

## The IFRC Reference Centre for Psychosocial Support



### **Supported by:**

Finnish Red Cross // Norwegian Red Cross // Icelandic Red Cross // Canadian Red Cross // Japanese Red Cross

**Hosted by:** Danish Red Cross

## Mission:

“To assist the IFRC Secretariat and National Societies to develop the capacity to provide psychosocial services at the community level in areas affected by catastrophic events, long-term crises and/or armed conflict”

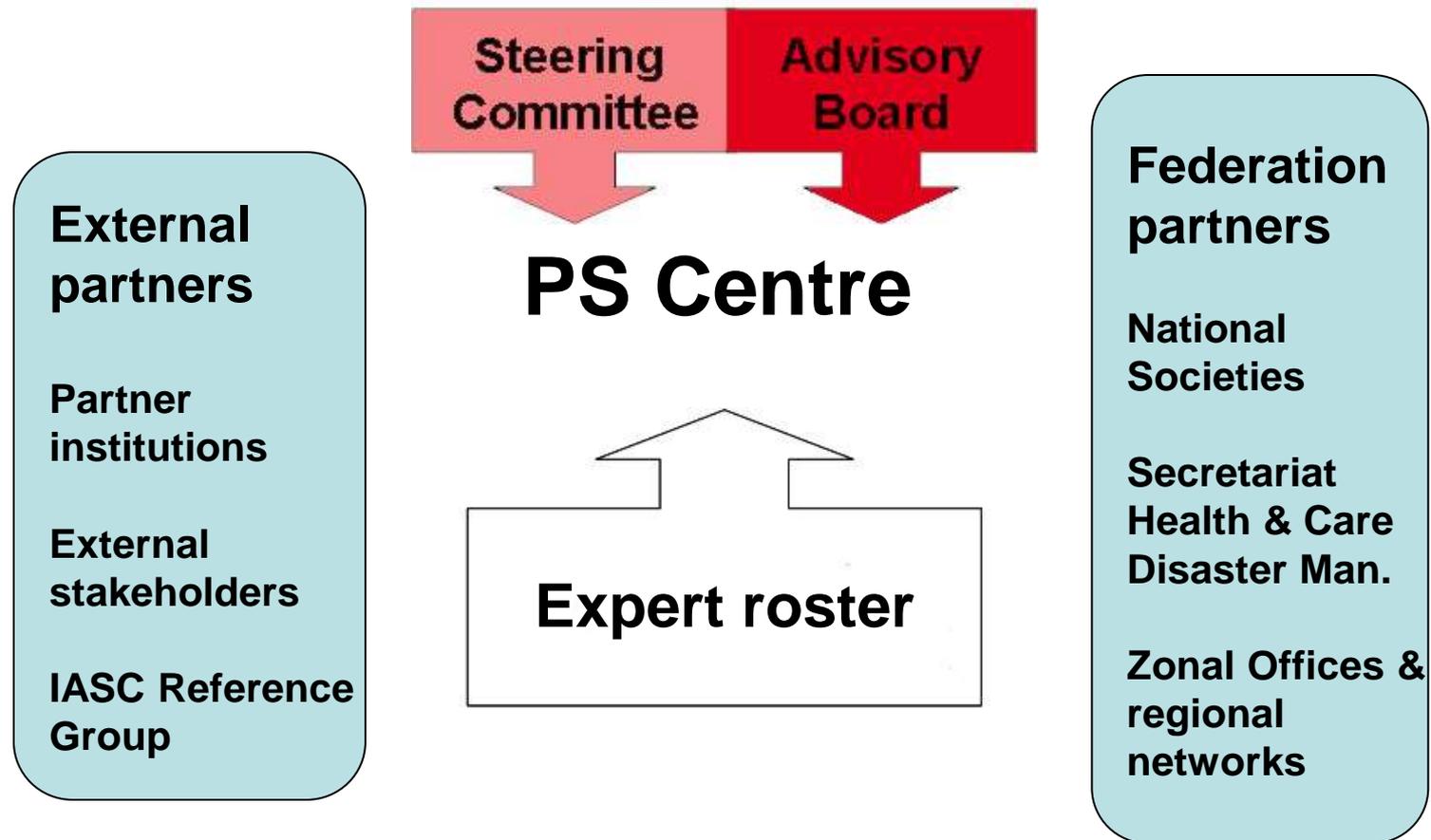


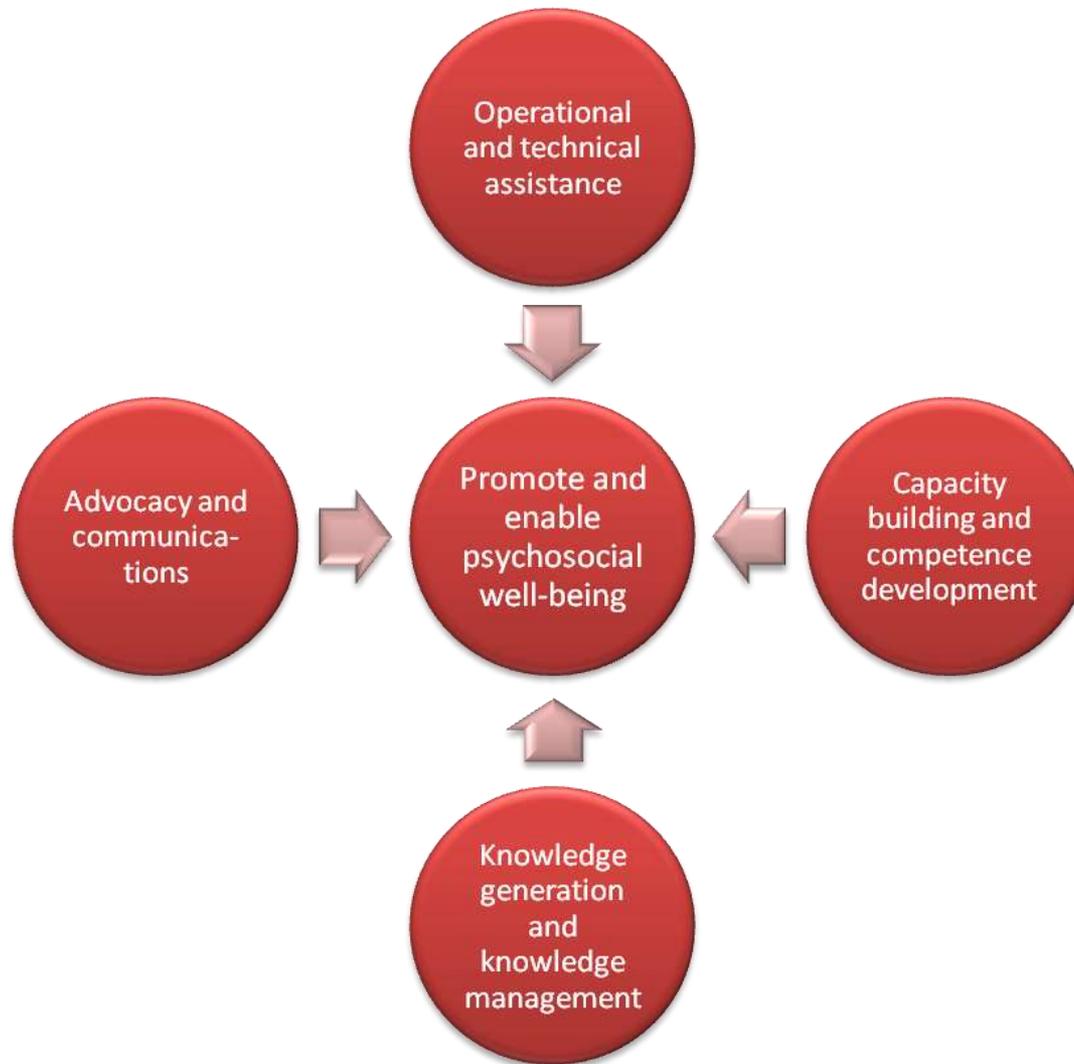
The objective of  
communitybased psychosocial  
support:

To assist affected people to attain stable life and integrated functioning, to restore hope, dignity, mental and social well-being and a sense of normality.



