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. **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, **ORGANISE 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. **DEVELOP A PLAN** for the next weeks with branch and community organizations