

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”





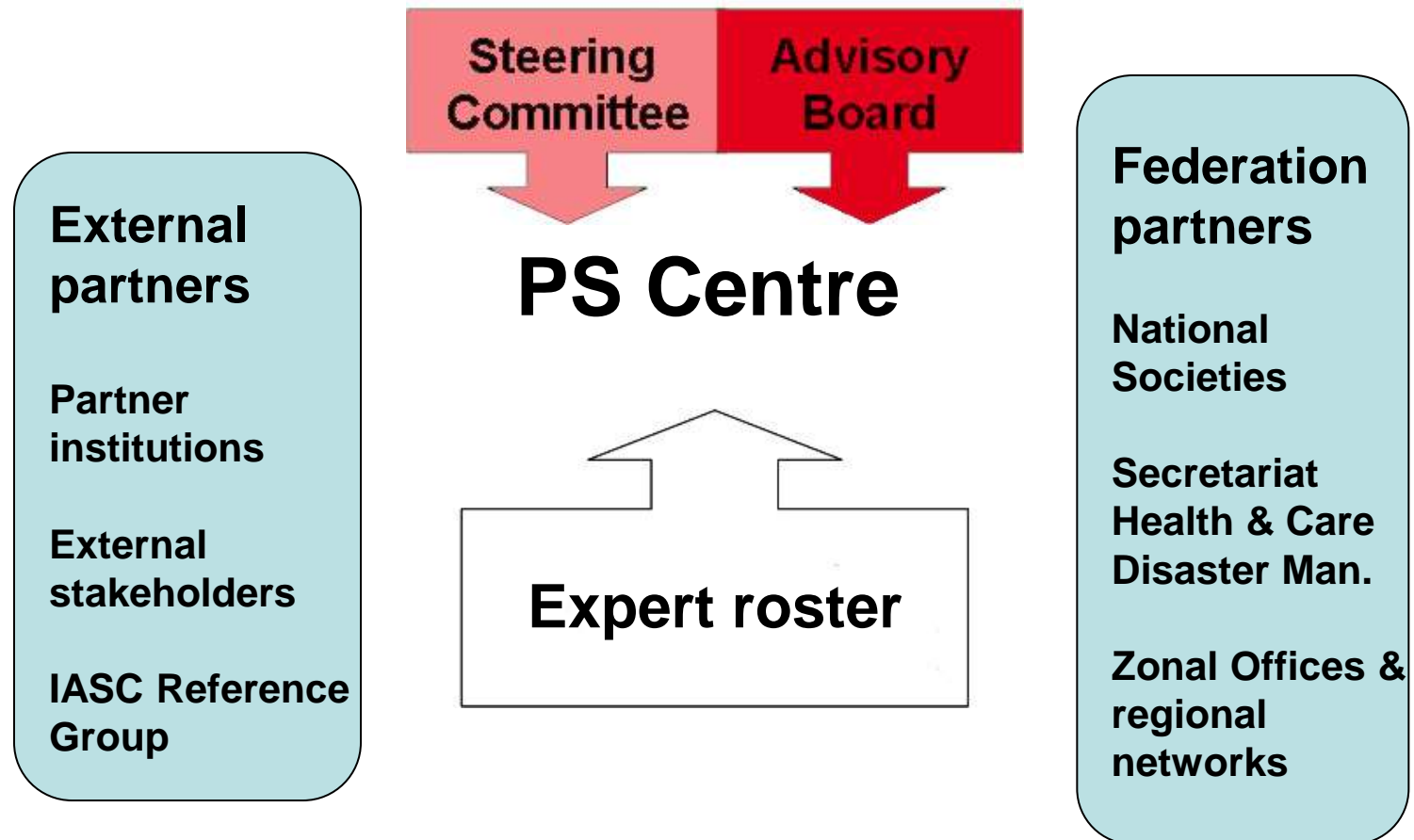
The objective of
communitybased psychosocial
support:

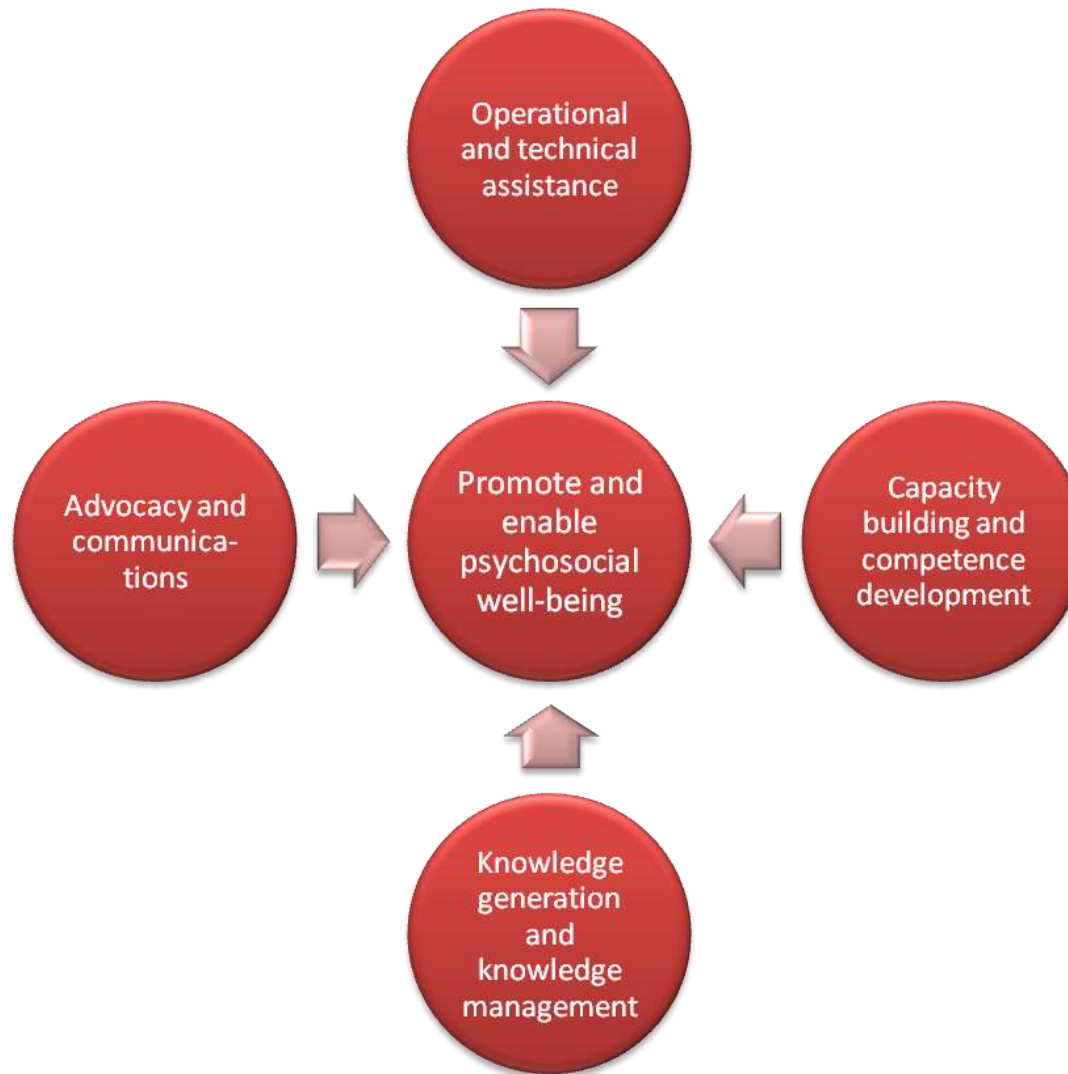
To assist affected people to attain stable life and integrated functioning, to restore hope, dignity, mental and social well-being and a sense of normality.