## The institutional set-up since 1993





## What we do:

### Capacitybuilding of national societies:

- Training of trainers
- Training materials

### Tools for psychosocial interventions:

- ERU PSS Component
- children affected by armed conflict
- Lay Counseling
- Life skills
- Psychological First Aid

### Operational support:

- Briefing and debriefing of PSP-Delegates
- Training of delegates
- Supervision while on mission
- Training of delegates
- Identification of suitable candidates for missions
- Coordination with other agencies in emergencies
- Support to PSP-consortia
- Support to regional networks



## Examples of how you can request support

- Write an e-mail and explain your request
- Email communication
- Skype-meeting
- Request a training at headquarters
- Need for technical support in emergencies
- Request for materials
- Help with adaptation and translations
- Identification of PSS people in emergencies
- Identification of relevant materials and tools

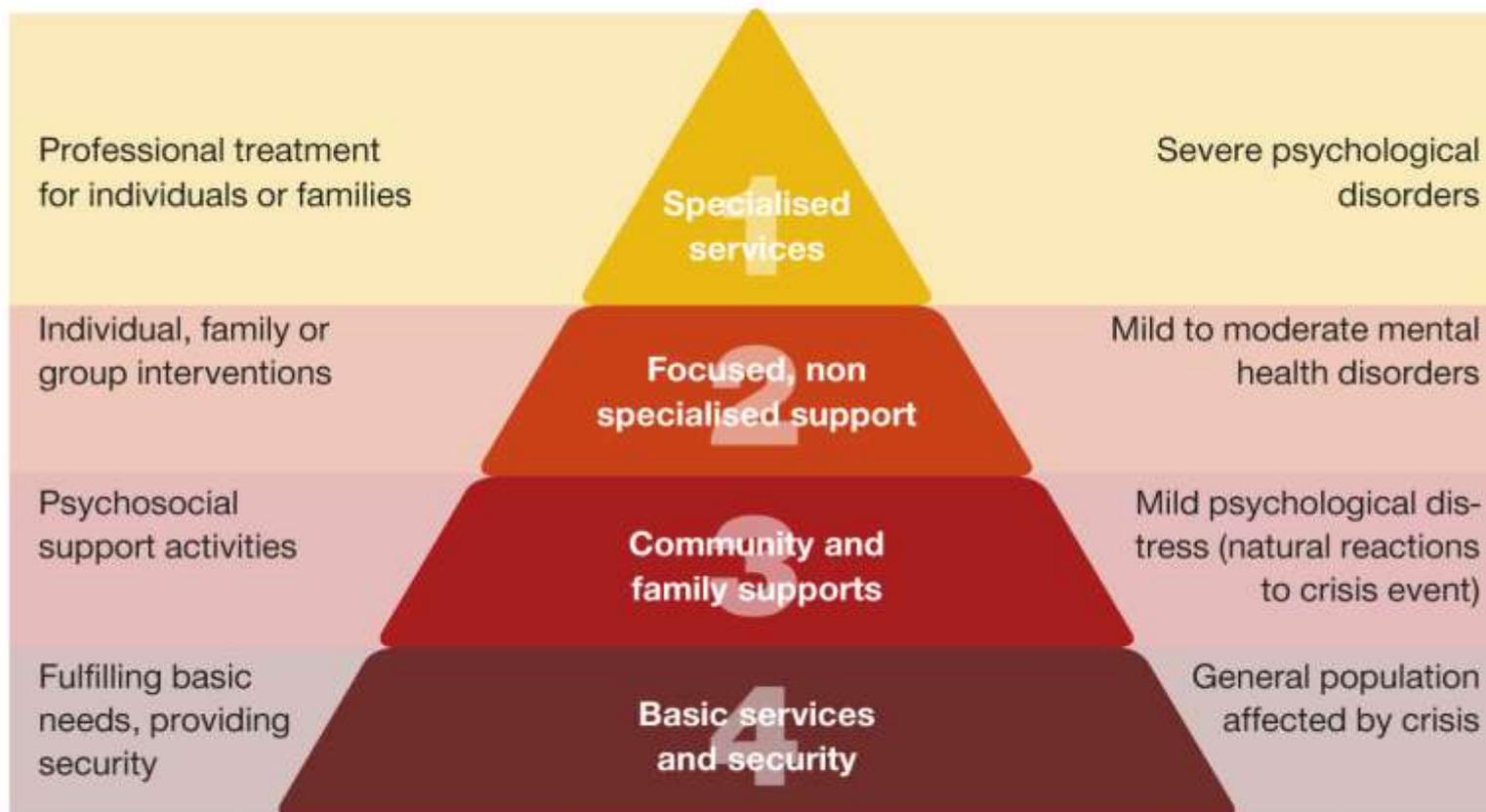
## Training kit

- Russian
- Chinese
- Sindhi
- Urdu
- French
- Spanish
- Arabic
- Japanese
- Mongolian
- Georgian
- Norwegian
- Roll out: global regional and national ToTs
- Americas
- South Asia
- China
- Myanmar
- Europe m.m.
- Africa

