



version one



Version One

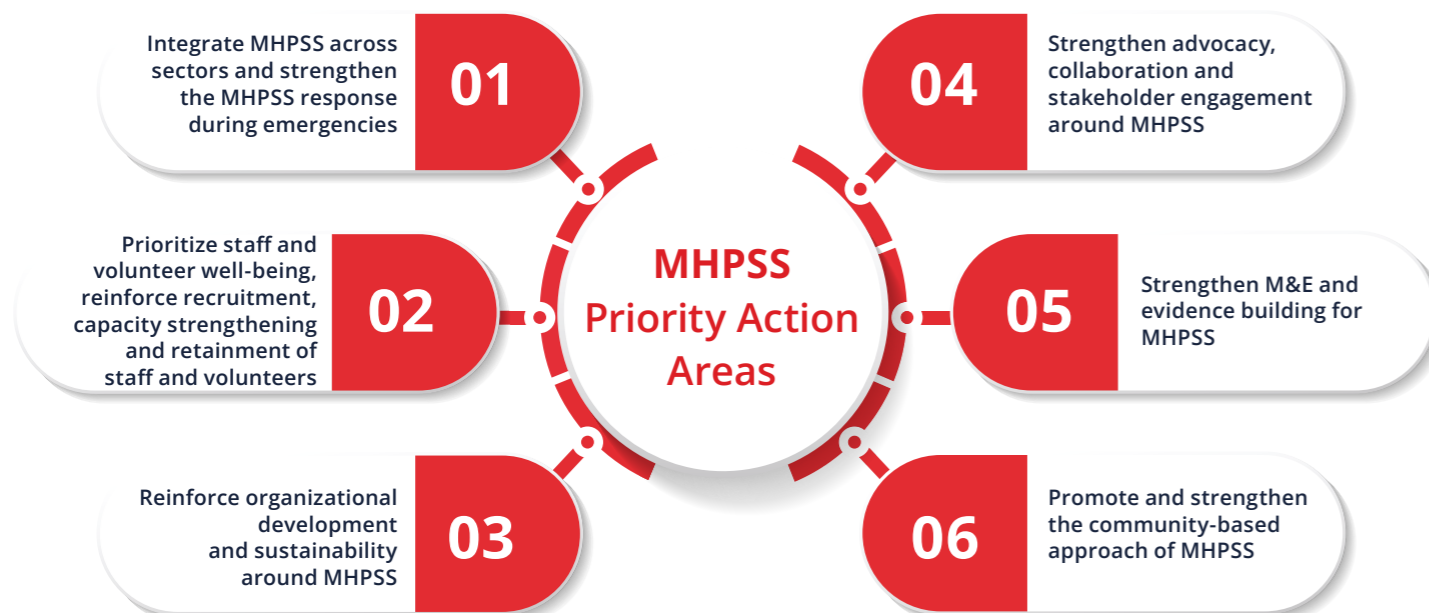
A RED CROSS RED CRESCENT MHPSS ROADMAP FOR
AFRICA 2030

Objective

This roadmap serves as a framework to guide the prioritization of Mental Health and Psychosocial Support (MHPSS) within the IFRC Africa region.

It also functions as an advocacy and resource mobilization tool for all IFRC partners involved in strengthening MHPSS across the region.

MHPSS Priority Action Areas



Background

Mental Health and Psychosocial Support (MHPSS) is a critical component of overall well-being,

encompassing psychological and social well-being of individuals, families, and communities. In the context of humanitarian work, the significance of MHPSS cannot be overstated.

Natural disasters, conflicts, and other emergencies can have profound impacts on the mental health of affected populations. Although mental health and psychosocial needs are not always visible, they are real and can be life-threatening.

The International Federation of Red Cross and Red Crescent Societies (IFRC) network plays a pivotal role in providing humanitarian assistance in various regions, including Africa, and recognizes firsthand the impact

that tragedies of multiple origins imprint in the mental health and psychosocial wellbeing of those affected.

That's why, in 2019, the International Red Cross Red Crescent Movement committed to leveraging the access and service provision of MHPSS, particularly for those affected by humanitarian crisis.

