

Confronting Chaos:  
Situational Awareness  
for Psychiatrists  
Volunteering in Conflict  
Zones – When, Where  
and How

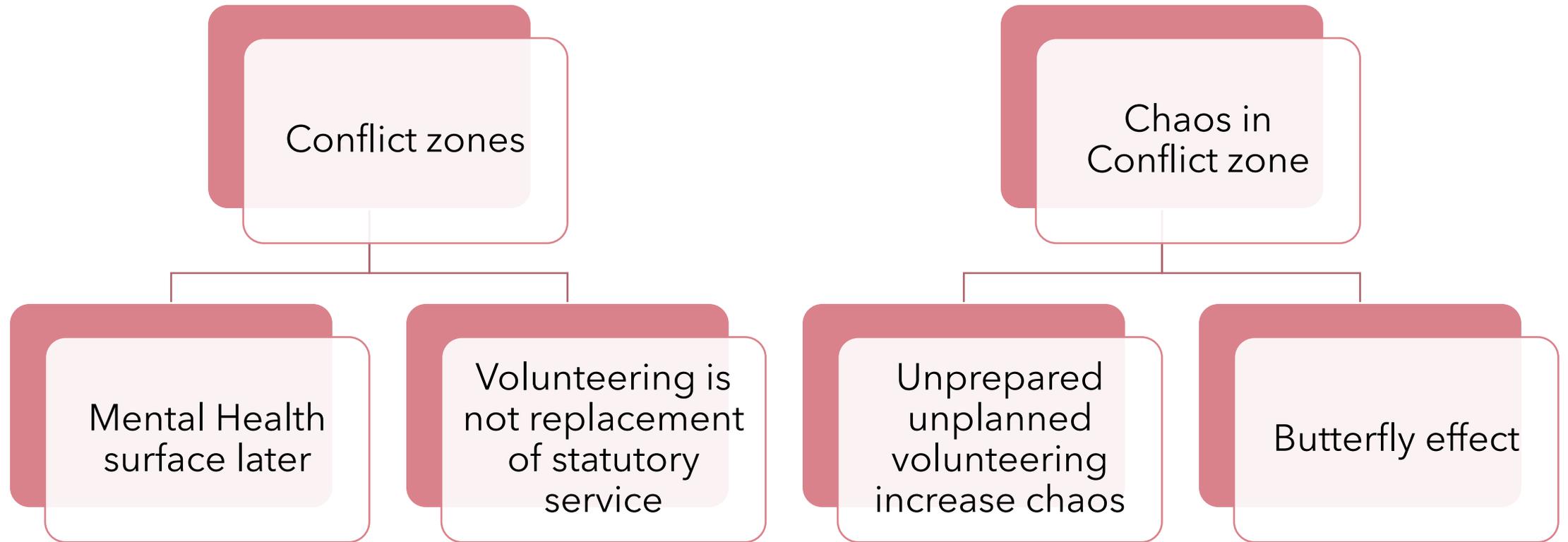
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Dr. Anis Ahmed  
Chair, ViPSiG, RCPsych