## Mental health and psychosocial support services

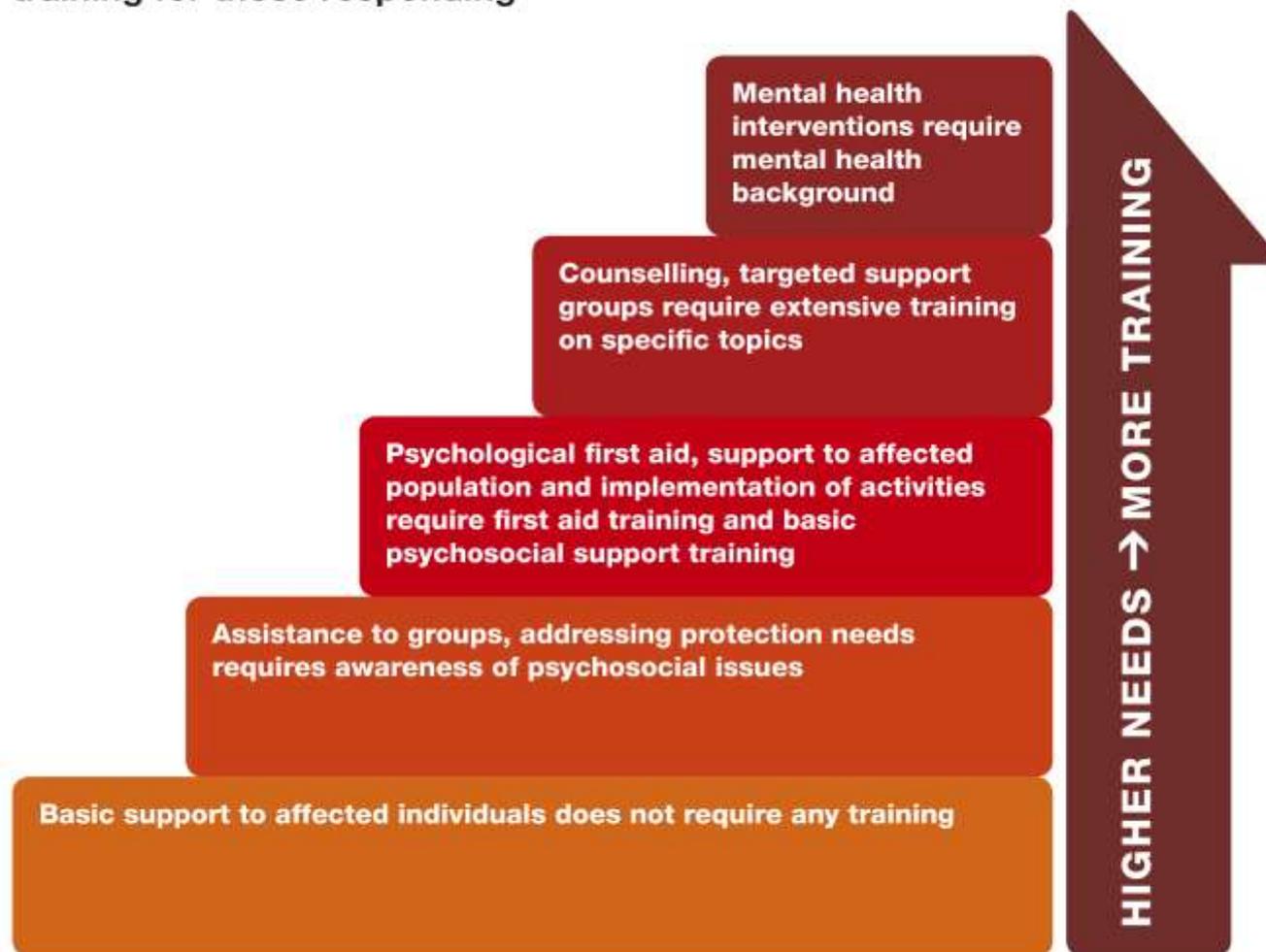
### Responses suggested

### Impacts on population due to crises



Source: This illustration is based on the intervention pyramid for mental health and psychosocial support in emergencies in the IASC Guidelines (2007).

