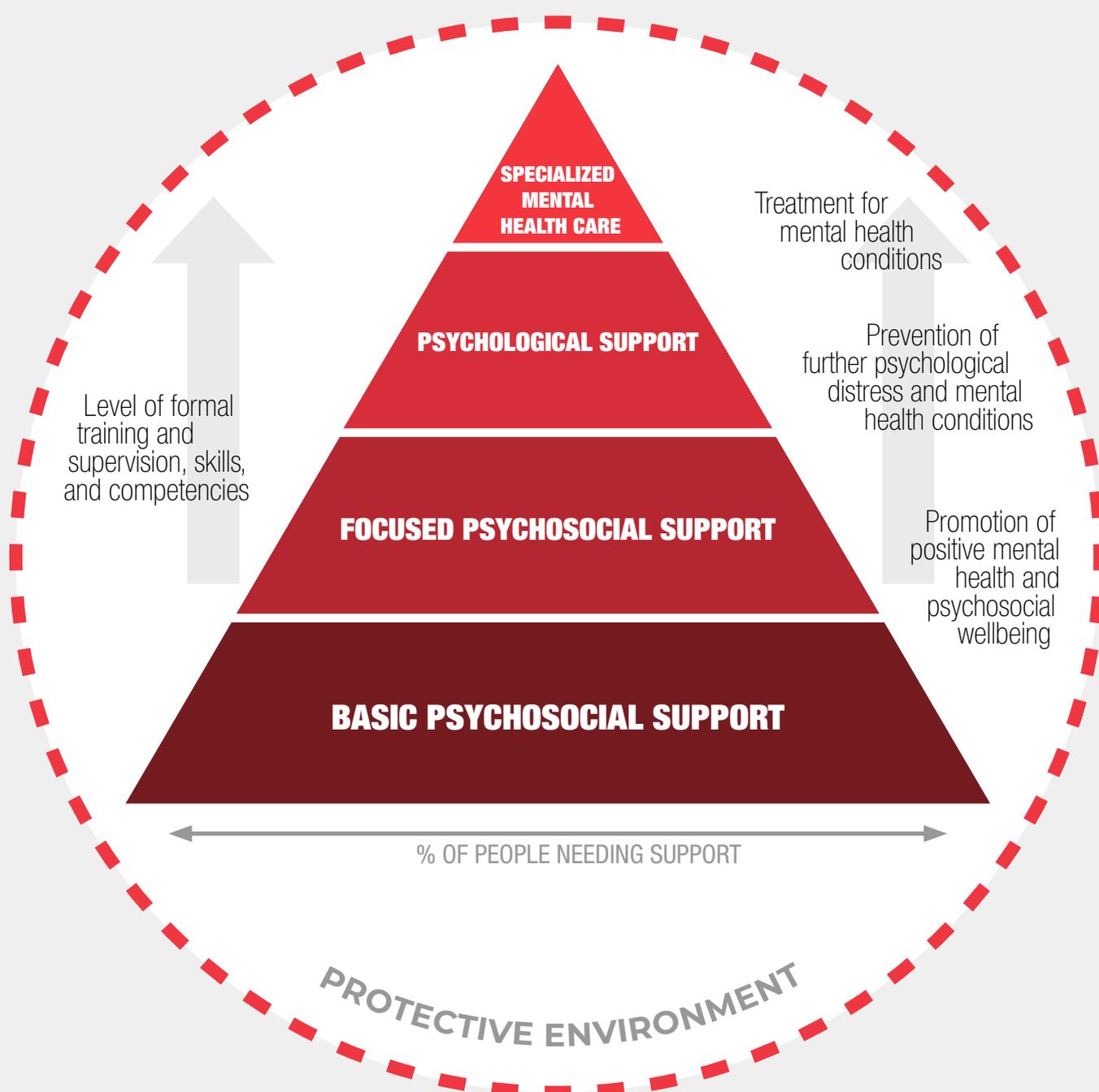


THE INTERNATIONAL RED CROSS AND RED CRESCENT MOVEMENT'S MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT FRAMEWORK



Each component of the Movement responds to mental health and psychosocial needs in accordance with its role and mandate. The pyramid model represents the framework of mental health and psychosocial support services that are required to address the needs of individuals, families, and communities in all contexts. A key to organizing mental health and psychosocial support is to develop a layered system of complementary support that meets the needs of different groups. This multi-layered approach does not imply that all Movement components must provide services in all layers. However, Movement components are expected to assess, refer, and advocate in relation to the full spectrum of mental health and psychosocial support presented in the model, from basic psychosocial support through to specialized mental health care.

PROTECTIVE ENVIRONMENT

The outer circle around the pyramid includes promoting access to rights in accordance with International Laws, and upholding people's dignity through providing "principled" assistance according to the seven fundamental principles of Red Cross Red Crescent Movement. Mental health and psychosocial support activities contribute towards protection outcomes; and similarly, protection activities contribute towards mental health and psychosocial support outcomes. Examples of activities include advocating for and ensuring people living with mental health conditions and psychological distress are enabled to access the necessary services and ensuring that people placed in detention facilities are treated respectfully.

SPECIALISED MENTAL HEALTH CARE

The top layer of the pyramid includes specialized clinical care and treatment for individuals with chronic mental health conditions and for persons suffering such severe distress and over such a period of time that they have difficulty coping in their daily lives. Examples of activities include treatment centres for survivors of torture and alternative approaches to drug therapy. Services are provided within State healthcare and social welfare systems and in detention facilities.

PSYCHOLOGICAL SUPPORT

The third layer of the pyramid includes prevention and treatment activities for individuals and families who present with more complicated psychological distress and for people at risk of developing mental health conditions. Examples of activities include basic psychological interventions, such as counselling and psychotherapy, which are usually provided in healthcare facilities with accompanying outreach work in community facilities, where this is culturally appropriate.

FOCUSED PSYCHOSOCIAL SUPPORT

The second layer of the pyramid includes promotion of positive mental health and psychosocial wellbeing, and prevention activities, with a specific focus on groups, families, and individuals at risk. Examples of activities include peer support and group work. Focused psychosocial support can be provided by trained and supervised Red Cross Red Crescent staff and volunteers and/or trained community members.

BASIC PSYCHOSOCIAL SUPPORT

The first layer of the pyramid promotes positive mental health and wellbeing, resilience, social interaction, and social cohesion activities within communities. Activities in this layer are often integrated into health, protection, and education sectors and should be accessible to 100% of the affected population, where possible. Examples of activities include psychological first aid (PFA) and recreational activities. Basic psychosocial support can be provided by trained Red Cross Red Crescent staff and volunteers and/or trained community members.

LEVEL OF FORMAL TRAINING AND SUPERVISION, SKILLS, AND COMPETENCIES

The left side arrow indicates that the higher up the pyramid an intervention occurs within the framework, the greater the extent of formal training and the level of ongoing supervision that is required to provide safe and effective care, treatment, and support. Similarly, the level of skills, and competencies in mental health and psychosocial support that are required of the helper increases the higher up the pyramid the support, care and treatment occurs.