

ASSESSING MENTAL HEALTH AND PSYCHOSOCIAL NEEDS AND RESOURCES

Toolkit for humanitarian settings



WHO Library Cataloguing-in-Publication Data

Assessing mental health and psychosocial needs and resources: toolkit for humanitarian settings.

1.Mental health services. 2.Mental disorders. 3.Social support – organization and administration. 4.Conflict (Psychology). 5.Relief work. 6.Emergencies. I.World Health Organization. II.UNHCR.

ISBN 978 92 4 154853 3 NLM classification: WM 30

© World Health Organization 2012

All rights reserved. Publications of the World Health Organization are available on the WHO web site (www.who.int) or can be purchased from WHO Press, World Health Organization, 20 Avenue Appia, 1211 Geneva 27, Switzerland (tel.: +41 22 791 3264; fax: +41 22 791 4857; e-mail: bookorders@who.int).

Requests for permission to reproduce or translate WHO publications – whether for sale or for noncommercial distribution – should be addressed to WHO Press through the WHO web site (http://www.who.int/about/licensing/copyright_form/en/index.html).

The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries.

The mention of specific companies or of certain manufacturers' products does not imply that they are endorsed or recommended by the World Health Organization in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from its use.

Suggested citation: World Health Organization & United Nations High Commissioner for Refugees. *Assessing Mental Health and Psychosocial Needs and Resources: Toolkit for Humanitarian Settings*. Geneva: WHO, 2012.

For feedback and communication: email the Department of Mental Health and Substance Abuse, WHO (vanommeren@who.int) or the Public Health and HIV Section, UNHCR (hqphn@unhcr.org).

Cover Photo: Kenya/UNHCR/B. Bannon/2011.

ASSESSING MENTAL HEALTH AND PSYCHOSOCIAL NEEDS AND RESOURCES

Toolkit for humanitarian settings



**World Health
Organization**



UNHCR
The UN Refugee Agency

Preface

While mental health and psychosocial problems are common in all communities of the world, these problems are much more frequent among people who have faced adversity, such as exposure to a humanitarian crisis. A key element of responding to these problems is a better understanding of needs and resources. WHO and UNHCR receive frequent requests from the field to advise on assessment of mental health and psychosocial issues in humanitarian settings.

Mental health and psychosocial support (MHPSS) is a term used to describe a wide range of actions that address social, psychological and psychiatric problems that are either pre-existing or emergency-induced. These actions are carried out in highly different contexts by organizations and people with different professional backgrounds, in different sectors and with different types of resources. All these different actors – and their donors – need practical assessments leading to recommendations that can be used immediately to improve people’s mental health and well-being.

Although a range of assessment tools exist, what has been missing is an overall approach that clarifies when to use which tool for what purpose. This document offers an approach to assessment that should help you review information that is already available and only collect new data that will be of practical use, depending on your capacity and the phase of the humanitarian crisis.

This document is rooted in two policy documents, the IASC Reference Group’s (2010) *Mental Health and Psychosocial Support in Humanitarian Emergencies: What Should Humanitarian Health Actors Know?* and the Sphere Handbook’s Standard on Mental Health (Sphere Project, 2011).

This document is written primarily for public health actors. As the social determinants of mental health and psychosocial problems occur across sectors, half of the tools in the accompanying toolkit cover MHPSS assessment issues relevant to other sectors as well as the health sector.

This document should help you to collect the necessary information to assist people affected by humanitarian crises more effectively.

Shekhar Saxena

Director
Department of Mental Health
and Substance Abuse
WHO, Geneva

Steve Corliss

Director
Division of Programme
Support and Management
UNHCR, Geneva

Acknowledgements

This joint project between WHO and UNHCR was coordinated by Mark van Ommeren (Department of Mental Health and Substance Abuse, WHO). The work was supervised by Shekhar Saxena (Director, Department of Mental Health and Substance Abuse, WHO) and Marian Schilperoord (Chief, Public Health and HIV Section, UNHCR).

The document was written by Wietse A. Tol (Johns Hopkins University School of Public Health) and Mark van Ommeren (WHO).

We are pleased to acknowledge UNHCR for early testing of selected tools in this document.

We are grateful to the following people for peer review or testing of one or more of the new tools in this document: Jonathan Abrahams (WHO), Alastair Ager (Colombia University), Heni Anastasia (Christian World Services), Giuseppe Annunziata (WHO), Nancy Baron (Global Psycho-Social Initiative), Anja Baumann (WHO), Theresa Betancourt (Harvard University), Cecile Bizouerne (Action Contre le Faim), Paul Bolton (Johns Hopkins University), Maria Bray (Terre des Hommes), Jorge Castilla (European Community Humanitarian Office), Joseph Coyne (University of Pennsylvania), Nathalie Drew (WHO), Carolina Echeverri (UNHCR consultant), Tonka Elbs (CARE Austria), Rabih El Chammay (consultant), Richard Garfield (Colombia University), Rita Giacaman (Birzeit University), Jane Gilbert (consultant), Andre Griekspoor (WHO), Sarah Harrison (Church of Sweden), Lynne Jones (consultant), Mark Jordans (HealthNet TPO), Devora Kestel (WHO/PAHO), Albert Maramis (WHO), Anita Marini (WHO), Amanda Melville (UNICEF), Ken Miller (consultant), Matthijs Muijen (WHO), Bhava Nath Poudyal (consultant), Ruth O'Connell (UNICEF), Pau Perez-Sales (MdM-Spain), Sabine Rakatomalala (Terre des Hommes), Khalid Saeed (WHO), Benedetto Saraceno (Nova University of Lisbon), Norman Sartorius (Association for the Improvement of Mental Health Programmes), Alison Schafer (World Vision International), Maya Semrau (Institute of Psychiatry King's College London), Derrick Silove (University of New South Wales), Mike Slade (Institute of Psychiatry King's College London), Leslie Snider (War Trauma Foundation), Egbert Sondorp (London School of Hygiene and Tropical Medicine), Renato Souza (International Committee of the Red Cross), Lindsay Stark (Colombia University), Emmanuel Streel (UNICEF), Marian Tankink (HealthNet TPO), Matthias Themel (European Commission), Graham Thornicroft (Institute of Psychiatry King's College London), Liv Torheim (FAFO), Peter Ventevogel (HealthNet TPO), Kristian Wahlbeck (WHO), Inka Weissbecker (International Medical Corps), Michael Wessells (Colombia University), and Nana Wiedemann (International Federation of Red Cross and Red Crescent Societies).

Table of Contents

Preface	3
Acknowledgements	4
A quick guide to identifying tools	7
1. Introduction	8
1.1 How to use this toolkit?	8
1.2 Who should use the toolkit?	9
1.3 How was the toolkit developed?	10
1.4 Culture and mental health	10
2. Overview of the assessment process	11
3. Assessment methodology	14
3.1 Selecting assessment topics and tools from this toolkit	14
3.2 Estimating the prevalence of mental health problems	17
3.3 Collecting qualitative and quantitative data	19
4. Translating assessment into action	25
4.1 Drafting a report with recommendations	25
4.2 Communicating recommendations	26
Tools 1 to 12 (see quick guide on page 7 or back page for page numbers)	29
Bibliography	78



云报告
<https://www.yunbaogao.cn>

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_28519



云报告
<https://www.yunbaogao.cn>

云报告
<https://www.yunbaogao.cn>