



**MHPSS
EMERGENCY
TOOLKIT**
2019

The **Mental Health & Psychosocial Support Network (MHPSS.net)** is a growing global platform for connecting people, networks and organizations, for sharing resources and for building knowledge related to mental health and psychosocial support both in emergency settings and in situations of chronic hardship.

This toolkit is a compilation of a range of several practice guidelines on Mental Health and Psychosocial Support (MHPSS) in humanitarian contexts, to enable easy access to key multi-lingual resources.

ACKNOWLEDGEMENT

We are thankful for the collaboration with many Mental Health and Psychosocial Support actors, their efforts and contributions.

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The image on the front cover is generously provided by Marcio Gagliato.

INTRODUCTION

AIM

The aim of the 2019 Mental Health & Psychosocial Support Emergency Toolkit is to provide MHPSS practitioners, policy and decision-makers easily-accessible information on resources and tools related to mental health and psychosocial support (MHPSS) that are useful in the case of an emergency.

WHAT DOES THIS MHPSS EMERGENCY TOOLKIT CONTAIN?

→ **General technical guidelines and resources: MHPSS and non MHPSS**

→ **Assessment resources, tools, and examples; mapping tools**

→ **Program implementation: includes core packages/resources for different areas of intervention**

- Psychological First Aid
- Cultural Adaptation and Desk Reviews
- Mental Health Integration into Primary HealthCare
- Community Mobilisation and Support
- Protection and Human Rights Standards
- Integrated MHPSS and Gender Based Violence Programmes

- MHPSS in Camp Management and Camp Coordination
- Mental Health and Psychosocial Support for Refugees, Asylum Seekers and Migrants on the Move
- MHPSS and Education
- MHPSS and Persons with Disabilities
- Staff care and Support
- MHPSS Monitoring & Evaluation

YOUR FEEDBACK IS ESSENTIAL

This **MHPSS Emergency Toolkit** will be continuously reviewed as newer and more up-to-date resources and tools become available, but equally important is the feedback we receive from field users. Please share your experience in using the toolkit and let us know what you think. Your considerations for improvement and overall feedback are welcome and can be received by the MHPSS.net focal point for emergency response, **Marcio Gagliato** (marcio@mhpss.net)

GENERAL TECHNICAL GUIDELINES AND RESOURCES

HUMANITARIAN RESPONSE IN GENERAL

The Sphere Handbook: Humanitarian Charter and Minimum Standards in Humanitarian Response

The aim of the handbook is to improve the quality of humanitarian response in situations of disaster and conflict, and to enhance the accountability of the humanitarian system to disaster-affected people. It is the product of the collective experience of many people and agencies. Started in the late 1990's as an initiative of a group of humanitarian NGOs and the Red Cross and Red Crescent Movement, the Sphere standards are widely considered the minimum standards in humanitarian response. The handbook is available in 29 languages.



The Sphere Handbook: Humanitarian Charter and Minimum Standards in Humanitarian Response

MHPSS COORDINATION IN EMERGENCIES

Establishing coordination of intersectoral mental health and psychosocial support

Coordinating relief efforts entails minimizing the duplication of humanitarian services, whether by filling gaps or preventing overlap, and ensuring various organizations are synchronized to work together to achieve a common objective, thereby enabling a more coherent, effective, and efficient response. In relation to MHPSS coordination mechanisms, please refer to IASC MHPSS Guidelines action sheet 1.1 (page 33-37), and the IASC MHPSS Reference Group at mhpss.refgroup@gmail.com



IASC Reference Group on Mental Health and Psychosocial Support in Emergency Settings

Basic outline of MHPSS Coordination Structure for Large Emergencies

EXAMPLES OF TERMS OF REFERENCE FOR MHPSS COORDINATION, TASK FORCE OR WORKING GROUPS IN EMERGENCIES

Afghanistan MHPSS Working Group - ToR

Cox's Bazaar (Bangladesh) MHPSS Working Group - ToR

Erbil (Iraq) MHPSS Coordination Group - ToR

Jordan MHPSS Working Group Jordan – ToR

Pakistan MHPSS Task Force - ToR

South Sudan MHPSS Coordination Group – ToR

Yemen MHPSS Technical Working Group - ToR

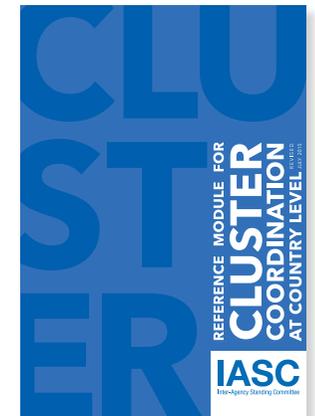
CLUSTER COORDINATION MECHANISM IN EMERGENCIES

The cluster coordination mechanism is one of the Inter-Agency Standing Committee (IASC) Transformative Agenda Protocols. This document outlines the basic elements of cluster coordination and intends to serve as a reference guide for field practitioners to help facilitate their work and improve humanitarian outcomes:

→ **The reference module includes eight sections:**

- Cluster and Sector Coordination
- Cluster Activation
- Cluster Functions
- The Role of Clusters in Preparedness
- Cluster Management Arrangements
- Sharing Leadership
- Minimum Commitments for Participation in Clusters
- Inter-Cluster Coordination, Sub-National Coordination, Monitoring Cluster Coordination