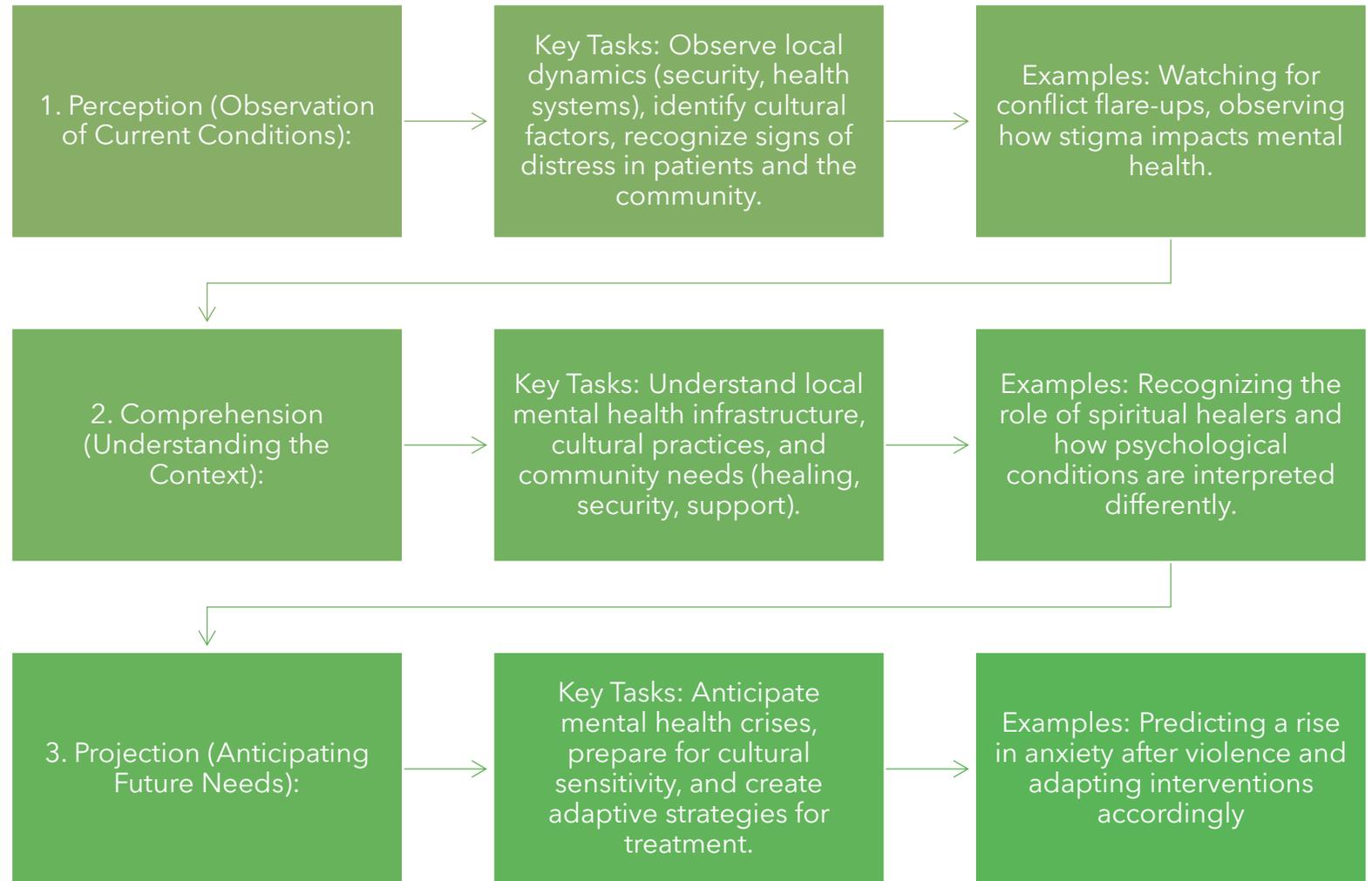


# Summary

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# Volunteer preparedness :Situational Awareness

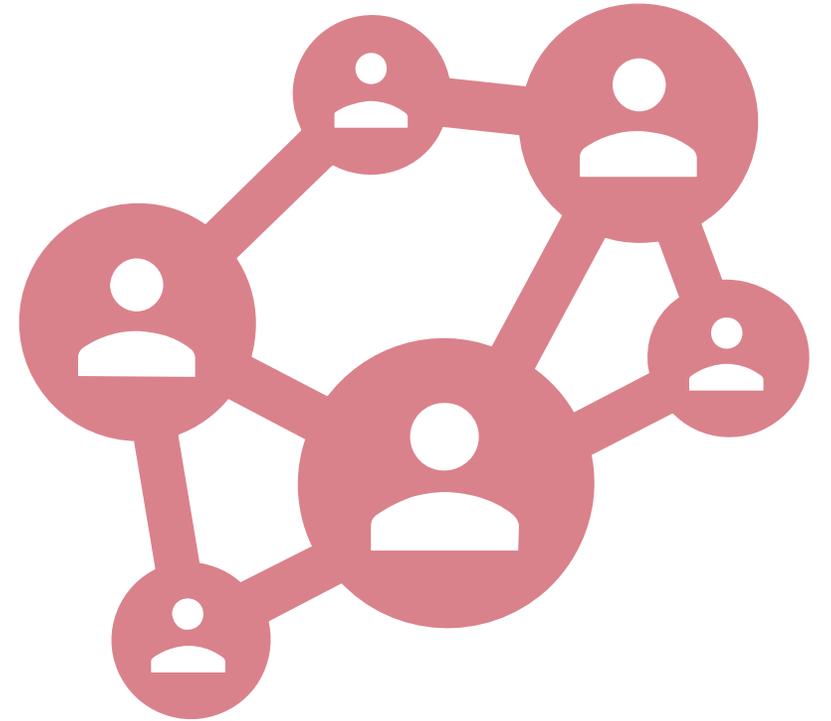


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# Micro-Volunteering

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Small, quick, low  
commitment actions that  
benefit a good cause



# Maltese : Suicide Prevention Leaflet



FREE 24/7 CRISIS LINE:  
**99 33 99 66**

If you're suffering,  
let us help you.

