

Mental Health and Psychosocial Support

Regional office for Europe





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Meet OUR TEAM!



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“Our way of doing good work is to do what we love”

KEY FOCUS AREAS

- 1 QUALITY ASSURANCE**
Ensuring the quality and effectiveness of MHPSS interventions to meet the needs of affected populations.
- 2 CAPACITY STRENGTHENING**
Empowering National Societies with the knowledge and skills to provide effective MHPSS services.
- 3 VISIBILITY AND PROMOTION**
Actively promoting the work of the IFRC and National Societies in the field of MHPSS, and gathering evidence-based results.
- 4 COORDINATION**
Coordinating actions and responses with partner agencies to maximize the impact of MHPSS initiatives and interventions.
- 5 ADVOCACY**
Advocating for the importance of MHPSS and guiding National Societies in their advocacy efforts with public authorities and external counterparts.



The Regional MHPSS Team, Support All Countries Across the Region:

40 National Societies are providing MHPSS activities to displaced people from Ukraine

48 National Societies across the region have MHPSS activities and set-up

25 National Societies are included in the EU4Health

18 National Societies included in the Emergency Appel

Regional MHPSS Operational Strategy 2023-2025



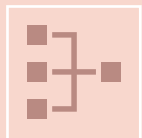
Strategic Pillar 1: Institutional Strengthening

Assess and improve MHPSS capabilities within National Societies.
Train MHPSS focal points and volunteers.
Provide tools, knowledge, and sustainability strategies for MHPSS.
Sensitize NS management to prioritize MHPSS.



Strategic Pillar 2: Service Delivery

Deliver Psychological First Aid (PFA) and Care for staff and volunteers.
Integrate PFA into various services.
Engage in community-based MHPSS activities.
Maintain a roster of MHPSS capacities for emergencies.



Strategic Pillar 3: Effective MHPSS Coordination

Define roles and responsibilities for MHPSS coordination.
Develop a regional MHPSS structure and coordination mechanisms.
Form an MHPSS network of delegates and focal points.
Collaborate internally and externally with relevant organizations.



Strategic Pillar 4: Quality and Evidence-Based Programming

Train NSs in needs and vulnerability assessments for MHPSS.
Ensure the quality of MHPSS tools and training.
Conduct an impact study and real-time evaluation in 2023.
Share lessons learned from Europe's MHPSS response and disseminate findings.

Spotlight of the Emergencies in the Region



Ukraine and impacted countries crisis | International armed conflict: People affected/at risk:
Ukraine: 21.3 million Neighboring countries: 5.9 million

Türkiye | Earthquakes: People affected: 16 million people

Armenia | Population Movement: People affected/risk 120,000 people

Occupied Palestinians Territory-Israel | Conflict Escalation

Climate Induced Disaster | Slovenia, Serbia, Georgia, Italy, Bosnia and Herzegovina, and Kyrgyzstan

Regional Highlights of MHPSS Activities

A woman wearing a yellow and white Red Cross vest is hugging a man in a red shirt from behind. The man is looking down at a smartphone in his hands. The background is slightly blurred, showing an outdoor setting.

Technical Support Missions:

Technical support missions in Bulgaria, Central Asia (including Kyrgyzstan and Tajikistan), the Czech Republic, Romania, Montenegro, Poland, the Baltics, and Georgia to strengthen MHPSS capabilities. In addition to online support were also provided after the missions.

Capacity Building and Service Provision:

- Conducted three PFA ToTs sessions, collaborating with the PS Centre to train 56 PFA trainers, focusing on Balkan NS in Montenegro, Russian-speaking participants in Georgia, and Central Asian NS in Almaty.
- Coordinated CBMHPSS training sessions in various countries, including Romania, Azerbaijan, Slovakia, and Poland, in partnership with NS and delegate support. while also providing ongoing support for the implementation of CBMHPSS activities.

Collaborative Approach:

we actively Initiate Community of Practice for MHPSS. We organized webinars, meetings, and facilitated information sharing and peer-to-peer support at both delegate and National Society (NS) focal points levels.

Framework Development:

We are supporting the development of a comprehensive framework to guide and strengthen MHPSS efforts in the regions.

Current and Upcoming Activities

- **PFA Study:** The regional team is currently engaged in an in-depth study on PFA to enhance our understanding and effectiveness in MHPSS.
- **Online Peer-to-Peer Conversations and Learning Webinar:** We've initiated a series of online peer-to-peer conversations and learning webinar for MHPSS colleagues. Four webinars, organized until September 2023, each attended by 50 to 90 people representing around 30 National Societies in the region, covered topics including common approaches in the Movement, MHPSS in Emergency, Digital solutions, and psychological counseling.
- **CBMHPSS in December in North Macedonia (Ea and Sanja):** We are excited to announce the upcoming Community-Based Mental Health and Psychosocial Support (CBMHPSS) event scheduled for December in North Macedonia, focusing on Emergency Appeal (EA).
- **Supporting Armenia:** We are actively providing support to Armenia in their mental health and psychosocial support efforts.
- **Lessons Learned Workshop:** In November, we will be hosting a workshop focused on lessons learned for Emergency Appeal for Ukraine and impacted countries. (For the 18 countries included in the EA since March 2022).
- **MHPSS in Emergencies Q1 2024:** Looking ahead, in Q1 2024, we are planning to launch an event that will delve into MHPSS in Emergency situations, further advancing our regional efforts in this crucial area.
- **Launching the First Edition of the MHPSS Regional Office Newsletter:** The inaugural edition of MHPSS Regional Office is coming soon, reflecting our commitment to advancing MHPSS in the region.

MHPSS in Europe Region 2023