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

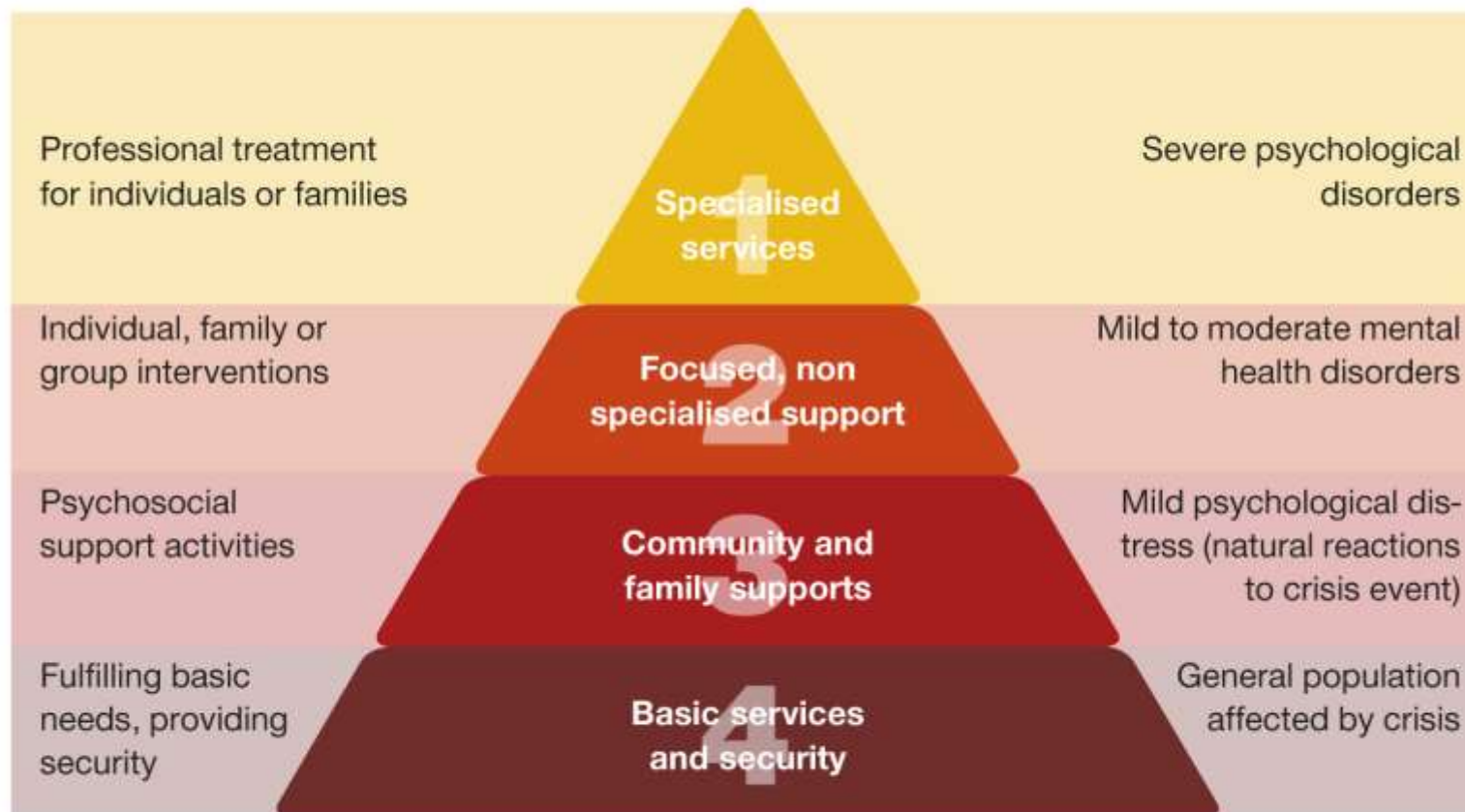
- Russian
- Chinese
- Sindhi
- Urdu
- French
- Spanish
- Arabic
- Japanese
- Mongolian
- Georgian
- Norwegian
- Roll out: global regional and national ToTs
- Americas
- South Asia
- China
- Myanmar
- Europe m.m.
- Africa