Make the call  
Anytime, 24/7.



**Crisis Resolution Malta**

Immediate care when you need it most

Email: [crisismalta@gmail.com](mailto:crisismalta@gmail.com)



Our dynamic team is made up of purposefully selected and trained professionals from different backgrounds. These include:

- community mental health nurses
- emergency nurses
- psychotherapists
- psychologists
- counsellors
- social workers
- lawyers
- priests
- doctors
- psychiatrists

They collectively have a healthy 'skill mix' and significant experience in assessing and managing situations whereby immediate care is provided when you need it most.

CRM knows that there are people out there who unexpectedly face severe stress, whether at home, at work or elsewhere.

As a team we also realise that the loved ones of the person in crisis may likewise be anxious and feel helpless. In short, the CRM team understands what suffering is all about and there to help ease the burden.



The CRM team offers immediate care and support for:

- psychological problems (anxiety, depression, post-traumatic stress, obsessions and phobias)
- problems with medication
- behaviour which is out of character or erratic
- abuse / neglect / exploitation
- domestic violence / abuse
- bullying
- drug and alcohol misuse
- crisis assessments and follow-ups at home
- coping with the death or dying of a loved one
- loneliness
- major life events (e.g. losing one's job, failure)
- marital problems
- children with behavioural problems (including bullying)
- religious and spiritual crises
- legal dilemmas (e.g. separations, custody issues, wills, bankruptcy etc.)
- sexual orientation issues
- eating disorders



Each emergency will be assessed on its own merit and the appropriate professionals will help out, using a tailor made approach to assist the individual/s depending on the case.

CRM also collaborates with other government organisations and/ or philanthropic entities in order to provide the most appropriate care for your needs.

**Immediate care...**  
**When you need it most**

**A crisis is 'an unstable situation of extreme danger or difficulty'.**

It is a state in which one may feel upset, helpless, fearful, anxious, sad, and disoriented. Such a state may also affect one's daily functioning and endanger life. The person and perhaps significant others may struggle or be unable to cope. They are vulnerable to self-harm, violence, exploitation, or neglect.



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**Changing the Narrative on Suicide**

**#StartTheConversation**



**Crisis Resolution Malta**

International Association for Suicide Prevention <https://www.iasp.info/>



Malta

Bangladesh



আমরা প্রতিটি ব্যক্তির সংকট কালীন পরিস্থিতি  
নবিড়ি ভাবে পর্যালোচনা করি এবং পরিস্থিতি অনুযায়ী  
সঠিক ব্যক্তির মাধ্যমে সেবা প্রদান করি

CRM (সিআরএম) অন্যান্য সরকারি সংস্থা এবং  
দাতব্য সংস্থার সাথে এক যোগে কাজ করে আপনার  
জন্য সবচেয়ে উপযুক্ত সেবা প্রদান করতে প্রস্তুত।

তাৎক্ষণিক সেবা...  
যখনই আপনার প্রয়োজন

## মানুষের জীবনে সংকট হলো “অস্থিতিশীল

মানুষের জীবনে সংকট হলো “অস্থিতিশীল এবং চরম বিপদসংকুল  
পরিস্থিতি”

এটি এমন একটি অবস্থা যখনে একজন ব্যক্তি বিচলিত, অসহায়,  
ভীত, উদ্বেগিত, দুঃখিত এবং দশিহারা বোধ করতে পারে।  
জীবনে সংকটময় পরিস্থিতি মানুষের দৈনন্দিন কার্যকলাপকে  
প্রভাবিত করতে পারে এবং জীবনকে বিপন্ন করতে পারে  
সংকটগ্রস্ত ব্যক্তি এবং তার স্বজনরা এই পরিস্থিতির  
মোকাবেলা করতে বা মানিয়ে নিতে  
ব্যর্থ হতে পারেন।  
তারা আত্মঘাত, সহিংসতা, অবহেলিত বা শোষণের শিকার হওয়ার  
ঝুঁকিতে থাকে।