These commitments were translated into a Policy¹ and a Resolution² and the latter one supported with a Roadmap for implementation³, which detailed the priority action areas that needed further action and development, to achieve those commitments.

While many advances have been made in the field of Mental Health and Psychosocial Support in recent years, enormous challenges remain worldwide, and Africa faces the highest of some of those challenges.

According to available data, there are less than two trained mental health professionals per 100 000 population (WHO Mental Health Atlas, 2020⁴), by far the lowest percentage, compared to the other regions.

Within the African region, according to WHO (2022⁵), more than 116 million people were estimated to be living with mental health conditions.

1 https://pscentre.org/wp-content/uploads/2021/02/Movement_MHPSS_Policy_Eng_single.pdf

2 https://pscentre.org/wp-content/uploads/2021/02/Movement_MHPSS_Policy_Eng_single.pdf

3 <https://pscentre.org/wp-content/uploads/2021/02/MHPSS-roadmap-2020-2023-1.pdf>

4 Mental Health ATLAS 2020 (who.int)

5 World Mental Health Day 2022 | WHO | Regional Office for Africa

It is estimated that for the 60 million African women, over 90% have no access to treatment for depression (Strong Minds project, 2014⁶), while at least one in seven children in sub-Saharan Africa experiences significant psychological hardship (UNICEF, 2021⁷).

”

Despite this high burden, availability, and quality of mental health services in Africa are greatly lacking. Even in countries where specialised psychologists and psychiatrists exist, health and social care professionals skilled in mental health are sparse and often concentrated in larger cities, unreachable by most of the population at risk.

Preventive measures remain key, most notably promoting healthy lifestyles including exercise and good nutrition, and protection against harmful practices and violence, including strengthening skills in communication and conflict resolution (UNICEF, 2021).

Recognizing the pressing need to enhance MHPSS services within IFRC and extend this support throughout the Africa region, a dedicated regional Movement meeting around MHPSS was held and provided an opportunity to delve deeper into the constraints, but also the opportunities that can present in strengthening and growing MHPSS services, with the ultimate goal to develop and ultimately execute a regional MHPSS roadmap for the Red Cross Red Crescent in Africa.

This will be aligned with regional key stakeholder initiatives such as the World Health Organization (WHO) Regional Framework to strengthen the implementation of the Comprehensive mental health action plan (2013–2030) in the WHO African Region⁸

⁶ [StrongMinds-Impact-Evaluation-Report-November-2014.pdf](#)

⁷ [Access to mental health and psychosocial support services remains unequal for children and adolescents in Africa, alert UNICEF & WHO](#)

⁸ [AFR-RC72-5 Framework to strengthen the implementation of the comprehensive mental health action plan 2013-2030 in the WHO African Region.pdf](#)

Regional MHPSS Movement Meeting Johannesburg February 2024

On 26 February 2024, a team of 53 participants drawn from 16 African National Societies, the IFRC (from the Secretariat in Geneva, as well as the African, MENA and European Regional Offices, several Africa country cluster delegations, and the IFRC Reference Centre for Psychosocial Support), Danish Red Cross, Swedish Red Cross, French Red Cross, and ICRC, gathered for 3 days in Johannesburg, South Africa, for a Africa regional MHPSS Red Cross Red Crescent meeting. In addition, several other participants from regional National Societies followed online, adding their inputs throughout.

The main objective of the meeting was to bring together Red Cross Red Crescent partners working on MHPSS across sub-Saharan Africa, and together propose and draft a regional MHPSS Roadmap to lead the goals in this sector up to 2030 (aligning it with the IFRC Health and Care Framework 2020-2030). The goal of the roadmap, ultimately, is to strengthen MHPSS in the Africa region within the Red Cross Red Crescent, and to develop an MHPSS programming and implementation framework, strategize on advocacy & resource mobilization tools for the next 6 years collaboratively.

The workshop was hosted by the IFRC Pretoria Cluster delegation in conjunction with the South Africa Red Cross Society, and organised and co-financed by the IFRC Africa Regional Office, the IFRC Secretariat in Geneva, the IFRC Reference Centre for Psychosocial Support in Copenhagen and the Danish Red Cross (DRC).