**As the needs of those affected increase, so does the need for training for those responding**



# Relevant activities change with time



Source: PS Centre, 2009

# [www.pscentre.org](http://www.pscentre.org)

## Psychosocial Centre

International Federation  
of Red Cross and Red Crescent Societies



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### China Red Cross helps to comfort survivors of brutal knife attacks



I was leaving off friends at the subway station when suddenly I saw a group carrying long knives starting to slash nearby people randomly. I was so terrified and ran desperately. I was lucky to get away, but after the terrible scenes, I couldn't shake the terrible scenes from my mind when I closed my eyes and...

[Click here reading...](#)

#### Psychosocial News

How young Syrian volunteers get a lesson in Syria...

12 March 2014

Supporting volunteers in Central African Republic...

25 February 2014

Life Skills - Skills for Life...

24 February 2014

New Coping with Crisis...

18 December 2013

#### Featured content



#### Vacancy: Strong psychosocial support advisor

Strong psychosocial support advisor with psychosocial skills...

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#### Future events

There are no upcoming events at this time



You and 541 others like IFRC Helpline Centre for Psychosocial Support



## Psychosocial Centre

International Federation  
of Red Cross and Red Crescent Societies



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Home > Library > PS Centre Publications

### PS Centre Publications

Over the years, the PS Centre has developed a range of different training materials and handbooks. We develop the material in English and translate it into some or all of the other international Federation main languages.

However, we encourage National Societies and others using our material to translate it into local languages and to adapt it to the specific context. This has resulted in a multiplicity of language versions and adaptations of the material, particularly the Community-based Psychosocial Support Training kit.

We are happy to share the translations and adaptations here on this site, and we encourage you to share any translations and adaptations with us. However, please note that only those versions marked "Official PS Centre material", have been translated by the PS Centre and contain all the original text without adaptations.

4 Results 1 2 3 4 5 6 7 8 9 10

**Psychosocial interventions – a handbook**  
8 March 2014  
Categories: English, PS Centre Publications, Psychosocial Interventions  
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**Psychosocial interventions – PowerPoint**  
8 March 2014  
Based file consisting of 1. Equipment, 2. Planning, 3. IHR  
Categories: English, PS Centre Publications, Psychosocial Interventions  
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**Intervenciones psicosociales – manual**

#### Library Structure

[Coping with Crisis](#) (5)

[PS Centre Publications](#) (102)

[Children's Resilience Programme](#) (2)

[Lay Counseling](#) (5)

[Caring for Volunteers](#) (1)

[Psychosocial Interventions](#) (5)

[Community-based Psychosocial Support Training Kit](#) (2)

[Brochures](#) (2)

[Information, Education and Communications \(IEC\)](#) (1)

[Life Skills - Skills for Life](#) (1)

[Psychosocial support in emergencies](#) (1)

[Psychosocial Support for Youth in Post-Conflict Situations](#) (1)

[Psychosocial Support in Emergencies \(ERU\)](#) (1)

# <https://www.facebook.com/Psychosocial.Center>



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Kristian Steen Johansen

In recent months Bulgaria has received a stream of Syrian refugees from neighbouring Turkey. Many of the refugees have



**IFRC Reference Centre for Psychosocial Support**  
Admin Panel

Shared a link.  
Posted by Louise Sølv Hansen 171 · 17 March · 48

We are looking for a strong psychosocial support technical adviser for our team in Copenhagen. See more at our website: [https://pacentre.org/vacancy-strong-psychosocial-support-advisor/?utm\\_source=Facebook&utm\\_medium=fb&utm\\_campaign=tevece-hcy](https://pacentre.org/vacancy-strong-psychosocial-support-advisor/?utm_source=Facebook&utm_medium=fb&utm_campaign=tevece-hcy)

**Vacancy: Strong psychosocial support adviser - Psychosocial Support IFRC**  
pacentre.org  
Strong psychosocial support adviser with psychosocial crisis management...

1 · 1 · 1

IFRC Reference Centre for Psychosocial Support, Niko Garmen, Åsne Ulfvick and 2 others like this.

