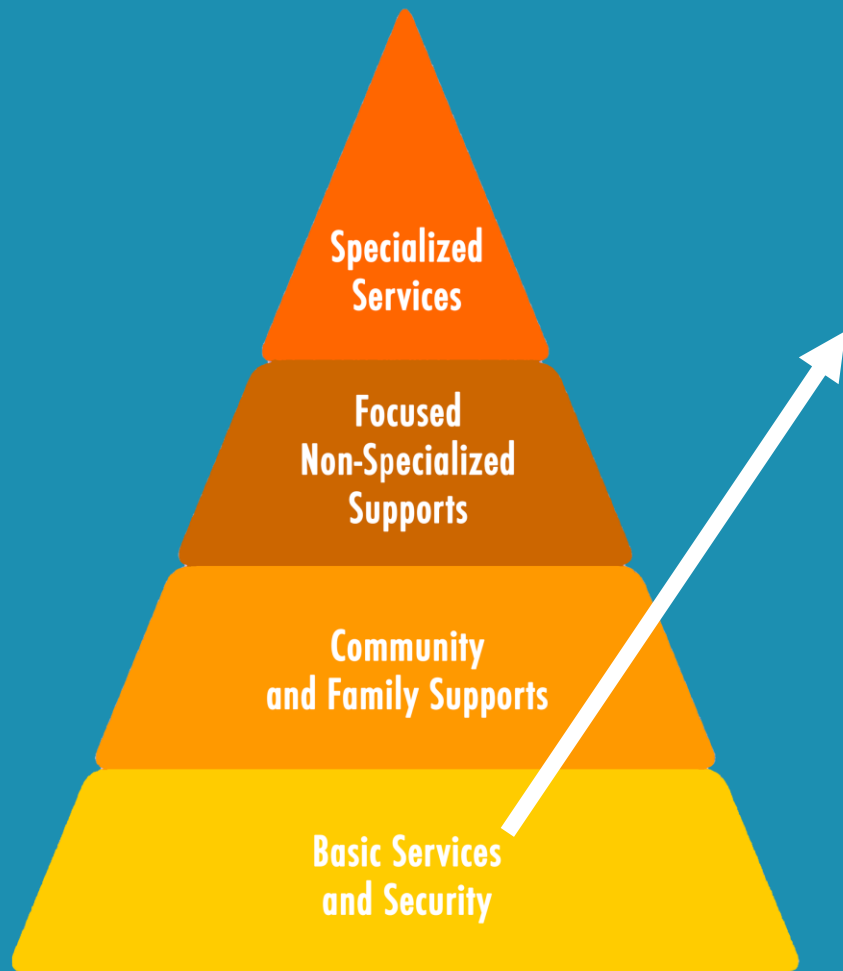
- Psychotherapy by Clinical Psychologist
- Eye movement desensitization and reprocessing (EMDR) for PTSD by trained MH Professional
- Clinical Counseling by Trained Counselor / Psychologist
- Group Therapy for people diagnosed by Acute Stress Disorder or PTSD
- Group Cognitive Behavior Therapy (CBT) for GBV Survivor with Depression
- Psychiatric Services

- Emotional Support for GBV Survivor by Caseworker
- Psychological First Aid (PFA)
- Basic Mental Health Care by primary health worker
Ex: Basic Emotional Support by Nurse.
- GBV case management

- Family Tracing & Reunification
- Assisted mourning & communal healing ceremonies
- Mass communication on positive coping methods
- Supportive parenting programmes
- Formal & non-formal educational activities
- Livelihood activities & the activation of social networks such as through women's groups & youth clubs

- Advocating that basic services are put in place
- Safe Spaces
- Shelter / Housing
- Documenting impact on MH & Psychosocial well-being
- Socio-culturally appropriate ways that promote mental health and psychosocial well-being, ex: community support group, religious activities in the community, etc.

What can we do as frontline responders?