By means of interactive group and plenary work, priority action areas were crafted, selected, and refined to form the backbone of the regional roadmap. The participants ultimately voted to have six Priority Action Areas to be the outcome of the workshop and to form the backbone of the regional roadmap. These will give a clear guidance for the MHPSS activities across the African National Societies, for their Partnering National Societies, and the IFRC Secretariat and its Africa Regional Office and country cluster offices. A summary of all Priority Action Areas is given in the next section of this document.

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Group photo MHPSS workshop 26-28 February 2024, Johannesburg.

Barriers

Several barriers have been identified by Movement Components in the African Region as hindering the full accomplishment of the Statutory commitments on MHPSS. Below we present a summary of the most relevant ones, expressed through the MHPSS Movement regional survey⁹ and the results of the SWOT analysis developed during the Johannesburg workshop.

These have inspired the identification of the proposed Priority Action Areas, further detailed in this document.

- Insufficient resources allocation and service provision for MHPSS
- Insufficient dedicated MHPSS personnel, coupled with limited technical support and capacity building opportunities at regional level
- Lack of visibility of the MHPSS work being undertaken in the region
- Insufficient advocacy around the Resolution 2 of IC33
- Poor investment on evidence-building, research and M&E structures
- Lack of awareness of available tools and guidelines
- Prevalence of stigma and discrimination around mental health

Enablers

In order to successfully roll-out the Roadmap Priority Action Areas and accomplish the proposed milestones, some conditions are considered essential. These include:

1. Defining roles and responsibilities in the accomplishment of these milestones, with a compelling need for the establishment of a Technical Working Group, a dedicated team to lead the follow-up of and unfolding of this Roadmap, a full engagement of the existing French and English-based Communities of Practice and of the Movement MHPSS Hub.
2. Senior management awareness and commitment towards this regional Roadmap, visible through alignment of National Societies plans and allocation of the needed resources to enable its accomplishment, through coordinated efforts from all Movement components present in the Africa Region.
3. Planning and resourcing a mid-term evaluation workshop, that can allow for a stocktaking exercise and enable adaptations that respond to the regional reality.

⁹ <https://pscentre.org/resource/regional-progress-report-on-mhpss-activities-within-the-red-cross-redcrescent-movement-africa/>

Priority Action Areas

The following section outlines the Priority Action Areas identified for the enhancement of Mental Health and Psychosocial Support across the IFRC Africa region.

These areas serve as strategic guidance for prioritization and planning by the Red Cross and Red Crescent actors in the region, enabling concerted and coordinated action on MHPSS.

The Priority Action Areas are organized with an introductory context that summarizes the objectives and significance of each area, followed by specific milestones categorized into short-term (2024-2025), medium-term (2026-2027), and long-term (2028-2030) timeframes, recognizing the extended duration of this document.

These proposed timeframes serve as guidelines rather than exhaustive descriptions, helping to orient the progression of efforts.

The milestones are designed to facilitate actionable steps for effective implementation.

» Priority Action Area 1

Integrate MHPSS across sectors and strengthen the MHPSS response during emergencies;

This action area aims to ensure that MHPSS is recognized as a cross-cutting competency across various sectors and is fully integrated into service delivery.

It also emphasizes the importance of enhancing and scaling up the MHPSS response during emergencies, regardless of their nature.

01 Short-term Milestones

- 1. Define MHPSS Trainer Pool:** Establish a pool of MHPSS trainers for each country cluster in the Africa region.
- 2. Develop Indicators Bank:** Consolidate key MHPSS indicators that encompass both emergencies and non-emergency contexts, promoting their use among National Societies (NS).
- 3. Train MHPSS Champions:** Identify and train MHPSS champions within each National Society.
- 4. Map MHPSS Integration:** Assess and document the current level of MHPSS integration across various departments in each National Society (e.g., Disaster Management, Emergency Health, WASH, OD/NSD, Youth).
- 5. Adapt Assessment Tools:** Integrate adapted MHPSS assessment tools into standard frameworks, inspired by the IASC multi-sectoral MHPSS Assessment Toolkit and guided by existing IFRC relevant tools and guidance.
- 6. Integrate MHPSS in Preparedness Plans:** Ensure MHPSS is included in preparedness plans for all sectors, programs, and projects across African National Societies.
- 7. Identify Quick Wins:** Pinpoint easily achievable integration milestones within existing programs, such as identifying and capacitating trainers in PFA and making Psychological First Aid (PFA) part of all induction programs.