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**IFRC Reference Centre for Psychosocial Support**  
Posted by Anjana Casad de Prevedt 171 · 16 March at 08:28 · 48

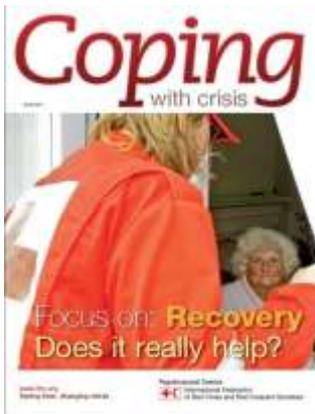
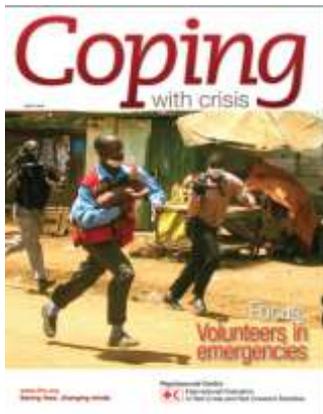
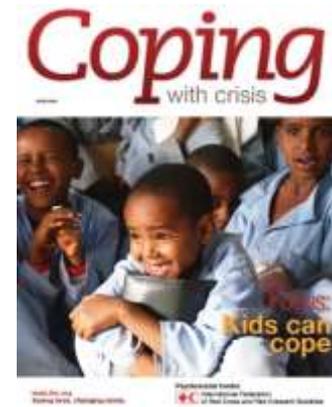
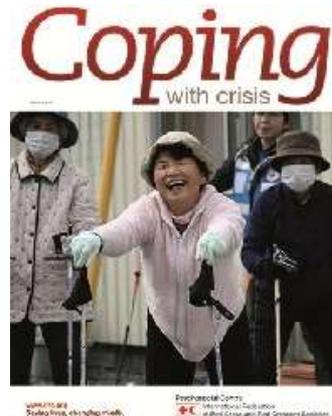
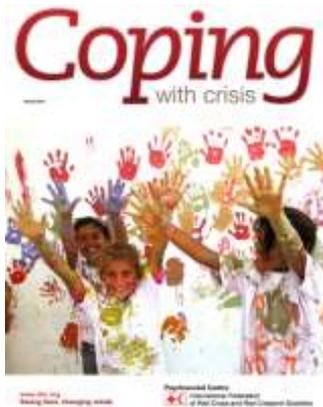
Louise, digging deeper during breaks — with Louise Kryger in Hale, Maldives.



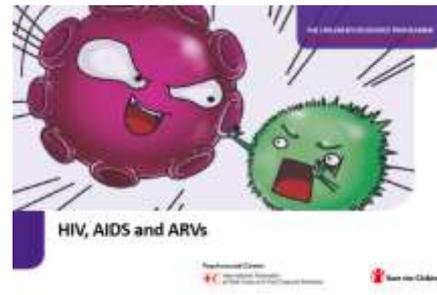
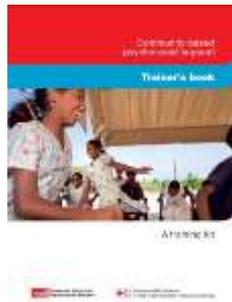
**IFRC Reference Centre for Psychosocial Support**  
Posted by Anjana Casad de Prevedt 171 · 16 March · 48

Afu, our wonderful coordinator and MRC Emergency Preparedness and Response Program officer making sure we have everything we need — with Louise Kryger and Arif Rashed in Hale, Maldives.