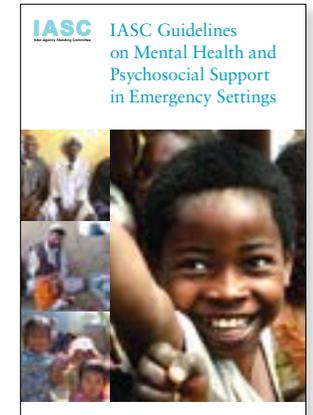
Cluster Coordination Reference Module



IASC MHPSS GUIDELINES

Inter-Agency Standing Committee (IASC, 2007) Guidelines on Mental Health and Psychosocial Support (MHPSS) in Emergency Settings

This document is endorsed by more than 35 organizations involved in humanitarian assistance. It provides essential guidance for multi-sector responses to protect and improve people's mental health and psychosocial well-being in the midst of an emergency, offering an overall framework for MHPSS integration, activities and services in humanitarian settings across different sectors such as health, protection and education. The guidelines call for Mental Health and Psychosocial Support services and activities to be implemented in a way that is coordinated, evidence-based, participatory, integrated, avoids harm and builds on existing resources and capacities, and to organizing a multi-layered system of complementary supports that meets the needs of different groups. The guidelines are available in: Arabic, Chinese, English, French, Japanese, Korean, Nepali, Portuguese, Russian, Spanish, Tajik, Turkish and Ukrainian. A summary version of the IASC Guidelines on MHPSS in Emergency Settings is also available in Arabic, English and Ukrainian.



IASC Guidelines on Mental Health and Psychosocial Support (MHPSS) in Emergency Settings

Available in:

Arabic

Chinese

English

French

Japanese

Korean

Nepali

Portuguese

Russian

Spanish

Tajik

Turkish

Ukrainian

IASC Guidelines on Mental Health and Psychosocial Support (MHPSS) in Emergency Settings: Field Checklist

Available in:

Arabic

English

Ukrainian

MHPSS GUIDELINES FOR NON-MHPSS ACTORS

Mental Health and Psychosocial Support in Humanitarian Emergencies: What Should Humanitarian Health Actors Know?

Based on the IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings (IASC, 2007), this document gives an overview of essential knowledge that humanitarian health actors should have about MHPSS in humanitarian emergencies.

What Should Humanitarian Health Actors Know?

Available in:

Arabic

Chinese

English

French

Japanese

Russian

Spanish

Mental Health and Psychosocial Support in Humanitarian Emergencies: What Should Protection Programme Managers Know?

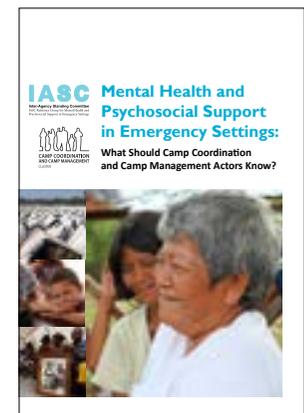
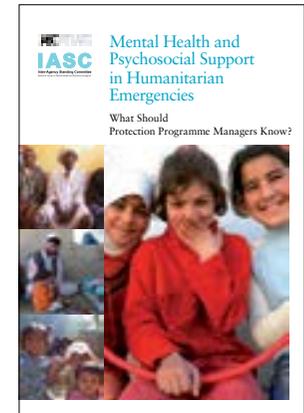
Based on the IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings (IASC, 2007), this document gives an overview of essential knowledge that protection programme managers should know about MHPSS in humanitarian emergencies.

What Should Protection Programme Managers Know?

Mental Health and Psychosocial Support in Emergency Settings, What should Camp Coordinators and Camp Manager Actors Know?

Based on the Guidelines on Mental Health and Psychosocial Support in Emergency Settings (IASC, 2007), this document provides an overview of essential knowledge that humanitarian actors within the CCCM cluster/sector should have about MHPSS in humanitarian emergencies.

What should Camp Coordinators and Camp Manager Actors Know?



ASSESSMENT AND MAPPING GUIDES

GENERAL AND CROSS-SECTORAL ASSESSMENTS

Multi-Cluster/Sector Initial Rapid Assessment (MIRA)

The Multi-Cluster/Sector Initial Rapid Assessment (MIRA) is designed to identify strategic humanitarian priorities during the first weeks following an emergency.

MIRA should be carried out under the auspices of the Resident/Humanitarian Coordinator (while the primary responsibility for coordinating humanitarian assistance rests with national authorities, if international humanitarian assistance is required a Humanitarian Coordinator-HC or Resident Coordinator-RC is responsible for leading and coordinating the efforts of humanitarian organizations (both UN and non-UN)) and wherever possible, led by the government.

MIRA is not specifically designed for MHPSS, but it does provide important information on the needs perceived by the affected community. It consists of:

- Secondary data analysis (SDA) to determine the extent of the disaster and the number of affected people and to sketch out the strategic humanitarian priorities.
- Community level assessment (CLA)
- The MIRA Framework to align intra- and inter-sectoral information and to support humanitarian actors reach a common understanding on strategic humanitarian priorities.
- The assessment normally comes with 2 products:
- A Preliminary Scenario Definition, is issued 72 hours after the disaster's onset
- A MIRA Report, released after 2 weeks.

Multi-Cluster/Sector Initial Rapid Assessment (MIRA)

Available in:

English

Spanish

GUIDANCE ON MHPSS ASSESSMENTS

IASC Reference Group Mental Health and Psychosocial Support Assessment Guide

The purpose of this document is to provide agencies with a guide with three tools containing key assessment questions that are of common relevance to all actors involved in MHPSS independent of the phase of the emergency. This guide will be useful for rapid assessments of MHPSS issues in humanitarian emergencies across sectors.

