

Initial and rapid assessment questions for MHPSS

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It is important to assess needs to guide planning for potential MHPSS activities. MHPSS assessments should be coordinated. This may include with other departments within the National Society, with partner National Societies, the IFRC, the ICRC and/ or with external stakeholders.

The following are suggested assessment questions that can be used to determine MHPSS needs and capacities.¹

Assessment questions	Method of data collection	Potential sources
Initial assessment		
1. How have the consequences of the disaster affected communities' ability to cope post disaster (considering the pre disaster context)? <ul style="list-style-type: none"> a. What are the prior/existing stressors and/or traumatic events? b. Existence of poverty, conflict, climate risks, inequality, and discrimination etc. c. Communities freedom to act. 	Secondary data review	EM-DAT/Uppsala Conflict database, Country reports, risk registers, Census data, Human Rights Watch, Impact reports, hazard assessments
Rapid assessment		
1. Are there sufficient and appropriate MHPSS resources to cope with the demand for MHPSS support? <ul style="list-style-type: none"> a. Are there a sufficient MHPSS responses being provided/or planned (by any actor, nationally or internationally)? b. Does the current NS have capacity to respond to MHPSS needs? 	Key informant interviews / Direct observations	National Society staff and/or volunteers / other MHPSS stakeholders
2. What is the severity of the disaster impact on people's mental health and ability to cope? <ul style="list-style-type: none"> a. Since the event, what changes have you noticed in yourself and others? b. Do you know of someone who has or is at risk of a mental health or psychosocial difficulty and how to respond? c. In the community, how is mental health perceived, do people support each other (how?) and what resources are there? 	Key informant interviews / Direct observations	Affected community / community members

¹ Developed by the M&E subgroup of the MHPSS Surge Workstream.

Relevant materials

- [Rapid Assessment for Psychosocial Support and Violence Prevention](#), International Federation of Red Cross and Canadian Red Cross
- [Lessons learnt: MHPSS Assessments](#), Working Group 4 of the MHPSS Roadmap
- [Assessment Monitoring Tools and Preparedness Plan for MHPSS](#), Working Group 1 of the MHPSS Roadmap
- [Multi-sectoral MHPSS Needs and Resources Assessments Toolkit](#), IASC MHPSS Reference Group