Mental health and psychosocial support services

Responses suggested

Impacts on population due to crises

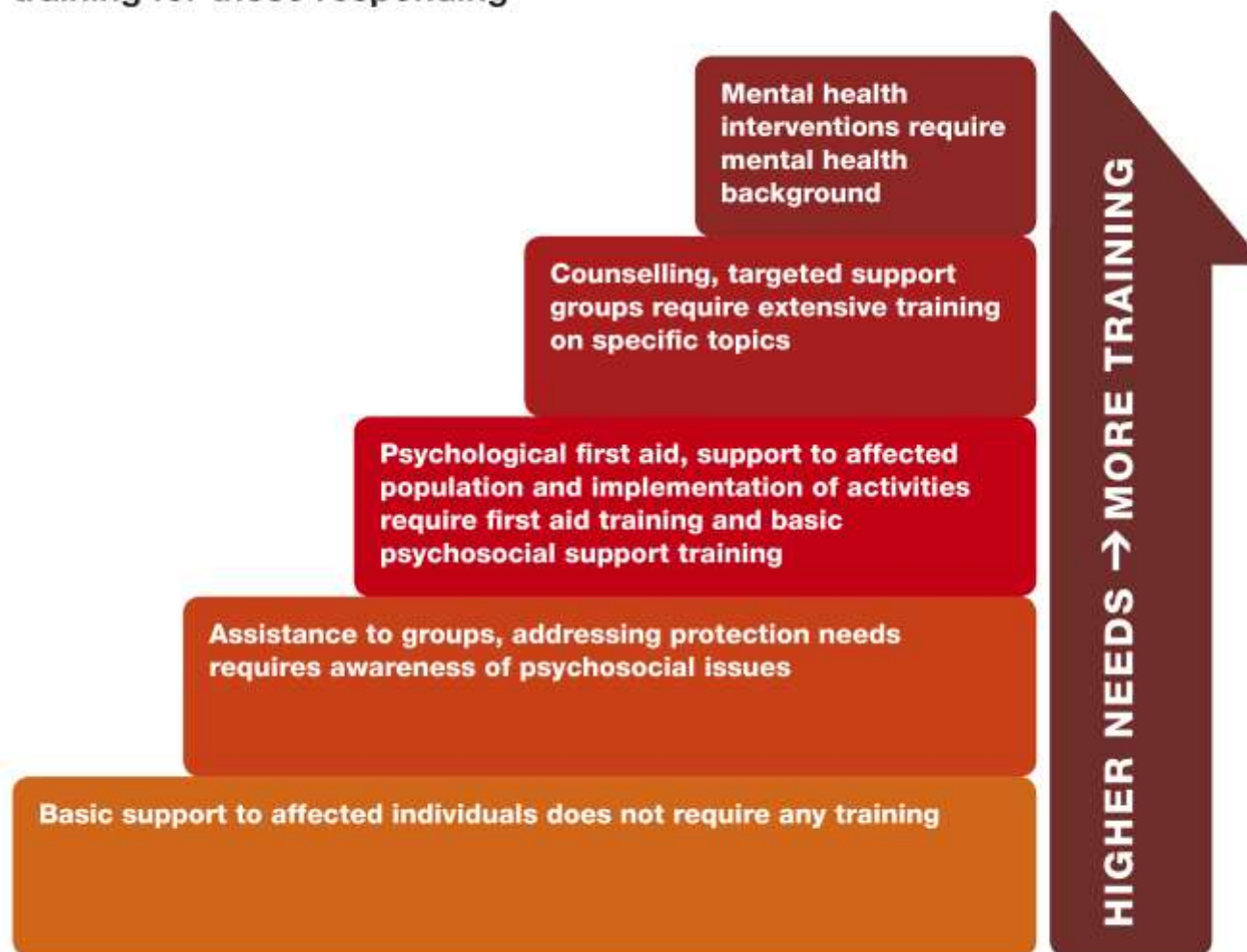


Source: This illustration is based on the intervention pyramid for mental health and psychosocial support in emergencies in the IASC Guidelines (2007).