IASC Reference Group Mental Health and Psychosocial Support Assessment Guide

Available in:

English

Ukrainian

Assessing mental health and psychosocial needs and resources. Toolkit for humanitarian settings. WHO UNHCR

This document provides an approach and a toolkit to help those designing and conducting an assessment of mental health and psychosocial needs and resources in major humanitarian crises. It offers an approach that should help assessors review information that is already available and only collect new data that will be of practical use.

Assessing mental health and psychosocial needs and resources. Toolkit for humanitarian settings. WHO UNHCR

Available in:

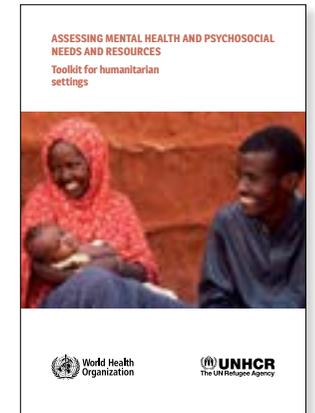
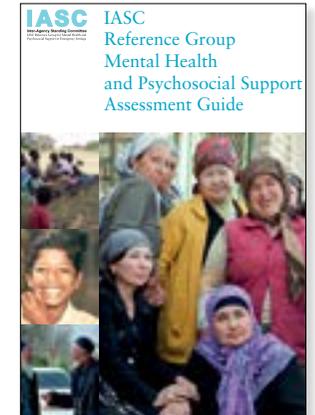
Arabic

English

French

Russian

Spanish



FURTHER READING AND EXAMPLES OF APPLICATION

Sierra Leone - Assessment of MHPSS Needs and Resources in the Context of Ebola

Serbia - Rapid MHPSS Needs Assessment: Services, Perceived Needs, and Recommendations following the Refugees, Asylum Seekers and Migrants on the move in Europe

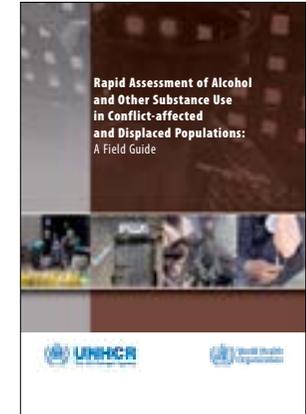
Nepal - Rapid MHPSS Situational Assessment: Services, Identified Needs and Recommendations following the April and May 2015 Earthquake

UNHCR/WHO Rapid Assessment of Substance and Alcohol Use

An increase in alcohol and other substance use is amongst the many health and social issues associated with conflict and displacement. Problems with substance use are prevalent in a variety of conflict-affected situations, including camps for refugees and internally displaced people. Psychoactive substances are also often used by combatants.

This guide is written for those who plan to include in their work rapid assessments of alcohol and other substance use among conflict-affected and displaced populations.

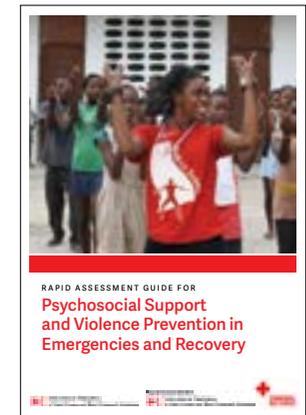
UNHCR/WHO Rapid Assessment of Substance and Alcohol Use



Rapid Assessment Guide for Psychosocial Support and Violence Prevention in Emergencies and Recovery (IFRC 2015)

This guide provides standards and directions on how to carry out rapid needs assessment for Psychosocial Support (PSS) and Violence Prevention (VP) initiatives including child protection and sexual and gender-based violence. In particular, this rapid assessment tool is designed to help gather data in an efficient and effective way to help inform integration of PSS and VP issues, as minimum standards, into the broader disaster management action plans in response to an emergency

IFRC Rapid Assessment Guide for Psychosocial Support and Violence Prevention in Emergencies and Recovery)



MHPSS MAPPING TOOLS

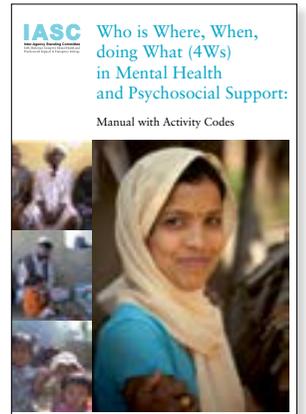
Basic 4Ws table

In the initial phase of an emergency many agencies are still assessing, planning and applying for funding. A simple table that provides an overview of Who is Where, When & doing What is often very useful to get an overview of MHPSS response and initiate coordination between implementing agencies.

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

The IASC Reference group on Mental Health and Psychosocial Support 4Ws tool is developed to map MHPSS activities in humanitarian settings across sectors. It is envisioned that this tool will be used by groups with MHPSS coordination responsibilities in emergencies with numerous MHPSS actors. The tool exists of 2 parts:

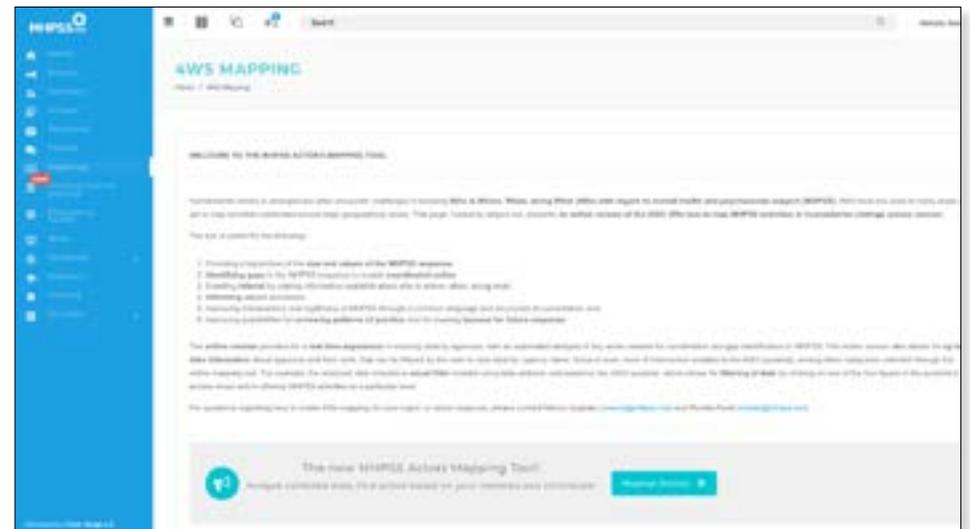
- (a) A manual, which describes how to collect the data.
- (b) A 4Ws Data Collection Spreadsheet application (in Excel).



