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WORLD MENTAL HEALTH DAY FOOD SECURITY CLUSTER

MBOFUNG G.N.



**COVID-19
RESPONSE**

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DEFINITION OF MENTAL HEALTH



Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.



THE ORIGIN OF THE WMHD



World Mental Health Day was observed for the first time on **10 October 1992**. It was started as an annual activity of the World Federation for Mental Health by the then Deputy Secretary **General Richard Hunter**. The day is officially commemorated every year on October 10th.



OBJECTIVE OF THE DAY



The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.



COVID-19 pandemic has led to an increase in the cases of alcohol abuse, drug use, insomnia, anxiety, stress, and depression.

PRESENTATION OF THE DIFFERENT THEMES FOR THE 2021 WMHD



WHO



World Federation for Mental Health



2021 CAMEROON'S THEME FOR CELEBRATION



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Santé mentale et respect des droits.

Mental health and respect of rights



Some Facts on Mental health in humanitarian settings



MENTAL HEALTH IN HUMANITARIAN SETTING



- ❖ Almost all people affected by emergencies will experience psychological distress, which for most people will improve over time.
- ❖ Among people who have experienced war or other conflict in the previous 10 years, one in 11 (9%) will have a moderate or severe mental disorder.
- ❖ One person in five (22%) living in an area affected by conflict is estimated to have depression, anxiety, post-traumatic stress disorder, bipolar disorder or schizophrenia.
- ❖ Depression tends to be more common among women than men.
- ❖ Depression and anxiety become more common as people get older.

MHPSS AND THE FOOD AND SECURITY CLUSTER



MHPSS IN FSC



In many emergencies, hunger and food insecurity cause severe stress and damage the psychosocial well-being of the affected population. conversely, the psychosocial effects of an emergency can impair food security and nutritional status.

MHPSS IN FSC



These include exposure to violence, separation from or loss of loved ones, poor living conditions, poverty, **food insecurity**, physical injuries and illnesses, and a lack of access to services such as health care, education and social care.

MHPSS IN FSC



Understanding the interactions between psychosocial well-being and food/nutritional security enables humanitarian actors to increase the quality and effectiveness of food aid and nutritional support programmes while also supporting human dignity.

IMPACT OF HUNGER AND FOOD INSECURITY ON MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT



MHPSS ADVOCACY IN FSC



- ❖ Improve MHPSS services to reach all affected population groups
- ❖ Include MHPSS within FSC work
- Ensure that the **basic physical needs of people in institutions are met in coordination with other sectors** (e.g. potable water, adequate food, shelter, clothing and sanitation), as well as their physical health needs (e.g. access to treatment for physical disease and Injury).

MHPSS ADVOCACY IN FSC



- ❖ Advocate for MHPSS as a cross-cutting issue in the humanitarian response and in the humanitarian programme cycle
- ❖ Make MHPSS a standing item on the agenda of Food security cluster meetings and inter-sectoral coordination meetings
- ❖ Support the creation or functioning of a cross-sectoral MHPSS Technical Working Group.





Mental Health and Psychosocial Support

MINIMUM SERVICE PACKAGE



QUESTIONS