02 Mid-term Milestones

- 1. Mandatory Training on PSS:** Include basic psychosocial support training (e.g., PFA, psychoeducation) as a mandatory component for all staff and volunteers in African National Societies.
- 2. Integrate PSS into Key Services:** Ensure basic psychosocial support is integrated into essential services, including first aid, shelter, water and sanitation, food, livelihoods, education, and protection.
- 3. Full Integration in Assessments:** Achieve complete integration of MHPSS in all assessments conducted by National Societies.

03 Long-term Milestones

- 1. Universal MHPSS Focal Point:** Ensure that all African National Societies have a designated MHPSS focal person (100% coverage).
- 2. Integrate MHPSS into Humanitarian Services:** Make MHPSS an integral part of the Movement's humanitarian services and identity
- 3. Full Integration in Operations:** Ensure MHPSS is fully integrated into National Society operations across Africa, with robust mechanisms for measuring key outcome and impact indicators.

Priority Action Area 2

Prioritize staff and volunteer well-being, reinforce recruitment, capacity strengthening and retainment of staff and volunteers

This action area highlights the critical importance of the well-being of staff and volunteers, acknowledging the stressful environments they often face in their roles.

Prioritizing their mental and psychosocial wellbeing is therefore essential for ensuring the delivery of highquality services. It aims to address various factors that influence workplace satisfaction, focusing on creating conducive conditions that facilitate effective performance and responsibility uptake among staff and volunteers.

01

Short-term Milestones

- Focal Points:** Designate a focal point for staff and volunteer well-being at each National Society.
- Conduct Needs Assessment and Define Action Plan:** Carry out a needs assessment through surveys and focus group discussions, and develop an actionable plan to promote well-being among staff and volunteers, in collaboration with senior management, staff, and volunteers.
- Disseminate Key Resources:** Share important resources for the care of staff and volunteers.
- Define HR Profile:** Consolidate a Human Resources profile for MHPSS roles in National Societies (e.g., MHPSS Officer, Coordinator).
- Map Existing HR:** Create a comprehensive map of existing MHPSS human resources within the National Societies.
- Recognition Package:** Define and implement a package of recognition actions for staff and volunteers.
- Define Training Needs and Develop Package:** Assess MHPSS training needs and create a minimum training package focused on basic psychosocial support, along with a comprehensive training plan.

02

Mid-term Milestones

- Promote Staff Well-Being:** Organize regional events to enhance staff well-being
- Establish Well-Being Policy:** Implement a comprehensive policy for the well-being of volunteers and staff at each national Society, and establish specific Standard Operating Procedures (SoPs) for emergency situations
- Establish Feedback System and Conduct Evaluations:** Set up an information feedback system to gather insights on well-being initiatives and implement periodic evaluations of these actions.
- Disseminate HR Information:** Ensure wide dissemination of HR profiles and roles within the Movement.
- Compliance with HR Profiles:** Ensure wide dissemination of MHPSS HR profiles, ensuring compliance with MHPSS role profile standards.
- Develop Staff Career Plans:** Establish career development plans for staff to enhance retention.
- Execute MHPSS Trainings:** Implement the MHPSS training programs developed in the short term.

03

Long-term Milestones

- Establish Supportive Supervision Standards:** Develop a minimum training and supportive supervision package to establish supportive supervision as the standard for any National Society delivering MHPSS.
- Ensure Structures for Continued Objectives:** Implement necessary actions and structures that enable the continuation of short and medium-term objectives related to staff and volunteer care.
- Commitment to Long-Term Staffing:** Establish at least one MHPSS senior officer as a standard in every Movement component working in the region, ensuring that he/she was provided with foundational training for the proper execution of their role.
- Consolidated MHPSS Capacity:** A basic level of psychosocial support is established in all Movement components, and a diversified and increased pool of staff and volunteers are equipped to provide MHPSS services in accordance with the Movement's MHPSS framework.