IASC 4Ws Manual with Activity Codes

Online version of the IASC MHPSS 4Ws tool in humanitarian settings across sectors

Online version of the IASC MHPSS 4Ws



EXAMPLES OF APPLICATION & DATA COLLECTION

Libya - Who is doing What, Where & When (4Ws) in Mental Health and Psychosocial Support (2017)

Jordan - Who is doing What, Where & When (4Ws) in Mental Health and Psychosocial Support (2017)

4Ws Simple Matrix for Mapping MHPSS Services

4Ws Data Collection Spreadsheet

Bangladesh - 4Ws Data Collection Spreadsheet (2017)



INTER-AGENCY REFERRAL GUIDANCE NOTE FOR MHPSS

The referral form is intended to be used by humanitarian organisations working with persons with MHPSS problems and is designed to facilitate referrals between and within all four levels of the IASC MHPSS Intervention pyramid.

Case Managers and Community Workers may find the tool of particular use in their work with individual clients and their families.

Inter-Agency Referral Guidance Note for MHPSS

Available in:

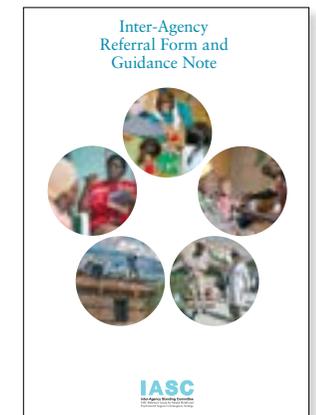
Arabic

English

French

Portuguese

Spanish



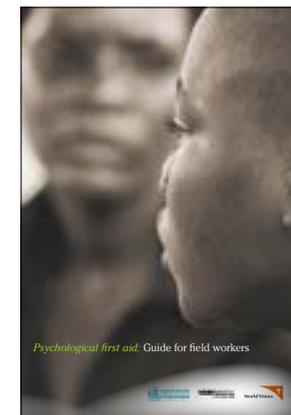
PROGRAMME IMPLEMENTATION

PSYCHOLOGICAL FIRST AID GUIDES

Psychological First Aid (WHO, War Trauma Foundation, World Vision)

This guide covers psychological first aid which involves humane, supportive and practical help to fellow human beings suffering serious crisis events. It is written for people in a position to help others who have experienced an extremely distressing event. It gives a framework for supporting people in ways that respect their dignity, culture and abilities. Despite its name, psychological first aid covers both social and psychological support.

PFA Guide	Available in:	Arabic	Burmese	Chinese
		Dutch	Farsi	French
German	Greek	Hindi	Japanese	Kiswahili
Korean	Portuguese	Romanian	Russian	Sinhala
Slovenian	Spanish	Tamil	Turkish	Ukrainian
Urdu				



Psychological First Aid Training Manual for Child Practitioners (Save the Children)

The manual to facilitate training in psychological first aid with a focus on children. The training programme develops skills for providing physical and emotional comfort by modelling calmness and enables a constructive format through active listening that allows children in distress to voice their concerns and needs. It also helps to connect children in distress to practical assistance through referral networks and information on positive coping strategies. This material also covers support to caregivers. Available in Arabic, English, French, and Spanish.

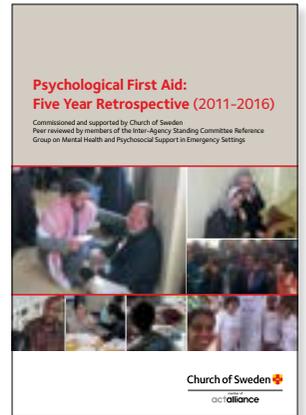
PFA Training Manual for Child Practitioners

Available in:	Arabic	English	French	Spanish
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FURTHER READING

PFA Review (2018) – five-year retrospective



PFA for Ebola Virus Disease Outbreak

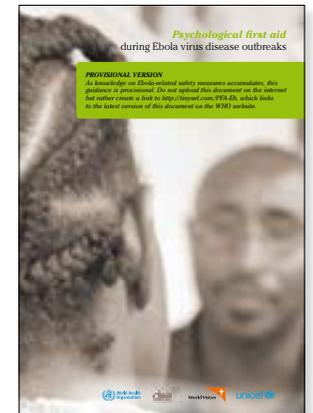
Available in:

Chinese

English

French

Materials and experiences related to training

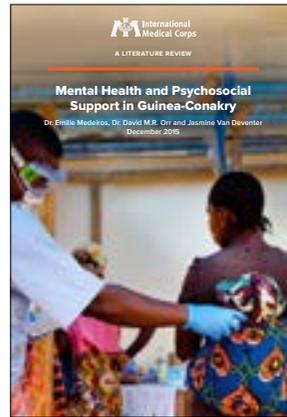


MHPSS CULTURAL ADAPTATION AND DESK REVIEWS

Cultural review and adaptation that includes a rigorous review of the literature on pre-existing information relevant to MHPSS in specific emergency affected context, using an integrated psychological and anthropological framework that potentially can be instrumental in understanding MHPSS needs, and how to devise culturally-appropriate MHPSS interventions in that particular emergency/humanitarian affected areas.