Psychosocial Centre

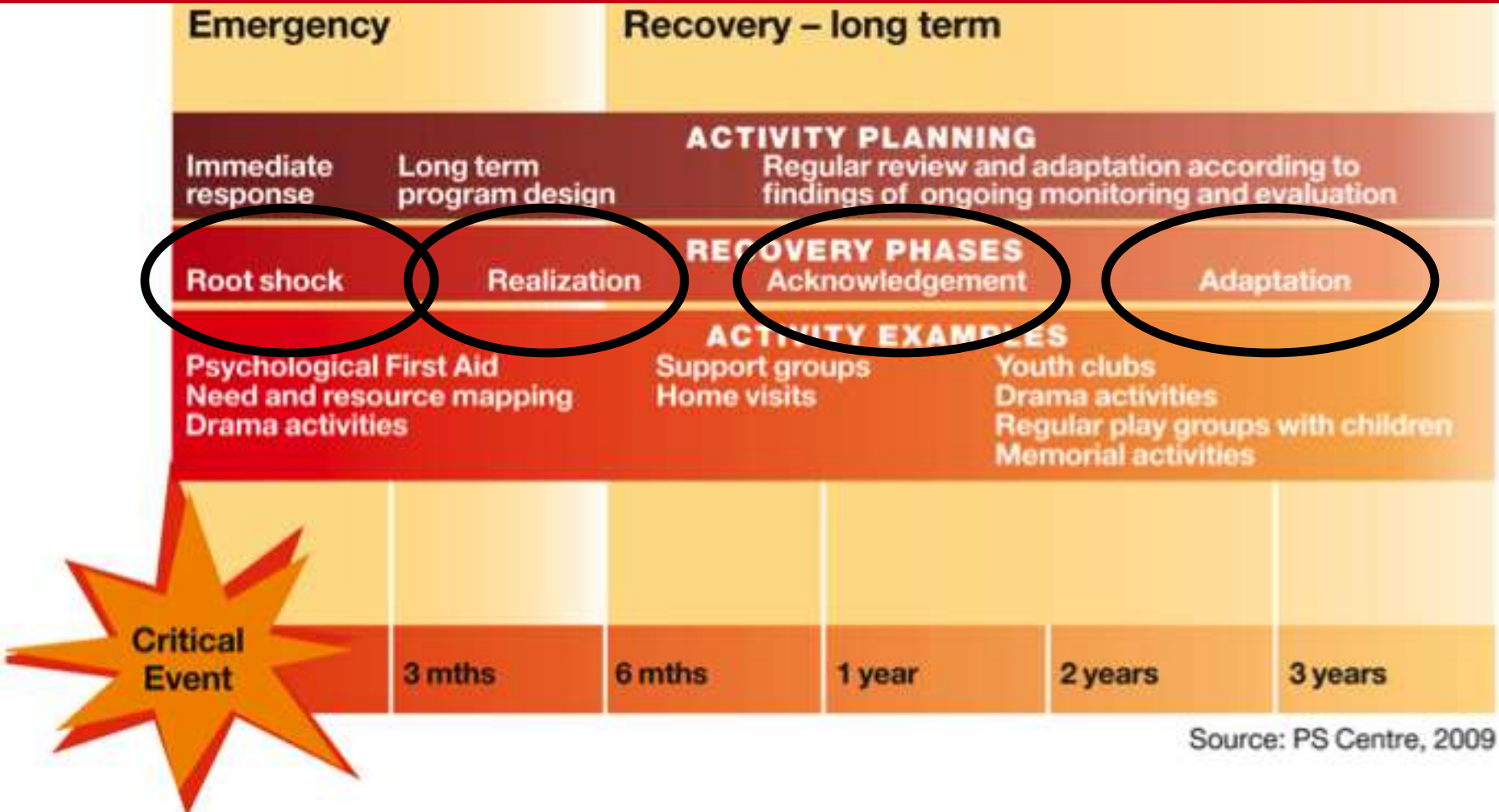
 International Federation
of Red Cross and Red Crescent Societies