**Crisis Resolution Malta**

ক্রাইসিস রিজোলিউশন মাল্টা

FREE 24/7 CRISIS LINE:

৯৯৩৩ ৯৯৬৬

crisismalta@gmail.com



আত্মহত্যার সামাজিক  
দৃষ্টিভঙ্গি পরিবর্তন

**#StartTheConversation**

আলাপশুরুকরুন



**Crisis Resolution Malta**



DMCans

Anis Ahmed · 1 Oct · 2



**Tousif Tahmid**

Assalamualaikum Sir,

The typing settings can be changed for Adobe softwares by following the below mentioned process:

For Photoshop: Edit> Preference> Type> Select "World-Ready Layout" or "Middle Eastern & South Asian"

For Illustrator : Edit > Type > Select " Show Indic Option"

Your designer should be able to understand the procedure...

1w Like Reply



**Anis Ahmed** Author Top contributor

[Tousif Tahmid](#) many thanks for your prompt response, he is using Adobe Indesign. Will pass your message to him. Hope we can get this sorted.

1w Like Reply



**Tousif Tahmid**

[Anis Ahmed](#) sir,

For InDesign: Type > Paragraph> Dropdown Menu > Select "Adobe World-Ready Paragraph Compose"

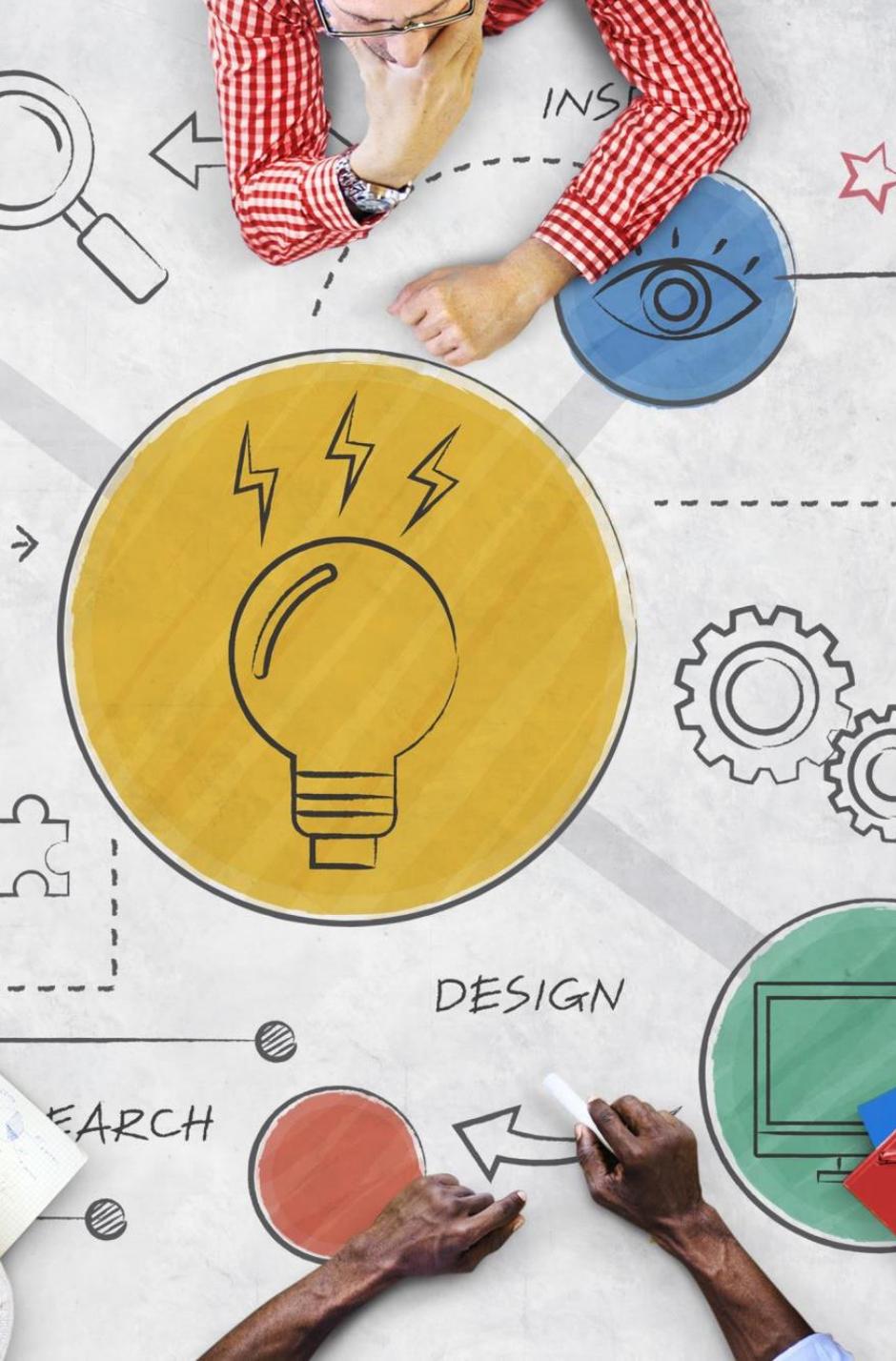
This should solve the problem

1w Like Reply



Comment as Anis Ahmed





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# Micro Volunteering

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- Crowd sourcing
  - Skill Syncing
  - Skill Linking
- Slow pace

# How can Psychiatrists help?

- Evidence based intervention
  - UNHCR Recommendations for non-affective psychosis (Ostuzzi et al, 2017)
  - WHO mhGAP Intervention Guide
- Scaling up
  - Training local GPs
  - Task shifting
  - Distance supervision





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# How can Psychiatrists help?

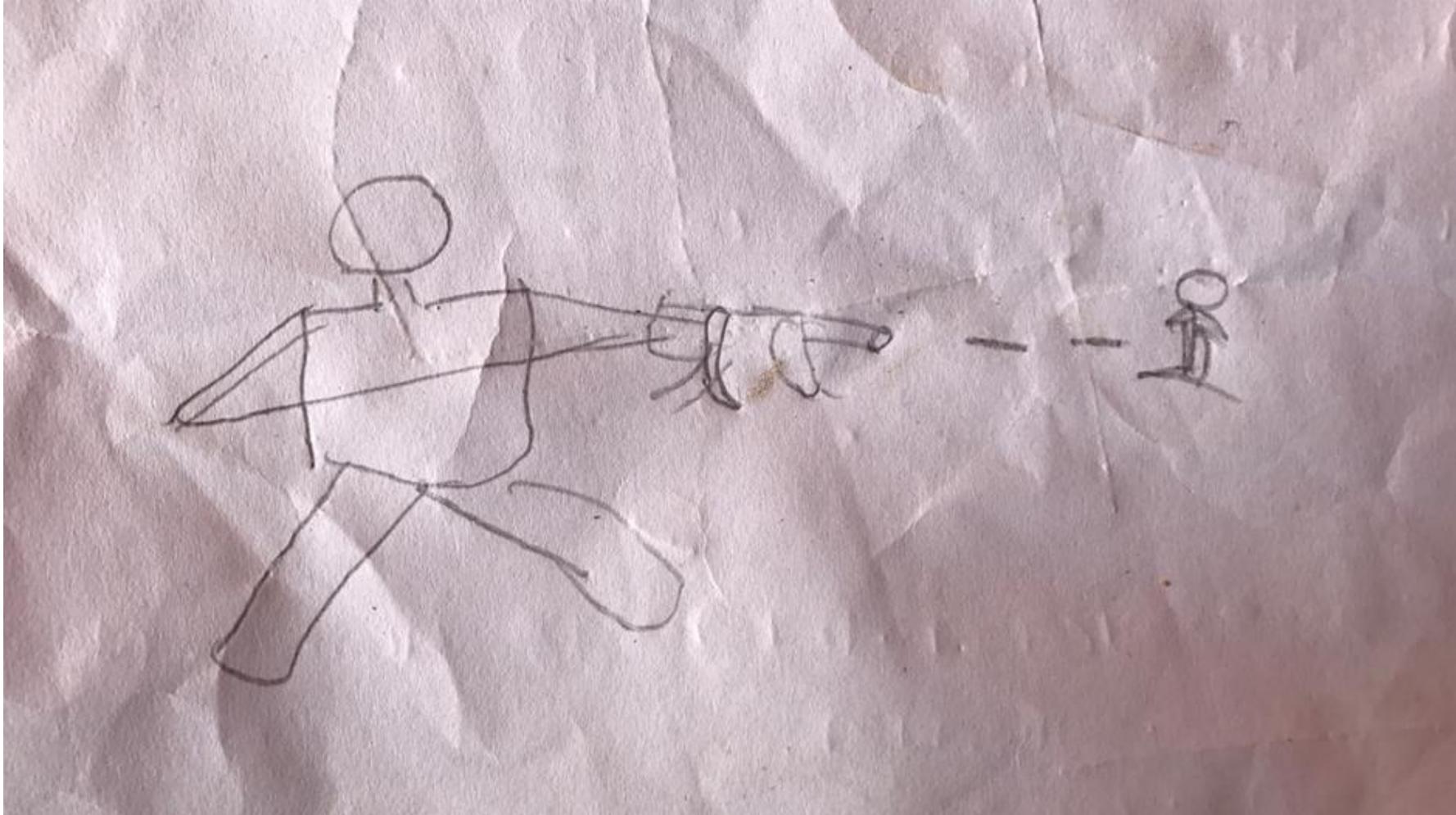
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- Culturally sensitive psychosocial intervention
  - Modified CBT
  - Harnessing Spiritual faith
- Resilience building children
  - School based intervention
  - Training the teachers/religious leader/community leader