EXAMPLES FROM THE FIELD

MHPSS in Guinea-Conakry
– a literature review

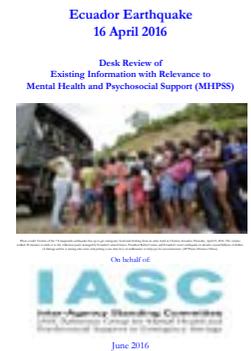


Ecuador Earthquake - Desk Review of Existing Information with Relevance to MHPSS

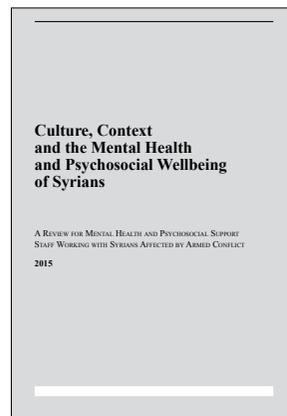
Available in:

English

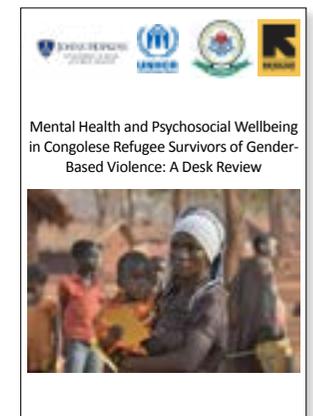
Spanish



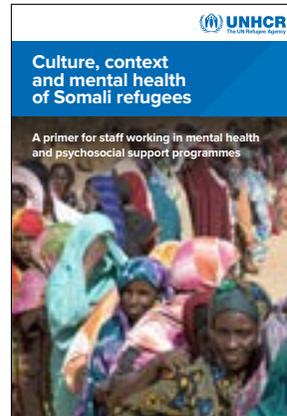
Culture, context and the mental health and psychosocial wellbeing of Syrians - a review for mental health and psychosocial support staff working with Syrians affected by armed conflict



Mental health and psychosocial wellbeing in Congolese refugee survivors of gender-based violence



Culture, context and mental health of Somali refugees



Nepal Earthquakes 2015: Desk Review of Existing Information with Relevance to MHPSS

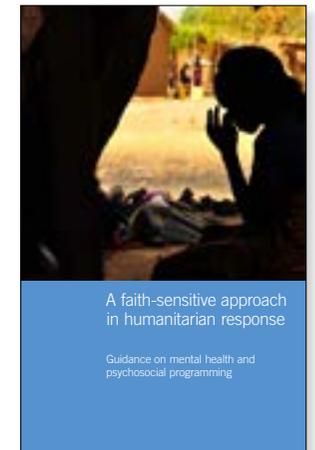
Culture and Mental Health in Haiti: A Literature Review

Culture, Context and Mental Health of Rohingya Refugees: A review for staff in mental health and psychosocial support programmes for Rohingya refugees

A FAITH-SENSITIVE APPROACH IN HUMANITARIAN RESPONSE: GUIDANCE ON MENTAL HEALTH AND PSYCHOSOCIAL PROGRAMMING (2018)

This guidance has been developed to provide practical support to those involved in planning humanitarian programming who seek to be more sensitive to the faith perspectives and resources of the communities within which they are working. It focuses particularly on the programming area of MHPSS, but in a manner that seeks to provide pointers for more faith sensitive humanitarian programming.

A Faith Sensitive Approach in Humanitarian Response

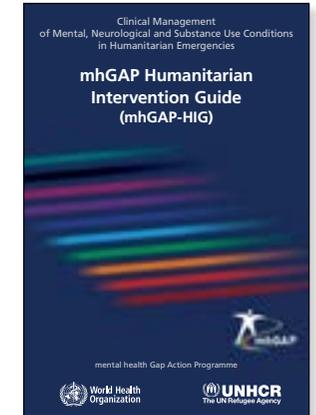
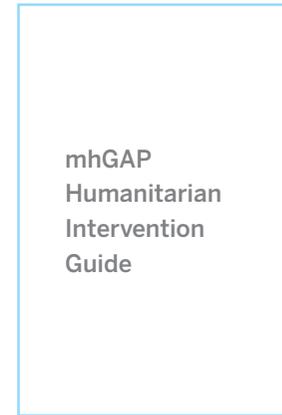


MENTAL HEALTH INTEGRATION INTO PRIMARY HEALTH CARE

Clinical Management of Mental, Neurological and Substance Use Conditions in Humanitarian Emergencies - mhGAP Humanitarian Intervention Guide (mhGAP-HIG)

The mhGAP Humanitarian Intervention Guide contains first-line management recommendations for mental, neurological and substance use conditions for non-specialist health-care providers in humanitarian emergencies where access to specialists and treatment options is limited. It also specifically focuses upon Mental Health conditions arising in humanitarian emergencies.

For planning a mental health response in primary health care (PHC), please refer to Tool 5: Checklist for integrating mental health in PHC in humanitarian settings (page 47-52) in the UNHCR/WHO Assessing Mental Health and Psychosocial Needs and Resources Toolkit for Humanitarian Settings.



