HUMANITARIAN PSYCHIATRY
WHAT IS IT?
HOW HAS IT CHANGED?

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SARAJEVO, 1994: THE FOCUS ON ‘TRAUMA’

7 NGO’s running counselling programmes in city centre
IRAQ 2003

Coalition Provision Authority provide massive grant for screening for PTSD- but no initial money for medications for psychiatric hospitals
WESTERN TREATMENT APPROACHES ARE OFTEN CULTURALLY INAPPROPRIATE
RESILIENCE IS THE NORM
MY MOTHER DIED HERE
SEVERE MENTAL DISORDERS
How do you feel right now Annie?

I don’t feel well. When I am on the street people stone me and say I am crazy because I was deceived by B. He promised he would help me to learn … people provoke me, people say I am crazy. See I am wounded all over- She pointed to the visible scars on legs and arms- some were bleeding fresh and dirty.

Annie.. is Annie your real name by the way- what would you like me to call you?

Call me dirt bag

I am sorry?

Call me dustbin everyone does…
WORKING WITH INDIGENOUS HEALERS
NATURAL DISASTER SETTINGS
CRISIS AS OPPORTUNITY
IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings

- Mental health care by specialized mental health staff (psychiatric nurse, psychologist etc)
  Supports by traditional healers

- Basic mental health care by PHC workers
  Basic counselling by community workers
  Psychological first aid

- Supportive child-friendly spaces
  Activating social networks (e.g. through groups)
  Communal traditional supports

- Advocacy for basic services that are safe, socially appropriate and protect dignity

Specialised Services

Focused (person-to-person) non-specialised supports

Raising community and family supports

Social considerations in basic services and security
Basic Psychosocial Skills
A Guide for COVID-19 Responders

A priest officiates as municipal workers lower the coffin of a Covid-19 victim in El Salvador cemetery in Vitoria, Spain, on Friday © Vincent West/Reuters
DO WE BUILD BACK BETTER? HAITI 2020

- 3.7 million in need of food assistance (1 in 3)
- 1 million facing food emergency
- More than 50% living in Poverty
- Protracted political crisis. Inflation, civil unrest
- Grave human rights violations
- Floods, landslides, drought
- Today Covid 19 limiting
  - access to services.
  - Covid infections increasing.
  - Vaccinations of children decreasing
79.5 MILLION PEOPLE FORCIBLY DISPLACED

- 1% of world population
- 45.7 million are internally displaced
- 26 million are refugees (40% children)
- 85% of refugees are in developing countries
- Climate-fuelled disasters number one driver of internal displacement over the last decade. They forced an estimated 20 million people a year from their homes. 

1. Source: UNHCR
UK aid will be given new prominence within our ambitious international policy. The Foreign Secretary will be empowered to make decisions on aid spending in line with the UK’s priorities overseas. The UK is the only G7 country to spend 0.7% of GNI on overseas development and the Government remains committed to this target, which is enshrined in law.

The Prime Minister said:

*This is exactly the moment when we must mobilise every one of our national assets, including our aid budget and expertise, to safeguard British interests and values overseas.*

*And the best possible instrument for doing that will be a new department charged with using all the tools of British influence to seize the opportunities ahead.*
REFUGEES HELPING REFUGEES…
Migrants from the Moria camp in Lesbos, Greece, sew handmade protective masks.
Photograph: Elias Marcou/Reuters
IS THE HUMANITARIAN ‘INDUSTRY’ INSTITUTIONALLY RACIST?
TAWAB, THE JUNGLE CALAIS

We are not dangerous
WE ARE IN DANGER
Some people say they want shoe cleaning. So I see one man with a car and I say I want to help, and the man says ‘Ok’ and gives me some water and I clean his car and he gives me some money, and I go to a shop and buy some stuff to clean shoes. When people have seen what I have seen, it makes you older than your age. Because I was small and I did not have a mother or a father, so I had to be my own mother and father. I went to the market and found people who could help me. So every day I was in the market cleaning shoes and cleaning cars all day.'
‘This man had one phone. He said: “call your family to send money.” And they start beating you, so your family knows it is going badly. We told him: “we don’t have money. We don’t have any people to send money.” And he said: “if you don’t have money I will kill you.” So we told him: “we don’t have money, so kill us.” We did not have a place to go to the toilet, nowhere to shit, nothing, it was like a prison.’
THANK YOU TO ALL THE AMAZING PEOPLE I HAVE WORKED WITH. MORE ABOUT THEM HERE.