Priority Action Area 3

Reinforce organizational development and sustainability around MHPSS

This action area focuses on enhancing the organizational capacity and sustainability of MHPSS within the Red Cross and Red Crescent components operating in the Africa Region.

The aim is to institutionalize MHPSS by integrating it into the strategic plans of National Societies and the structures of the IFRC. This effort includes building dedicated teams and resources at branch, country, cluster, and regional levels to support MHPSS initiatives effectively.

01

Short-term Milestones

1. **Raise Awareness for MHPSS Integration:** Promote understanding of the importance of integrating MHPSS into National Society strategic plans. This includes conducting workshops and information sessions to highlight best practices and the benefits of MHPSS.
2. **Technical Support and Guidance available to National Societies:** Offer targeted technical assistance to National Societies for the incorporation of MHPSS into their strategic plans, ensuring alignment with regional goals and international standards. This includes determining who will be best placed to offer this guidance within the Movement.
3. **Recruit and Build Capacity of Focal Points:** Identify and recruit dedicated MHPSS focal points within National Societies. Provide training and resources to build their capacity to effectively implement MHPSS initiatives – in coordination with Priority Action Area 2.
4. **Establish a Network of National Focal Points:** Create a collaborative network among national MHPSS focal points (African Platforms) to facilitate knowledge sharing, resource exchange, and joint initiatives.

02

Medium and long term Milestones

1. **Integrate MHPSS into Strategic Plans:** Achieve the full integration of MHPSS into the strategic plans of all National Societies, ensuring that mental health and psychosocial considerations are a core component of humanitarian efforts.
2. **Advocate for Dedicated MHPSS Services:** Promote the establishment of dedicated MHPSS services or units within National Societies to enhance focus and resource allocation for mental health initiatives.
3. **Designate Governance-Level Focal Points:** Ensure the designation of MHPSS focal points at the governance level within National Societies to strengthen accountability and leadership in MHPSS efforts.
4. **Create Regional and Sub-regional Hubs:** Establish a centralized hub for MHPSS knowledge and capacity development in the African region, alongside sub-regional hubs.

These structures shall serve as centers for MHPSS expertise, training, and resources, providing localized support and capacity-building opportunities tailored to the specific needs of the region.

This should be done in alignment with the future MHPSS Movement Hub.

5. **Integrate MHPSS into Key Policies:** Ensure that MHPSS considerations are integrated into key policies related to youth, volunteering, health, and duty of care across National Societies, promoting a holistic approach to well-being.

» Priority Action Area 4

Strengthen advocacy, collaboration and stakeholder engagement around MHPSS

This action area focuses on significantly enhancing advocacy efforts and building partnerships among stakeholders related to MHPSS. Recognizing that weak advocacy can hinder the ability to secure funding, this initiative aims to address that gap.

It shall also focus on leveraging the opportunities present within the auxiliary role of National Societies to their public authorities, while also exploring the extensive network of MHPSS actors in the Africa region, tapping into the opportunities this network presents to strengthen collaboration and resource mobilization.

01 Short-term Milestones

- 1. Integrate MHPSS into Funding Proposals:** Urge each National Society, the IFRC, and the ICRC to include MHPSS considerations in Disaster Relief Emergency Fund (DREF) requests, appeals, and other fundraising opportunities. This ensures that mental health and psychosocial support are prioritized in funding applications.
- 2. Promote MHPSS Statutory Commitments:** Advocate for the inclusion of commitments outlined in the MHPSS resolution within national and international policy and legal frameworks. This involves engaging with policymakers to raise awareness about the importance of MHPSS in humanitarian response.
- 3. Develop a Resource Mobilization Strategy:** Collaboratively create a Movement-wide resource mobilization strategy focused on MHPSS in Africa, establishing specific funding targets for 2025, 2028, and 2030. This strategy shall guide fundraising efforts and prioritize resource allocation.
- 4. Map Engagement Platforms:** Identify and map key policy dialogue platforms, forums, and events where the Movement can engage in discussions about MHPSS. Coordinate a Movement-wide engagement strategy to ensure a unified approach to advocacy

