



Lebanese Republic
Ministry of Public Health
National Mental Health Programme

National Intersectoral MHPSS Emergency Preparedness and Response Plan

In the Context of the Risk of War on Lebanon

Start date 10/10/2023

Background

- This MHPSS EPRP is developed by the **National Mental Health Programme** at MoPH in close collaboration with **WHO, UNICEF**, and many other Governmental, UN agencies, Scientific bodies, and local and international NGOs.
- For information and coordination, please contact us at:
mh.moph@nmhp-lb.com

Implementing Partners

Academia:

- Lebanese University task force
- University of Balamand
- Université Saint-Joseph

Governmental Entities:

- Ministry of Communication
- Ministry of Social Affairs
- National Mental Health Programme

UN Agencies:

- IOM
- UNFPA
- UNHCR
- UNICEF
- UNRWA
- WHO

Professional Orders:

- Lebanese Order of Midwives
- Lebanese Order of Nurses
- Lebanese Order of Psychologists
- Lebanese Psychiatric Society
- Syndicate of Social Workers

Inter-governmental organizations and iNGOs:

- German Agency for International Cooperation
- General Union of Palestinian Women
- International Committee of the Red Cross
- International Medical Corps
- International Orthodox Christian Charities (IOCC)
- International Rescue Committee
- INTERSOS
- Médecins du Monde
- Medecins Sans Frontieres
- Mentor Arabia
- Near East Foundation
- Relief International
- Save the Children
- War Child
- World vision Lebanon

National NGOs:

- ABAAD
- AJEM
- Amel Association
- ARCPA / Al Jana
- Association Najdeh
- Beit Atfal Assumoud (NISCVT)
- Caritas
- Cenacle de la Lumiere (CDLL)
- Development for people and nature
- Dorcas tabitha
- Embrace
- HIMAYA
- IDRAAC
- Imam Sadr Foundation
- INARA
- Islamic Health Society
- Junior Chamber International (JCI)
- Justice for Mental Health
- MEDAIR
- René Moawad Foundation
- Restart Center
- Skoun
- Society for Inclusion and Development in Communities and Care for All (SIDC)
- Solidarity Association For Social and Cultural Development
- Tadamon

National Intersectoral MHPSS Emergency Preparedness and Response Plan

As Lebanon grapples with an increasingly complex and uncertain geopolitical landscape, there is an ever-pressing imperative to proactively plan and prepare for potential conflicts and wars. Given Lebanon's historical experience with recurrent armed conflicts, which have imposed a considerable toll on the mental health of our population and increased vulnerabilities in our national resilience, the call for a comprehensive and enduring Mental Health and Psycho-Social Support (MHPSS) Emergency Preparedness approach is more urgent than ever before.

To address this, we introduce the National Intersectoral MHPSS Emergency Preparedness and Response Plan, a holistic and multidisciplinary approach aimed at safeguarding the mental health of our citizens and communities. This strategic plan outlines key areas for immediate intervention and resource allocation, setting the stage for a proactive and comprehensive response to any future emergencies.

National Intersectoral MHPSS Emergency Preparedness and Response Plan

Aim

To respond effectively to the mental health and psychosocial needs of all persons (including boys, girls, adolescents, women men and older adults) living in Lebanon that would be affected by a potential armed conflict in line with the below core principles.

Core principles for MHPSS response in emergencies (IASC guidelines)

- Human rights and equity
- Participation
- Do no harm
- Building on available resources and capacities
- Integrated services and multilayered supports systems
- Impartiality and non-discrimination against nationality, religion, gender, or other

Effective coordination

- Maximizing timely and effective responsiveness to the need
- Engaging all stakeholders
- Ensuring complementarity and avoiding duplication

Building Back Better Sustainable Mental Health Care after Emergencies

Ensuring support for the mental health reform and the mission of building a sustainable mental health system accessible for all persons living in Lebanon.

Domains of Action

Coordination

Response to the needs of affected population

Continuity of Services

Dissemination of Information

Coordination

1. **Update the MHPSS services mapping** on the online 4Ws platform.
2. **Mainstream MHPSS** in other relevant sectors' preparedness plans.
3. **Update the lists of available trainers** on Psychological First Aid (PFA).
4. **Ensure information about MHPSS services is available** in all information points (i.e leaflets, QR codes posters, emails to information centre operators, etc.)

Response to the needs of affected populations (casualties, displaced, and host populations)

1. **Select and plan for the most impactful and relevant PSS interventions** targeting children and adults among displaced populations and hosting families (if any), once safety is ensured.
2. **Scale up PFA training for all frontliners and first aid responders in all relevant sectors** (i.e. shelter, protection, etc.) who are likely to be mobilized for response in the case of an emergency.
3. **Prepare key messages** for affected populations (including caregivers of children, persons with pre-existing mental health conditions, etc.) on how to access basic needs and available services including MHPSS services.
4. **Train healthcare providers** who will potentially be working with the wounded in PHC centers and hospitals on PFA, mental health red flags and referral pathways to mental health services.

Ensure continuity of mental health and substance use response services and safety of service users

1. **Monitor and secure the stock of psychotropic medication** distributed through the YMCA.
2. **Address the current reported shortage of psychotropic medication administered via injection** in inpatient mental health units.
3. **Prepare a contingency plan for the accessibility to OST treatment** for persons currently receiving it to prevent abrupt discontinuation.
4. **Coordinate with long-stay facilities** that are in higher-risk areas to ensure they have stocks of food, non-food items, water, medication, and an evacuation plan.
5. **Finalize and disseminate the guidelines** for mental health professionals on the provision of remote mental health support.

Ensure continuity of mental health and substance use response services and safety of service users (Continued)

6. **Develop a contingency plan** for the national hotline for emotional support and suicide prevention 1564 for continuity of operations.
7. **Develop a contingency plan** for the national e-mental health service “Step by Step” to ensure continuity of services.
8. **Estimate and mobilize resources needed for ensuring self-care support** for frontliners (relief workers, healthcare professionals, media professionals, etc.)
9. **Develop a roster of psychiatrists and psychologists** who can be mobilized for the emergency response as needed.
10. **Develop a roster of PFA-trained social workers** who can be mobilized for the emergency response as needed.

Dissemination of Information

- 1. Identify ways and channels to promote access to general information** related to basic needs, health and protection services; available MHPSS services for families; and referral systems.
- 2. Disseminate tips and guidelines for media reporters** on child protection, professional and ethical coverage following a traumatic event, and on ways to engage with displaced persons, families of missing people, and the wounded.
- 3. Prepare and disseminate key mental health-related messages** that are gender-sensitive, inclusive, and accessible to all persons living in Lebanon through, social media, TV and Radio appearances, communication trees and information points.