

# SETTING UP PSYCHOSOCIAL SUPPORT IN RESPONSE TO A CRISIS EVENT

The confusion and feelings of being insecure can be overwhelming after a major incident. There is a pressing need to be listened to, get practical help, have access to information, and to know that strong reactions are natural. Talking to a supportive person from the Red Cross Red Crescent can re-establish trust in others that may be shattered when the unexpected has happened.



The event and the context will determine how to set up support. The activities suggested can last a few days or stretch into a longer MHPSS response.

- 1 CONTACT AUTHORITIES** to decide where MHPSS support is most needed
- 2 FORM A TEAM** trained in psychosocial support and psychological first aid
- 3 SET UP SAFE SPACES** with room for activities for different age groups where it is easy to convene
- 4 Give a quick course on PSYCHOLOGICAL FIRST AID** to new volunteers, and pair them with someone more experienced
- 5 If safe, ORGANISE DAILY OUTREACH WALKS** in the area so those who wish to approach the team can do so
- 6 MEET WITH THE TEAM** at the end of each day to work out how to address the identified needs.
- 7 If households are affected, ORGANIZE HOUSEHOLD VISITS** done by team members
- 8 Follow up with people who need support and REFER TO AGENCIES** that can support the identified needs
- 9 Assess future needs and DEVELOP A PLAN** for the next weeks with branch and community organizations

