



Mental Health in Humanitarian Emergencies

Humanitarian emergencies have a profound impact on mental health, exacerbating existing issues, triggering new ones, and creating long-term psychological scars. Prioritizing mental health support is crucial in emergency response.

Why this matters:

Emergencies disrupt safety, housing, livelihoods, and community ties. These stressors can trigger acute stress reactions, anxiety, depression, PTSD, and relapse of pre existing conditions. Early access to services and practical psychosocial support protects dignity, strengthens coping, and improves recovery.

- Psychological First Aid (PFA)
- Continuity of mental health treatment
 - Family-centered support
 - Staff well-being support

Practical steps for mental well-being

- **Stay connected:** Reach out to friends, family, and local groups for support.
- **Ground yourself:** Use techniques like deep breathing, mindfulness, or journaling to manage emotions.

Move daily: Engage in physical activity, like a 20-minute walk, to boost mood and reduce stress.
- **Limit overload:** Set boundaries on news and social media to maintain emotional balance.
- **Seek help early:** Consult a mental health professional if experiencing persistent low mood, anxiety, sleep issues, or intrusive memories.



Mental health support is essential

- Reduce suffering and distress
- Promote resilience and coping
- Prevent long-term mental health consequences
- Support recovery and rebuilding

How we can help

If you're struggling with stress, coping with a loved one's issues, or managing a pre-existing condition, our Psychiatry & Psychology services are here to help. Our OPD offers:

- Confidential assessments
- Therapy sessions
- Coordinated care with other specialties

Book an appointment today and take the first step towards healing. Help is available.

Mental health care is essential, not optional, especially in uncertain times. Let's create a culture where compassionate support is always available in emergencies. Together, we can ensure everyone receives respectful, continuous, and competent care during crises.