Available in:

Arabic

English

French

Russian

Spanish

Ukrainian

IMC Mental Health into General Healthcare in Humanitarian Settings

The toolkit aims to support the understanding and implementation of integrated mental health programs in humanitarian settings; it provides a framework for essential steps and components, with associated key guidance and resources, that strengthen the integration process, and is primarily intended for (1) implementing agencies, but may also be useful for (2) donors, and (3) government actors). Users can access the three steps & three cross cutting components relevant to current program needs, or stages of programming. The toolkit is available in English.

IMC Mental Health into General
Healthcare in Humanitarian Settings

WHO Training of health-care providers training manual (ToHP) for mhGAP-IG

The ToHP training aims to ensure that health-care providers attain core competencies in delivering care for people with mental, neurological and substance use (MNS) conditions. In the ToHP training manual, 12 core competencies have been developed, which cover all areas needed to assess and manage each priority MNS condition. The manual is available in English and there are videos also available.

WHO Training of health-care providers training manual (ToHP) for mhGAP-IG

Manual

Videos

FURTHER READING

Assessment Management of Conditions Specifically Related to Stress

Available in:

Arabic

English

French

Spanish

Russian

Ukrainian

Building Back Better



Problem Management Plus (PM+)

Available in:

Arabic

Chinese

English

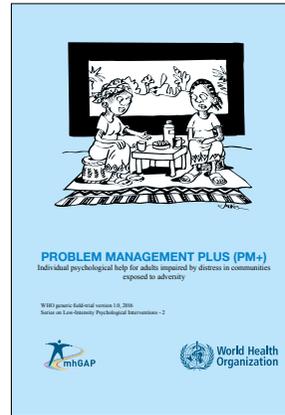
Japanese

Kurdish

Russian

Spanish

Urdu



Thinking Healthy

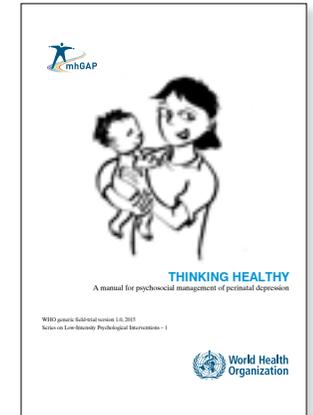
Available in:

English

French

Spanish

Turkish



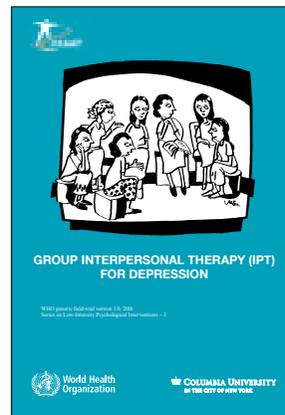
Group Interpersonal Therapy for Depression

Available in:

Arabic

English

Russian



WHO Model List of Essential Medicines

Health Information System: Emergency Mental Illness Report

COMMUNITY MOBILISATION AND SUPPORT

UNICEF Operational Guidelines on community-based mental health and psychosocial support in humanitarian settings: Three-tiered support for children and families

The MHPSS guidelines are meant to help UNICEF staff and partners support and promote safe, nurturing environments for children's recovery, psychosocial well-being and protection. The framework therefore emphasizes engaging actors at all levels (children, caregivers, families and community service providers) to design and implement MHPSS strategies that are locally relevant, comprehensive and sustainable. Restoring, strengthening and mobilizing family and community supports and systems ultimately aims to support child and family well-being by:

- Reducing and preventing harm
- Strengthening people's resilience to recover from adversity
- Improving the care conditions that enable children and families to survive and thrive.

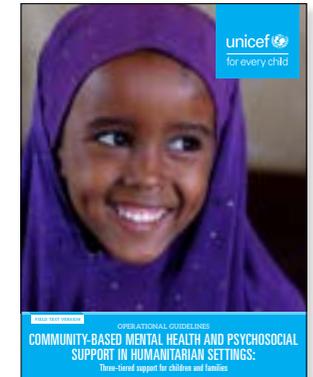
Operational Guidance for Child Friendly Spaces in Humanitarian Settings

The toolkit provides a set of materials to assist managers and facilitators/animators in setting up and implementing quality CFS. These resources have at their core the protection of children from harm; the promotion of psychosocial well-being; and the engagement of community and caregiver capacities.

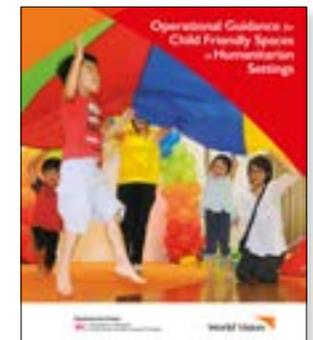
Evaluation of Child Friendly Spaces - Tools and guidance for monitoring and evaluating Child Friendly Spaces

This document provides practical guidance to child protection and MHPSS practitioners for monitoring and evaluating child friendly spaces. It presents tools for planning and implementing monitoring and evaluation of CFS. For each tool, the objectives are explained, along with insights and lessons on the usefulness of the tool.

UNICEF
Operational
Guidelines on
community-
based mental
health and
psychosocial
support in
humanitarian
settings: Three-
tiered support
for children and
families



Operational
Guidance for
Child Friendly
Spaces in
Humanitarian
Settings



Evaluation of Child
Friendly Spaces -
Tools and guidance
for monitoring and
evaluating Child
Friendly Spaces



Inter-Agency Child Protection Working Group: Training Package on Child Friendly Spaces

A training package to be delivered to child workers with no experience running a child safe space, enabling them to establish a quality program in an emergency setting. Participants learn the theory behind CFSs, how to set up and run them, and what kind of resources are needed to support the psychosocial wellbeing and protection of children in emergencies.

