



MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT



ICRC

IN BRIEF



Ben Houjjik/Netherlands Red Cross

THE NEEDS

One of the most significant consequences of armed conflict and other situations of violence is their impact on the mental health and psychosocial well-being of the people affected.

The term 'mental health and psychosocial support' (MHPSS) describes a wide range of activities undertaken by the International Committee of the Red Cross (ICRC) to address the psychosocial, psychological and psychiatric problems caused or exacerbated by conflict.



Aye Zaw Myo/ICRC

THE RESPONSE

The ICRC develops programmes that build up local capacity to stabilize and improve the mental health and ensure the emotional well-being of individuals and communities affected by armed conflict and other situations of violence.

The ICRC focuses on providing MHPSS support to:

- Families of missing persons
- Victims of sexual violence
- Other victims of violence, including unaccompanied minors and first-aiders
- Detainees



THE METHODS

The ICRC's MHPSS activities include the following, by themselves or in combination:

- Provision of therapeutic services – psychological or medical – integrated with health services
- Provision of individual and group psychosocial support integrated with health services
- Training in MHPSS skills and follow-up supervision for first responders and key community leaders
- Sensitization, awareness raising and psychoeducation on MHPSS issues
- Community mobilization



Thierry Gassmann/ICRC

WORKING WITH THE ICRC

MHPSS delegates assess the needs of people in areas affected by armed conflict or other situations of violence. They also design, implement and manage MHPSS programmes, including projects related to training and monitoring. The ICRC seeks MHPSS delegates who are psychologists or psychiatrists, with an excellent knowledge of written and spoken French and English. Facility with other languages is an asset. Experience in the following areas is a requirement: community-based health care, implementation of MHPSS activities, and emergency mental-health care. Skills related to supervision, training groups, and managing a team are also essential.

Experience in working with families of missing persons, victims of sexual and other forms of violence and detainees is highly desirable.

MISSION

The International Committee of the Red Cross (ICRC) is an impartial, neutral and independent organization whose exclusively humanitarian mission is to protect the lives and dignity of victims of armed conflict and other situations of violence and to provide them with assistance. The ICRC also endeavours to prevent suffering by promoting and strengthening humanitarian law and universal humanitarian principles. Established in 1863, the ICRC is at the origin of the Geneva Conventions and the International Red Cross and Red Crescent Movement. It directs and coordinates the international activities conducted by the Movement in armed conflicts and other situations of violence.



ICRC

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