MENTAL HEALTH

PANEL 2.6 DISCUSSANT

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Target mix of support at district-level

Adapted from WHO (2003)

- Self and family care
- Social interventions (economic support, (re-)starting schooling, safe space for play, etc)
- Informal psychological support in the community (teachers, traditional healers, etc)
- Care and support though primary health care and social services
- Mobile community mental health teams
- Acute inpatient care
5 Recommendations

1. Post-disaster care needs to address problems ranging from psychosocial distress to severe mental disorders.
2. Preparing for disasters means building community-based health and mental health services infrastructure before disasters.
3. Post disaster intervention should occur at different levels of the care system.
4. Post disaster interventions should be based on understanding of local culture and delivered by locally available human resources.
5. Support that is needed in the acute phase of a disaster is very different from what is needed in the post-emergency phase.