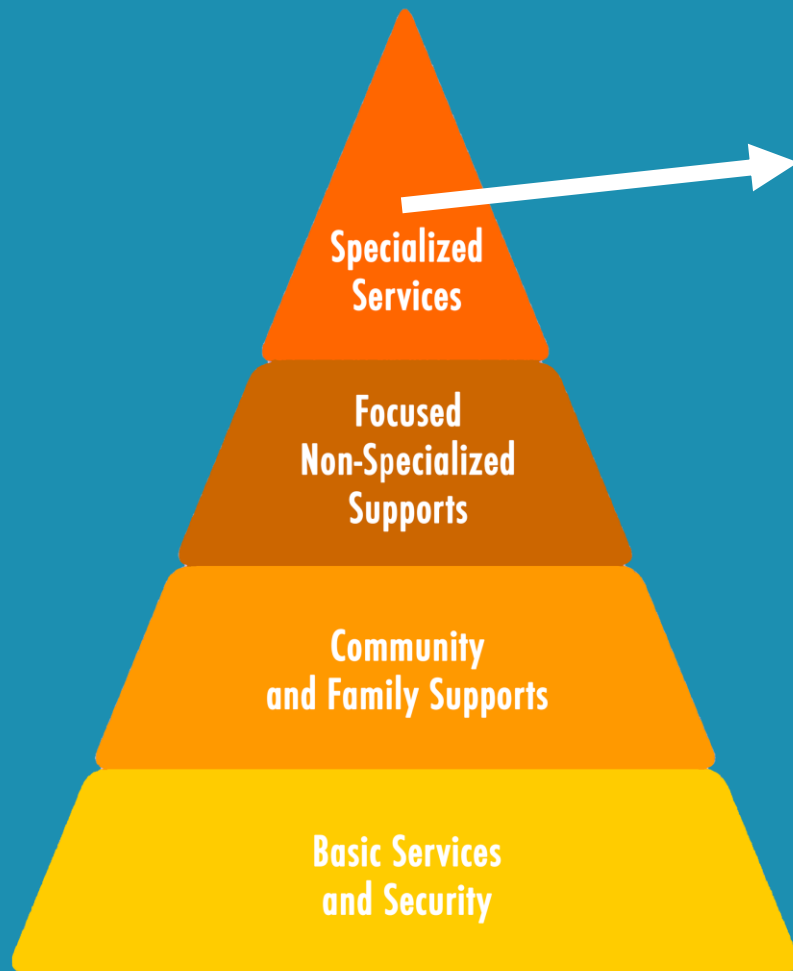
■ For beneficiaries

- Building rapport, establish positive communication with beneficiaries
- Practice active listening, attentively listen their concern
- Observe and refer people in distress to trained MHPSS providers or MHPSS professionals

■ For oneself

- Self-awareness & mindfulness with ourselves (mind, emotion, behavior)
- Have regular self-care practice to pay attention more on our well-being
- Talk with someone we can trust (friends, colleagues, family, supervisors)

When to refer/ to Seek Professional Help ?








- If beneficiaries are thinking about harming them selves or others
- If beneficiaries feel that they cannot handle distress such as intense feelings or bodily sensations, or continue to feel numb and empty
- If there is a continued decline in their engagement in daily activities and performance at home, work, school, or in social relationships
- If beneficiaries increase smoking, alcohol, or drugs intake to bring relief.
- If beneficiaries have no one with whom they can share their emotions but feel they need to do so.

MHPSS Referral Directory

- Type of services:
 - **Psychosocial Activities** (community, group and family support activities; child, women and youth friendly spaces; assistance to vulnerable individuals and families; parenting classes, early childhood development and psycho-education, and awareness sessions for individuals and families)
 - **Psychological Interventions** (such as individual, family or group counseling/ therapy)
 - **Mental Health Services** (assessment and clinical management of mental, neurological and substance use (MNS) disorders)
- Information available: Townships, Organizations, Languages, Focal Person & Contact Information
- [MHPSS Referral Directory](#) accessible in this [LINK](#)
- Partners who are willing to attend the meeting and get regular updates from MHPSS WG, please send an email to asrori@unfpa.org

MHPSS REFERRAL DIRECTORY

The MHPSS Referral Directory is a resource for field staff in Myanmar seeking organisations they can refer beneficiaries with MHPSS needs. Please find details organizations in each states below:

 CHIN Find Referral	 KACHIN Find Referral	 KAYAH Find Referral	 KAYIN Find Referral
 MANDALAY Find Referral	 MON Find Referral	 NORTHERN SHAN Find Referral	 RAKHINE Find Referral
	 TANIN THARYI Find Referral	 YANGON Find Referral	