

CHILD FOCUSED MHPSS LIST OF TOOLS

This list of tools is for professionals, like schoolteachers, social workers, nurses, and primary health practitioners to provide mental health and psychosocial support (MHPSS) to children. It includes information communication education (IEC) materials, activity guides, and training curricula. The list contains 10 resources aimed at supporting National Societies in the planning process, and programme/service design, including human resources and budget allocation.

| S/N | Tool/ Resource | Description | Target Group | Focus | Objective | Training modality | Training duration | Language(s) |
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| 1 | Child Friendly Spaces in Humanitarian Settings | Child friendly Spaces (CFS) are interventions used by humanitarian agencies to increase children's access to safe environments and promote their psychosocial well-being. Some CFS programmes may focus on informal education or other needs related to children. However, all CFS try to provide a safe place where children can come together to play, relax, express themselves, feel supported, and learn skills to manage the challenges they face. | Programme staff, facilitators, and volunteers | Training activity catalogue, activity cards | Promotes well-being, sense of belonging, and social support | Live (in-person) or online | 2-day facilitator training, 3-day implementor training, and 3 follow-up supervision meetings. | English Arabic Ukrainian Russian |
| 2 | Psychological First Aid Module 3: PFA for Children | The Psychological First Aid Module 3: PFA for Children is a training for people working with children on how to provide Psychological First Aid (PFA). The training has been developed for staff and volunteers working with psychosocial support for children and those providing direct care and support to children and their caregivers in distress. | Nurses, teachers, social workers, health volunteers, ambulance workers or other first responders. | Training | Promotes well-being | Live or online | 1-day (8 hours), and 3 follow-up support meetings. | English Ukrainian French Polish Spanish Chinese |
| 3 | Psychological First Aid for Young Peers: A training manual - Psychosocial Support IFRC (pscentre.org) | The materials introduce PFA to young people, outlining what PFA is and how it can be used to provide peer support (a young person supporting another young person) in different contexts. | Youth community mobilisers, youth volunteers, hosts, and refugee community youth. | Training | Promotes well-being | Live or online | 2-day training, and 3 follow-up support meetings (Adult PFA provider accessible for ongoing support). | Psychological First Aid for Young Peers: A handbook - Psychosocial Support IFRC (pscentre.org) |

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| 4 | Children's Resilience Programme: Psychosocial support in and out of schools - Understanding Children's Wellbeing - Psychosocial Support IFRC (pscentre.org) | <p>The children's resilience programme recognizes that children's well-being is influenced by their interaction with their parents and caregivers, their peers, and with others in their community environment. Therefore, the program covers all these areas of children's lives to help improve their well-being and resilience. This is done through children's workshops that focus on supporting the children's inner strengths and their social interactions with others. It also involves meetings with parents and caregivers, promoting their understanding of the challenges their children are facing, and providing them with skills to support their children. It involves working with the entire community to identify ways to improve the environment the children live in and especially to improve child protection systems. This booklet can be used as a stand-alone resource or as part of the children's resilience programme.</p> | <p>Parents, teachers, and community workers.</p> | <p>Training</p> | <p>Promotes well-being</p> | <p>Live or online</p> | <p>3-day training, and 3 Follow-up support meetings.</p> | <p>English</p> |
| 5 | Psychosocial Support for Youth in Post-Conflict Situations - Psychosocial Support IFRC (pscentre.org) | <p>Psychosocial Support for Youth in Post-Conflict Situations – a trainer's handbook is a joint initiative of the PS Centre and Danish Red Cross Youth. It combines a training programme in community-based psychosocial support for youth in post-conflict situations with modules on facilitating training. The materials have been designed to develop staff and volunteers' skills, either as basic training in psychosocial support or as training for trainers in psychosocial support. The handbook contains the following modules: Introductions Consequences of armed conflicts and psychosocial support; Youth in post-conflict situations; Facilitating training for youth in post-conflict situations; Supportive communication; Supporting volunteers; Planning and facilitating a training workshop.</p> | <p>This training handbook is designed for trainers, staff, and volunteers in psychosocial support for youth in post-conflict situations. The training programme outlined in this handbook can be used in two ways – either as a Training of Trainers (ToT) or as basic training.</p> | <p>Training</p> | <p>Promotes the well-being of youth. Social cohesion.</p> | <p>Live or online</p> | <p>2-day basic training or 5 days of training with 2 facilitators having completed the Training of Trainers (ToT).</p> | <p>English.</p> |