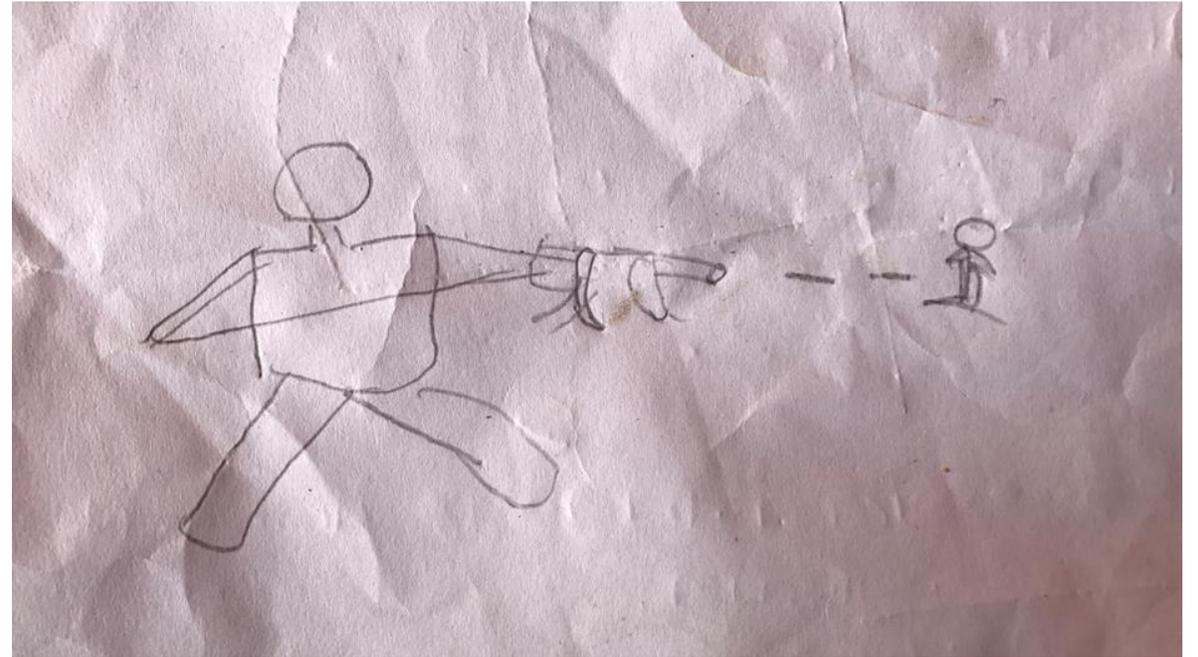
# Rohingya Children Drawings



# Rohingya Children Drawings



# Picasso's Dove of Peace



# Memorable Quote of a Psychiatrist

- *"That which has happened is a warning. To forget it is guilt. It must be continually remembered. It was possible for this to happen, and it remains possible for it to happen again at any minute. **Only in knowledge can it be prevented"***

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# Hope in Padora's Box

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- Twitter : @Ani5Ahmed
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- LinedIn : DrAnisAhmed

*Thank you*