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



Source: PS Centre, 2009

Relevant activities change with time



Source: PS Centre, 2009

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



Rebuilding shattered souls

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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

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shared a link.
Posted by Louise and Hansen 171 · 17 March · 4h

We are looking for a strong psychosocial support technical adviser for our team in Copenhagen. See more at our website: http://pacentre.org/vacancy-strong-psychosocial-support-adviser/?utm_source=Facebook&utm_medium=fb&utm_campaign=teavechcy

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

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IFRC Reference Centre for Psychosocial Support, Niklas Garmann, Åsne Unnes-Holm and 3 others like this.

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IFRC Reference Centre for Psychosocial Support
Posted by Arjuna David de Silva 711 · 16 March at 5h 32C · 4h

Louise, digging deeper during breaks — with Louise Kryger in Hala, Maldives

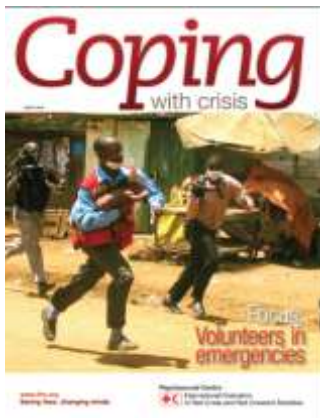
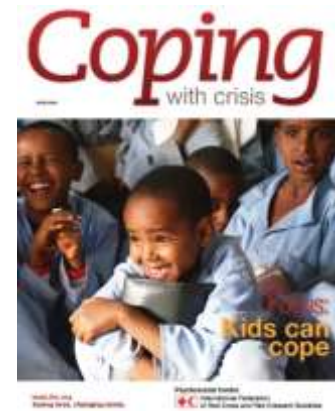
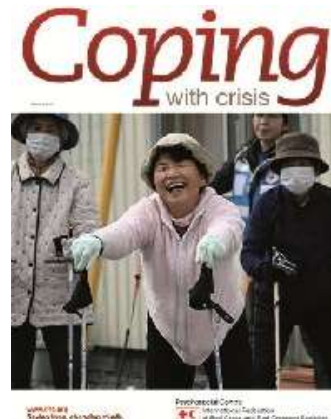
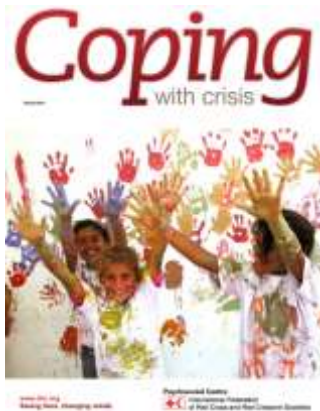
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IFRC Reference Centre for Psychosocial Support
Posted by Arjuna David de Silva 711 · 16 March · 4h

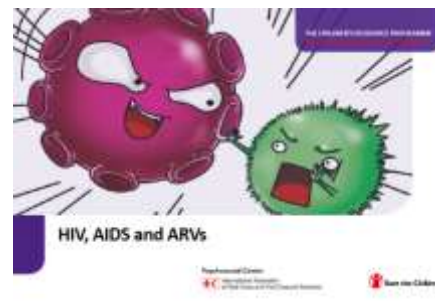
Afu, our wonderful coordinator and MRC Emergency Preparedness and Response Program Officer making sure we have everything we need — with Louise Kryger and Arif Rasheed in Hala, Maldives

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Coping with Crisis



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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!