Women and Girls Friendly Spaces

The creation of “friendly spaces” for women and girls has been a key strategy in the protection and empowerment of women and girls. This document provides useful guidance on the aims of these spaces, and how they can best be established and managed, using the conflict context of South Sudan. The intention is to assist collaboration among agencies by building a consensus around the key aims, functions and guiding principles for Women and Girls Friendly Spaces.

Baby Friendly Spaces

The Baby Friendly Spaces (BFS) is a model of intervention for a holistic program to support pregnant, lactating women and their children in emergency situations.

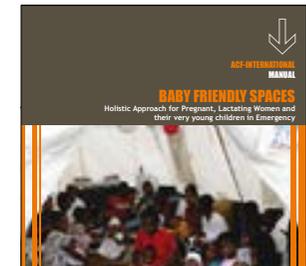
Training Package:
Inter-Agency Child
Protection Working
Group: Training
Package on Child
Friendly Spaces



Women and Girls
Friendly Spaces



Baby Friendly
Spaces



EXAMPLES FROM THE FIELD – CHILD FRIENDLY SPACES

Democratic Republic of Congo

Ethiopia

Iraq

Jordan

Nepal

Uganda

PROTECTION AND HUMAN RIGHTS STANDARDS

The Minimum Standards for Child Protection in Humanitarian Action

The Minimum Standards for Child Protection in Humanitarian Action (CPMS) are intended to:

1. Establish common principles amongst those working in child protection, and to strengthen coordination between them.
2. Improve the quality of child protection programming, and its impact for children. Improve accountability within child protection work
3. Provide a synthesis of good practice and learning to date
4. Enable better advocacy and communication on child protection risks, needs and responses.

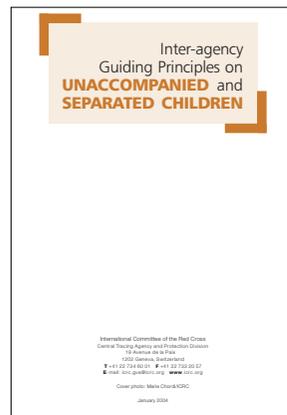
A summary version of the CPMS is also available. The CPMS is currently being updated. The new version should be released in Spring 2019.

The Minimum Standards for Child Protection in Humanitarian Action



FURTHER READING AND RESOURCES

Inter-agency guiding principles on unaccompanied and separated children



Alternative Care in Emergencies Toolkit



Summary Document & Roll out Package

CPMS Summary version

CPMS rollout pack

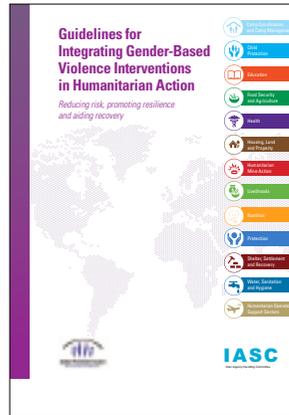
INTEGRATED MHPSS AND GBV PROGRAMMES

Guidelines for Integrating Gender-Based Violence Interventions in Humanitarian Action. Reducing risk, promoting resilience and aiding recovery (IASC, Global Protection Cluster)

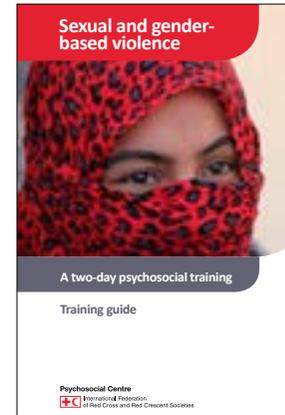
These guidelines provide practical guidance and effective tools for humanitarians and communities to coordinate, plan, implement, monitor and evaluate essential actions for the prevention and mitigation of gender-based violence, throughout all stages of emergency response, from preparedness to recovery. MHPSS is integrated throughout the guidelines.

FURTHER READING

Guidelines for Integrating Gender-Based Violence Interventions in Humanitarian Action



Sexual and gender based violence - A two-day psychosocial training



How to support survivors of gender-based violence when GBV actor is not available in your area – A Pocket Guide



Available in:

English

Spanish

MHPSS IN CAMP MANAGEMENT AND CAMP COORDINATION

Camp Management Toolkit

Applicable to both IDP and refugee scenarios, the toolkit incorporates a wide range of relevant information on managing displaced populations living in communal settings (collective centres, spontaneous sites, established camps, etc.).

MHPSS for Camp Coordination and Camp Management

This document is for humanitarian actors within the Camp Coordination and Camp Management (CCCM) cluster, at national and subnational levels, in countries facing emergencies and crises. This document provides an overview of essential knowledge that humanitarian actors within the CCCM cluster/sector should have about MHPSS in humanitarian emergencies

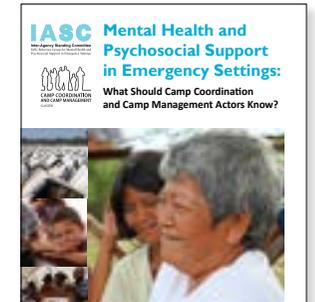
MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT FOR REFUGEES, ASYLUM SEEKERS AND MIGRANTS ON THE MOVE

This brief guidance note seeks to provide advice on protecting and supporting the mental health and psychosocial wellbeing of refugees, asylum-seekers and migrants in Europe. It describes key principles and appropriate interventions to guide all those who are designing and organizing emergency services and/or providing direct assistance to the affected people.

