



# **MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT (MHPSS) IN DISASTER**

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# SITUATION

The country has remained at the top 20<sup>th</sup> list of the most multi-hazards prone countries in the world where ranked 4<sup>th</sup>, 11<sup>th</sup> and 30<sup>th</sup> in terms of climate change, earthquake and flood respectively.

Nepal poses in average two deaths per disaster and one disaster per day (Koirala: 2014).

# WHY MHPSS

- MHPSS can reduce stress, strengthen and use protective factors to help people affected by crises recover.
- Disaster and conflict often cause substantial damages to materials and human life. While material can be fixed or replaced, mental wound is often kept secretly and need more time to heal from
- Mental health and psychosocial problems in emergencies are highly interconnected.

# DEFINITION

- **Psychosocial support** refers to actions that provides immediate relief suffering, both emotional and physical, improve people's short-term functioning and reduce long-term negative psychological effects.  
(IRFC Psychosocial Framework)
- 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 disorder.

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

# Policy Gap



# DISASTER RISK REDUCTION AND MANAGEMENT ACT, 2074

## Chapter 4: Establishment of Authority and it's Functions, Duties and Powers

11. (w) Provide or cause to provide the Psycho  
Social Counseling services to the disaster affected  
persons

# DISASTER RISK REDUCTION NATIONAL STRATEGIC PLAN OF ACTION 2018-2030

## Chapter 7: (5) Capacity Building of Search and Rescue



Strategic Activity	Expected Outcome	Time Frame	Responsible Agency	Supporting Agency
Develop trained human resources for search and rescue and response at all levels	Search and rescue and response will be effective at all levels	Medium Term	Ministry of Home Affairs, Ministry of Federal Affairs and General Administration of the government of Nepal, Province and Local Government	Concerned ministries of the Government of Nepali Army, Nepal Police, Armed Police Force, Nepal Red Cross Society, Non-Governmental Organizations, UN agencies, Humanitarian Organizations
Develop trained, and skilled human resource to promote the post disaster essential social counseling and mental health	Skilled human resource will be available for the promotion of social counseling and mental health	Medium Term	Ministry of Health and Population of the Government of Nepal, Tribhuvan University, Central Department of Psychology, Nepal Red Cross Society	Concerned Ministries of the Government of Nepal, Province and Local Government

# PSYCHOSOCIAL SUPPORT PROGRAM

- **Pre Phase:** Awareness, Training, Linkages
- **During Phase:** Implementation of Psychological First Aid (PFA) and Linkages
- **Post Phase:** Linkages, Psychosocial Counseling



# PRE-PHASE

## Preparedness activities:

**Objective: Getting  
Prepared**

## Activities: **Training**

Psychological First Aid  
(PFA),

Psychosocial Welling

- Stress Management
- Develop Resilency
- Life skills

## Awareness

- Psycho-education  
(trauma and mental  
health)
- Family, Friends, Service  
Linkage

# DURING PHASE

## **Response Activities:**

**Objective:** Develop  
resiliency

## **Activities:**

- Stress Management (self care, resilience and coping mechanism)
- Psychological First Aid
- Support Group Intervention

## **Managing Acute Disaster Reaction:**

Social Withdrawal, Detachment feelings, anger, guilt, humiliation, suicidal ideation, adjustment issues, phobia, loss of identity, acute stress reaction, somatic complain, substance dependency, panic attack, role change (children taking care), decline in educational performance



# RECOVERY PHASE

**Objective: Holistic  
Rehabilitation**

**Activities:**

Support for referral, linkages,  
Community Outreach  
Programs and Individual  
and Group Psychosocial  
counseling/therapies

\*Inclusion, multi-cultural,  
Holistic Approach, Need  
Based (localization),  
Enhancing community  
participation and local  
bodies, no harm ethics,  
multi- sectoral approach

- Loss and Grief, Post  
Trauma Stress Disorder  
(PTSD), Survival Guilt,  
Fear, Wellness program,  
Creating Support  
System/Club, promote  
hope (Hope Installation)