02 Mid-term Milestones

- 1. Engage in Strategic Dialogues:** Collaborate with states and other donors to participate in strategic dialogues aimed at mobilizing additional resources for MHPSS initiatives in Africa. This includes building relationships with potential funding partners.
- 2. Produce Advocacy Publications:** Develop and disseminate publications, including research, case studies, and articles, that support humanitarian diplomacy and the Movement's advocacy efforts for MHPSS. These materials will serve to educate stakeholders, disseminate the work done by National Societies in Africa and promote best practices.
- 3. Embed MHPSS Commitments in Policies:** Ensure that the commitments outlined in the MHPSS resolution are reflected in national and international policy and legal frameworks, creating a supportive environment for MHPSS initiatives across the region.

03 Long-term Milestones

- 1. Establish Recognized Partnerships:** Foster recognition of the Movement as a key partner in MHPSS, in alignment with its roles and mandates. This includes reinforcing the position of National Societies as auxiliaries to public authorities in mental health initiatives.
- 2. Influence Policy Agendas:** Work with other organizations to influence global, regional, and national policy agendas related to MHPSS in Africa. This will involve joint advocacy efforts to elevate the importance of mental health in humanitarian contexts.

» Priority Action Area 5

Strengthen M&E and evidence building for MHPSS

This action area is dedicated to developing strong monitoring and evaluation (M&E) frameworks for MHPSS initiatives. Its goal is to adapt and contextualize evaluation tools and promote knowledge sharing across all levels.

By doing so, it seeks to improve the effectiveness of MHPSS interventions. Additionally, this action area emphasizes increasing efforts to build evidence demonstrating the efficacy of MHPSS services.

01 Short-term Milestones

- 1. Conduct Regional M&E Trainings:** Organize regional training sessions on monitoring and evaluation (M&E) for MHPSS initiatives across the Africa region.
- 2. Develop Supportive Guidance for M&E Frameworks:** Create and disseminate guidance materials to assist National Societies in implementing M&E frameworks for MHPSS, utilizing cluster offices for support.
- 3. Identify and Map Academic Institutions:** Identify and map academic institutions in Africa that are potential partners for MHPSS operational research, and determine their willingness to collaborate on MHPSS research projects.
- 4. Inventory Existing MHPSS Tools:** Map and identify existing MHPSS training and evaluation tools within the Movement and beyond, focusing on contextualized resources available.

02 Mid-term Milestones

- 1. Execute Operational Research Studies:** Fund and carry out operational research studies on the impact of MHPSS interventions, including Psychological First Aid (PFA), in various African contexts.
- 2. Develop and Document Innovative Approaches:** Create, test, and document the effectiveness of innovative and localized MHPSS approaches (e.g., Friendship Benches) to enhance service delivery.
- 3. Establish Academic Partnerships:** Form partnerships with academic institutions in Africa to support MHPSS research and development within the Movement.

03 Long-term Milestones

- 1. Monitor and Evaluate MHPSS Interventions:** Ensure that National Societies, the IFRC, and the ICRC systematically monitor and evaluate MHPSS interventions in Africa to inform learning and document their effectiveness.
- 2. Strengthen Evidence of Effectiveness:** Build robust evidence demonstrating the effectiveness of MHPSS interventions, including PFA, across different African contexts.
- 3. Promote Innovative MHPSS Approaches:** Develop, test, document, and share innovative local approaches to MHPSS, promoting best practices and lessons learned.
- 4. Widespread Dissemination of Impact Findings:** Document and widely disseminate the impact of MHPSS interventions and innovative approaches to enhance knowledge sharing and inform future practices.

Priority Action Area 6

Promote & strengthen the community-based approach of MHPSS

This action area highlights the importance of expanding knowledge of community-based MHPSS approaches, by prioritizing prevention and promotion of basic services, while ensuring a localized focus.