# Coping with Crisis



# Publications



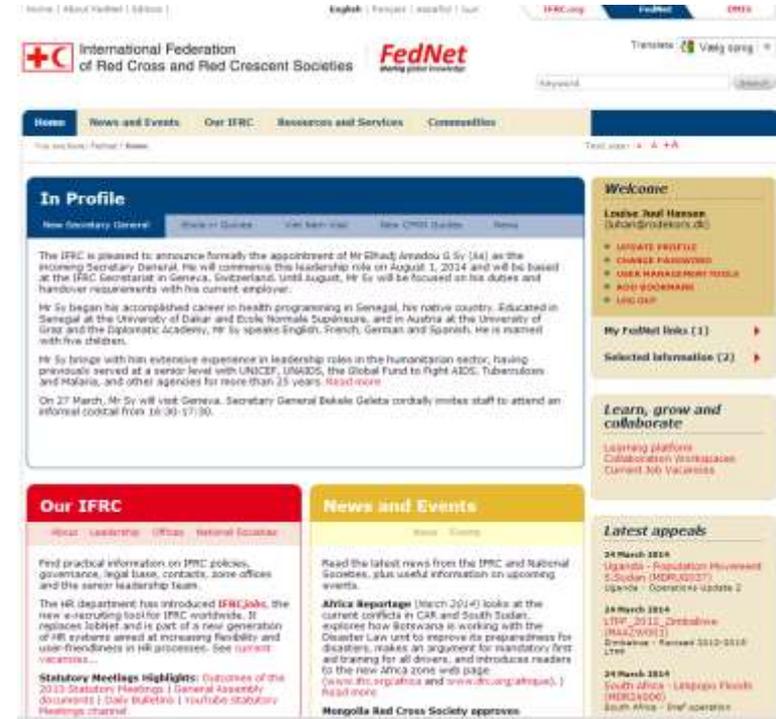
# Networking



The screenshot shows the MHPSS.NET website. The main header includes navigation links: Home, About, Services, Contact, Resources, News, Help, and Home. The logo 'MHPSS.NET' is on the left. The main content area features a large image of a group of people and the text 'RSC International Conference - Refugee voices'. On the right side, there are three sections: 'Global Hosts' with a row of five profile pictures, 'Network Hosts' with two profile pictures, and 'Who's Online' with a grid of profile pictures. At the bottom, there is a 'Recent Vacancies' section with a list of job openings.



The screenshot shows a LinkedIn profile page. The header includes the name 'DR. BAKHTIAR KHAN' and the title 'Senior Lecturer'. The profile picture is visible. The main content area shows a list of connections, with names and profile pictures of people connected to the user. The page is partially obscured by a vertical scrollbar on the right.



The screenshot shows the International Federation of Red Cross and Red Crescent Societies (IFRC) website. The header includes the IFRC logo, the text 'International Federation of Red Cross and Red Crescent Societies', and the 'FedNet' logo. The main content area is titled 'In Profile' and features a large text block announcing the appointment of Mr. Bahadur Amadou G. Sy (AG) as the incoming Secretary General. The text states: 'The IFRC is pleased to announce formally the appointment of Mr Bahadur Amadou G. Sy (AG) as the incoming Secretary General. He will commence this leadership role on August 1, 2014 and will be based at the IFRC Secretariat in Geneva, Switzerland. Until August, Mr. Sy will be focused on his duties and handover requirements with his current employer. Mr. Sy began his accomplished career in health programming in Senegal, his native country. Educated in Senegal at the University of Dakar and Ecole Normale Supérieure, and in Austria at the University of Linz and the Diplomatic Academy, Mr. Sy speaks English, French, German and Spanish. He is married with five children. Mr. Sy brings with him extensive experience in leadership roles in the humanitarian sector, having previously served at a senior level with UNICEF, UNHCR, the Global Fund to Fight AIDS, Tuberculosis and Malaria, and other agencies for more than 25 years. Read more'. Below this, there is a section titled 'Our IFRC' with a list of links: 'About', 'Leadership', 'Offices', 'National Societies'. The 'News and Events' section includes a list of recent news items: '24 March 2014 Uganda - Population Movement & Security (MCP/MS27) Update - Country update 2', '24 March 2014 LTRP 2012 Debriefing (M42/2012) Debriefing - Review 10-12-2012 LTRP', and '24 March 2014 South Africa - Limpopo Floods (M82/1206) South Africa - In/operation'. The 'Latest appeals' section includes a list of recent appeals: '24 March 2014 Uganda - Population Movement & Security (MCP/MS27) Update - Country update 2', '24 March 2014 LTRP 2012 Debriefing (M42/2012) Debriefing - Review 10-12-2012 LTRP', and '24 March 2014 South Africa - Limpopo Floods (M82/1206) South Africa - In/operation'.

## Empirically supported intervention principles

Intervention and prevention efforts at the early to mid-term stages after a disaster include promoting:

- 1) Sense of safety
- 2) Calm
- 3) Sense of self- and community efficacy
- 4) Connectedness
- 5) Hope

*Hobfoll et al. (2007) and TENTS guidelines (2010)*



# Thank you!