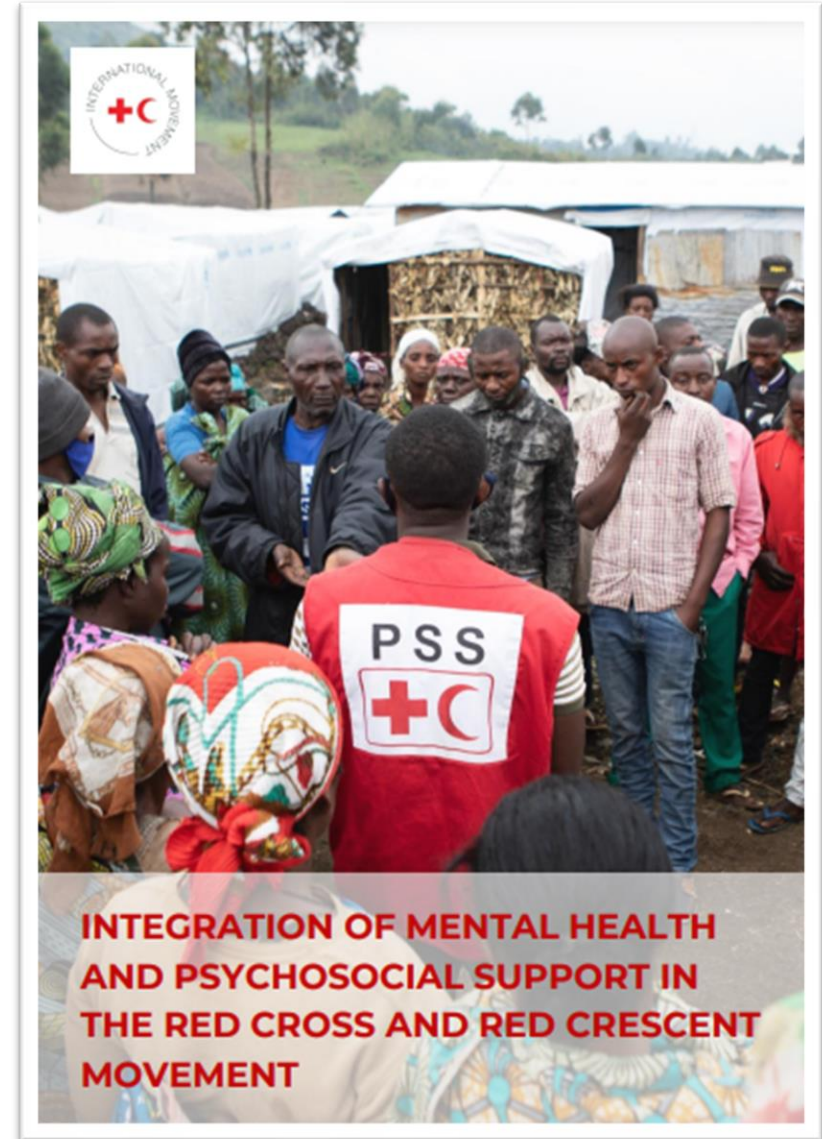


Integration of mental health and psychosocial support in the Red Cross Red Crescent Movement

Consultation project and report by
MHPSS Roadmap Working Group 1



Consultation

- Thirty-five participants from all Movement components
- Semi-structured interviews
- Focus groups
- Online form to collect examples of MHPSS integration

Key themes

- Barriers to MHPSS integration
 - MHPSS activities and services not prioritized
 - A lack of resourcing, both financial and human
 - Misconceptions of MHPSS

'The biggest barrier to be honest, is that that, as a National Society, it's hard to get the voice for the MHPSS. We're a small team, we're constantly having to say 'don't forget us.'

'We try to do what we can with the budget we have, but the needs are immense and budget [allocation] for mental health continues to be an issue.'

Key themes

- Widespread implementation of psychological first aid
 - Mainstreaming
 - Adaptation
 - Need for more skills and supports

'We champion for it [PFA] quite strongly, but more often than not, it's always an issue when we try to advance the narrative a little bit will beyond PFA, and that's not to say PFA is not important but what happens beyond?'

Key themes

- Usefulness of tools
 - IFRC PS Centre publications and manuals
 - MHPSS Roadmap working group tools

'It's been nice to have this forum where MHPSS, actors and supporters could come together and discuss things, and have this common goal that we're working towards, that you can then take out to different partners and sort of move partners along through.'

'The [MHPSS] policy has helped setting direction'.

Key themes

- Challenges with tools
 - Accessibility
 - Adaptation
 - Dissemination
- Need for improved integration

'Using a language that people can understand and not necessarily clinical, psychological jargon, but more empowering people to feel that this belongs to them and that people can contribute to the mental health of populations by doing certain things.'

'To influence culture within the organization, it is important to influence the leaders. If the leaders start to talk about the importance of mental wellbeing, I think the rest of the organization would start reflecting on why it is that important and how can they do their part to promote that.'