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| 6 | The Resilience Programme for Young Men: A psychosocial handbook - Psychosocial Support IFRC (pscentre.org) | <p>The Resilience Programme for Young Men focuses specifically on the needs of young men, featuring activities that support increased self-esteem, self-confidence, and self-perception, all vital to psychosocial wellbeing. It aims to strengthen social interaction, creativity, and peer support by encouraging good communication, group collaboration, mutual trust, respect, understanding and valuing of differences. These are key elements for young men in creating a better life for themselves and their communities.</p> <p>The Resilience Programme for Young Men is complementary to 'Youth as Agents of Behavioural Change', the flagship initiative of the International Federation of the Red Cross and Red Crescent Societies, promoting a culture of non-violence and peace. Launched in 2008, this programme seeks to empower individuals to take up an ethical leadership role in their community, through the development of skills, among them strengthening resilience.</p> | | Training | <p>Promotes well-being.</p> <p>Life-skills.</p> <p>Social support.</p> | Live or online | 3 days of training with 2 facilitators having completed the Training of Trainers (ToT). | English |
| 7 | Parents and caregivers are heroes: protecting our children in a crisis - Psychosocial Support IFRC (pscentre.org) | <p>This infographic outlines 15 actions for parents and caregivers to support children during emergencies.</p> | Parents and caregivers | IEC Infographic | Promotes well-being | Downloadable/offline tool | | English |
| 8 | Infographic: Talking to Children about War - Psychosocial Support IFRC (pscentre.org) | <p>It can be difficult to talk to children about something as complex and emotional as war and conflict. This infographic gives simple advice on how to create a secure environment for parents and caregivers to talk to children about war.</p> | Everyone interested in working with children | IEC Infographic | Well-being and protection of children | Downloadable/offline tool | | English |

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| 9 | How do you talk to children about war? - Psychosocial Support IFRC (pscentre.org) | <p>The guide can be used by parents and caregivers with children directly affected by conflict and for children who may have friends in conflict settings, it can be used as a guide to help parents support and care for their children who may be struggling to find explanations after watching disturbing images on tv or on social media, it can be used by Red Cross Red Crescent volunteers providing support to conflict-affected families and children, and by staff and volunteers manning hotlines and helplines – who may be receiving calls for advice and assistance from anxious adults and children.</p> | Parents and caregivers | IEC | Well-being and protection of children | Downloadable/offline tool | | Polish Ukrainian Russian Romanian Portuguese |
| 10 | A Hopeful, Healthy & Happy Living & Learning Toolkit: Guide for Teachers - Psychosocial Support IFRC (pscentre.org) | <p>This guide for teachers, parents, and children features fun activities for children at home, in school, in shelters, or for remote use. In a home learning environment, for example, the activities could be done with a sibling group. Each activity is flagged as completed best with a group or whether it may be adapted for use with a single child. The activities have been carefully designed to engage children in social and emotional learning around self-awareness, self-management, social awareness, relationship skills, and decision-making.</p> | Teachers, parents, and children | Activity Guide | The well-being of children. Life skills. | Downloadable/offline tool | 1-day introduction training or self-learning followed up by supervision sessions. | English |

There are general considerations to take into account when planning, designing, and implementing the trainings:

Language and communication: use correct terminology according to local language MHPSS glossary - if available. **Contextual challenges:** consider the specific challenges and vulnerabilities present in the specific response including Protection, Gender, and Inclusion (PGI) linked to ongoing conflict, or displacement. Address how this impacts the delivery of activities and adapt strategies accordingly. **Local resources and support system:** identify and incorporate existing local resources such as mental health services, community leaders, local organizations, and other important stakeholders (police, municipality, ministries, etc.). This will allow you to develop and/or update a contextualized referral pathway that you will be delivering during the training. **Review legal frameworks related to child protection** and legally bound stakeholders engaged. **Gender and diversity:** Recognize and address the specific needs and vulnerabilities of diverse populations, including third-country nationals, gender-based violence survivors. **Ethical considerations:** Consider informed consent, confidentiality, and non-discrimination. Discuss ethical dilemmas in the training linked to the code of conduct, safeguarding policies, and the IFRC integrity line. **Practical applicability:** adapt the training exercises, case studies, and role-plays to reflect the local context and challenges. **Feedback and evaluation:** Encourage trainees to provide feedback either in a group setting or anonymously. Examples: comment boxes, temperature exercises, end-of-day evaluations, check-ins, and checkouts. Use all of them or as a combination is recommended. **Follow-up:** plan for follow-up support meetings with trainees to discuss challenges in the delivery of services/training/ activities and to reinforce the competency skill set they are developing.

Additionally: MHPSS for children is a focus of many international NGOs, as well as the UN Agencies. Please, search for interventions and packages translated into the local languages and adapted to the local contexts which may be available. Reach out to the IFRC PS Centre when planning the interventions and selecting tools for bilateral meetings and additional technical support at anglo@rodekors.dk or arste@rodekors.dk