Its goals include strengthening collaboration with local structures, raising awareness, and addressing stigma at all levels, from senior management to local communities. Additionally, it emphasizes a contextual and co-created approach to MHPSS and seeks to foster collaboration between MHPSS, Community Engagement and Accountability (CEA), and Protection, Gender, and Inclusion (PGI) initiatives within the Movement.

01 Short-term Milestones

- 1. Increase Awareness of Community-Based MHPSS:** Achieve a baseline increase in awareness of community-based MHPSS (CB-MHPSS) approaches and its evidence-base nature among stakeholders, including local leaders, community members, and National Society staff and volunteers.
- 2. Capacity Building:** Conduct comprehensive training programs that equip staff and volunteers with essential skills in community-based Mental Health and Psychosocial Support (MHPSS), including topics such as psychological first aid, community engagement strategies, and trauma-informed care practices.
- 3. Establish Collaborative Networks:** Strengthen the inter-sectoral collaboration with local and regional structures, as to enhance networks between National Societies and local Internal organizations to foster collaboration on MHPSS initiatives, ensuring partnerships are established in each region.
- 4. Strengthen and Integrate Indigenous Knowledge:** Actively engage with local communities to document and integrate indigenous healing practices and cultural perspectives into community-based MHPSS programs.
- 5. Address Stigma in MHPSS:** Develop and implement a stigma-reduction campaign that engages community members, local leaders, and senior management to promote understanding and support for MHPSS, with success measured through community feedback and participation rates.
- 6. Develop and Disseminate Guidance on MHPSS:** Create and disseminate supportive guidelines for implementing community-based MHPSS frameworks across National Societies, ensuring accessibility and relevance to local contexts.

02 Mid-term Milestones

- 1. Integrate MHPSS into Local Policies:** Ensure that at least 50% of local governance bodies incorporate MHPSS considerations into their policies and programs by collaborating with community stakeholders and advocacy groups.
- 2. Strengthen Local Capacity for MHPSS Delivery:** Establish training programs for local service providers to enhance their ability to deliver community-based MHPSS services, with success evaluated through the number of trained personnel and the effectiveness of the services provided.
- 3. Implement Contextual and Co-created MHPSS Programs:** Develop and implement at least three co-created MHPSS programs tailored to local needs, actively seeking and incorporating community input throughout the planning and execution phases.
- 4. Map and Strengthen Partnerships with CEA and PGI:** Create a comprehensive mapping of existing partnerships between MHPSS, Community Engagement and Accountability (CEA), and Protection, Gender, and Inclusion (PGI) initiatives, identifying areas for strengthened collaboration.

03 Long-term Milestones

- 1. Establish Sustainable MHPSS Frameworks:** Achieve the institutionalization of community-based MHPSS frameworks within all National Societies, ensuring ongoing support and resources are allocated for MHPSS initiatives.
- 2. Formalize Collaboration with CEA and PGI:** Formalize partnerships between MHPSS, Community Engagement and Accountability (CEA), and Protection, Gender, and Inclusion (PGI) initiatives, leading to integrated approaches that enhance overall program effectiveness.
- 3. Evaluate Impact of MHPSS Initiatives:** Conduct comprehensive evaluations of MHPSS initiatives every two years to assess their impact on community well-being, refining approaches based on evidence gathered from diverse communities across the region.
- 4. Document and Share Best Practices:** Develop a system for documenting and sharing best practices and lessons learned from MHPSS initiatives to promote continuous improvement and innovation within the Movement

Key definitions

as per the Movement MHPSS Policy

01

What is 'mental health'?

Mental health is defined by the World Health Organization as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community.

03

What is 'psychosocial support'?

Psychosocial support refers to actions relating to the social and psychological needs of individuals, families and communities.

02

What does 'psychosocial' mean?

Psychosocial is a term used to describe the interconnection between the individual (i.e. a person's internal, emotional and thought processes, feelings and reactions) and her or his environment, interpersonal relationships, community and/or culture (i.e. her or his social context).

04

What is 'mental health and psychosocial support'?

Mental health and psychosocial support describes any type of local or outside support that aims to protect or promote psychosocial wellbeing and/or treat mental health conditions.

Statement of acknowledgments

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