Camp
Management
Toolkit



MHPSS for Camp
Coordination



Mental Health and Psychosocial
Support for Refugees, Asylum Seekers
and Migrants on the Move

Available in:

Arabic

Croatian

English

French

German

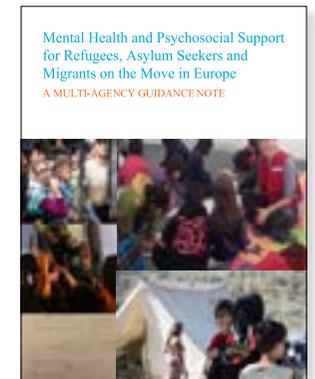
Greek

Italian

Portuguese

Serbian

Slovenian



MHPSS AND EDUCATION

Psychosocial Support and Social and Emotional Learning for Children and Youth in Emergency Settings

This document clarifies relevant terminologies and approaches relating to psychosocial well-being and social and emotional learning (SEL) in education in crisis affected contexts, and how psychosocial support (PSS) and social and emotional learning relate to one another

Guidance Note on Psychosocial Support: facilitating psychosocial wellbeing and social and emotional learning which came after the background paper

This INEE Guidance Note encourages more intentional and consistent implementation of practical, good quality psychosocial interventions on the education frontlines by teachers, education administrators, parents, counselors, peers, ministries, and other education personnel in three concrete ways:

- it clarifies the education sector's importance in supporting the psychosocial wellbeing of children and youth;
- it provides educators with practical tips and advice about how to integrate PSS into formal and non-formal education efforts;
- it highlights linkages between PSS in education and other sectors

MHPSS AND PERSONS WITH DISABILITIES

Inclusion of people with psychosocial disability in low and middle income contexts: A Literature and Practice Review

The purpose of this review is to explore literature and the experiences of three organisations that are working with people with psychosocial disability living in low- and middle-income countries.

Psychosocial Support and Social and Emotional Learning for Children and Youth in Emergency

INEE Background Paper on
Psychosocial Support and Social and Emotional Learning for Children and Youth in Emergency Settings



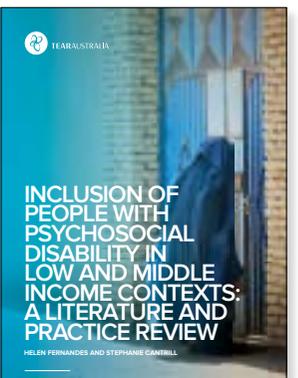
INEE

Guidance Note on Psychosocial Support: facilitating psychosocial wellbeing and social and emotional learning which came after the background paper

INEE GUIDANCE NOTE
PSYCHOSOCIAL SUPPORT
facilitating psychosocial wellbeing and social and emotional learning



Inclusion of people with psychosocial disability in low and middle income contexts



STAFF CARE AND SUPPORT

To support the health & wellbeing of humanitarian staff working in some of the most difficult & dangerous contexts, the following resources offer insights and approaches to providing staff care:

Caring for Volunteers – A Psychosocial Support Toolkit

Available in:

Arabic

English

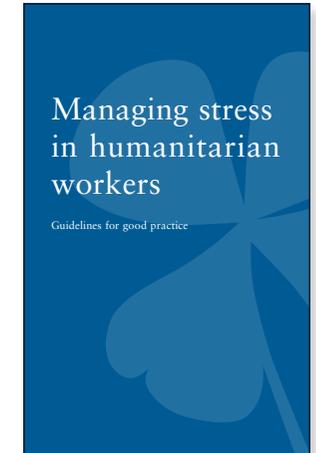
Spanish

Russian

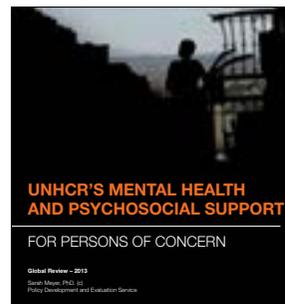
French



Managing stress in humanitarian workers



UNHCR MHPSS for persons of concern



Conference Report: Staff care in fragile contexts: What works and what doesn't?



Stress Management for Staff Training



Interhealth Worldwide: Staff Care Guidelines



MONITORING AND EVALUATION

M&E TOOLS

A common Monitoring and Evaluation Framework for Mental Health and Psychosocial Support in Emergency Settings

This document provides guidance in the assessment, research, design, implementation and monitoring and evaluation of MHPSS programmes in emergency settings. Although designed specifically for emergency contexts (including protracted crises), the framework may also be applicable for the transition phases from emergency to development (including disaster risk reduction initiatives). The framework assumes familiarity with the Inter-Agency Standing Committee (IASC) Guidelines on Mental Health and Psychosocial Support in Emergency Settings and an understanding of programming in humanitarian relief and/or development.

IASC Recommendation for Ethical MHPSS Research in humanitarian settings

This document provides guidance to ensure MHPSS research in emergencies benefits affected people; design research to fill knowledge gaps in MHPSS theory and practice in emergencies; avoid bad practice, such as research without satisfactory consent of participants and to better understand how to manage ethical challenges in MHPSS research during emergencies.

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



Available in:

Arabic

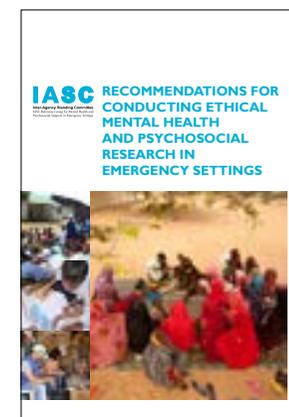
English

French

Portuguese

Spanish

IASC Recommendation for Ethical MHPSS Research in humanitarian settings



**MHPSS
EMERGENCY
TOOLKIT**
2019