

# MHPSS.net Emergency Briefing Pakistan Floods

Join the "Pakistan Floods 2022" MHPSS.net group [here](#).

## HIGHLIGHTS

- Pakistan 2022 Floods Response Plan: 01 Sep 2022 – 28 Feb 2023 (Issued 30 Aug 2022) by OCHA ([ENG](#))
- Pakistan 2022 Monsoon 5W Dashboard Page ([ENG](#))
- Rapid Need Assessment Flood Emergency – Balochistan and KP (Aug 2022) by Islamic Relief ([ENG](#))
- Early Needs Identification: Balochistan's flood affected districts of Jhal Magsi, Lasbela, Qila Saifullah and Nushki by International Rescue Committee ([ENG](#))
- Early Needs Identification Flood Disaster Sindh, Pakistan by International Rescue Committee ([ENG](#))
- Psychological First Aid: Guide for Fieldworkers by WHO, War Trauma Foundation and World Vision ([URDU ENG](#))
- Coping with Stress and Crisis by IFRC Psychosocial Centre ([ENG SINDHI](#))
- Children & Family MHPSS Message Bank by UNICEF, UNHCR & Anna Goloktionova (2022) ([ENG](#))
- The Mental Health and Psychosocial Support Minimum Services Package (MHPSS MSP) - field-test version ([ENG](#))
- CPHA Frontliner Getting Started Learning Package by Alliance for Child Protection in Humanitarian Action (2021) ([ENG](#))
- MHPSS Emergency Toolkit (2019) ([ENG](#))

## KEY PAGES FOR UPDATES

- All SitReps (OCHA, PAHO, USAID, etc.) can be found [here](#).
- [Pakistan 2022 Monsoon 5W Dashboard Page](#)
- [Pakistan Floods 2022](#) by ReliefWeb
- [OCHA ReliefWeb Response Pakistan Page](#)
- [OCHA Pakistan](#)
- [National Disaster Management Authority \(NDMA\)](#)

## PAKISTAN MHPSS EMERGENCY RECRUITMENTS

- Updated recruitments can be found [here](#).

## BACKGROUND INFORMATION

- Mental health and psychosocial support for the internally displaced persons in Bannu, Pakistan by Humayun et al. (2016) ([ENG](#))
- Implementing mhGAP training to strengthen existing services for an internally displaced population in Pakistan et al. (2017) ([ENG](#))
- A mixed methods field based assessment to design a mental health intervention after the 2005 earthquake in Mansehra, North-West Frontier Province, Pakistan by Budosan & Aziz (2009) ([ENG](#))

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## GENERAL RESOURCES

- Doing What Matters in Times of Stress: An Illustrated Guide by WHO ([URDU](#) [ENG](#))
- Thinking healthy: a manual for psychosocial management of perinatal depression by WHO ([URDU](#) [ENG](#))
- Problem management plus (PM+): individual psychological help for adults impaired by distress in communities exposed to adversity by WHO (2016) ([URDU](#) [ENG](#))
- Community-based psychosocial support: Participant's book by IFRC ([URDU](#) [ENG](#))
- Common Reactions to Distressing Situations and Extreme Stress by IFRC (2021) ([ENG](#))
- The Resilience Programme for Young Men: A psychosocial handbook by IFRC (2015) ([ENG](#))
- Caring for Volunteers: A Psychosocial Support Toolkit by IFRC (2012) ([ENG](#))
- Setting up psychosocial support after a crisis event by IFRC (2021) ([ENG](#))

## CHILDREN AND CAREGIVERS' RESOURCES

- When Something Terrible Happens (For children under 12) ([URDU](#))
- When Something Terrible Happens (For children over 12) ([URDU](#))
- When Something Terrible Happens (For students 14+) ([URDU](#))
- Global Multisectoral Operational Framework for Mental Health and Psychosocial Support of Children, Adolescents and Caregivers Across Settings [Field Demonstration version] by UNICEF (2021) ([ENG](#))
- Tips for parents and caregivers to protect children during a crisis by WHO et al. (2022) ([ENG](#))
- Effective communication with children in crisis situation: Tips for professionals and volunteers by UNICEF (2022) ([ENG](#))
- Common signs of psychosocial distress in children by UNICEF (2022) ([ENG](#))
- Working with other sectors to enhance outcomes of MHPSS of child protection: an introductory guide for child protection practitioners (field test version 1.0) by Child Protection AoR (2021) ([ENG](#))

## PSYCHOLOGICAL FIRST AID (PFA)

- Psychological first aid: Guide for fieldworkers by WHO, World Vision, War Trauma Foundation (2011) ([URDU](#) [ENG](#))
- I Support My Friends Resource Kit by UNICEF, Save the Children, the MHPSS Collaborative and WHO (2021) ([ENG](#))
- Psychological First Aid for Young Peers: A handbook by IFRC (2021) ([ENG](#))
- Psychological First Aid for Young Peers: A training manual by IFRC (2021) ([ENG](#))
- A Short Introduction to Psychological First Aid by IFRC (2018) ([UKR](#) [ENG](#))
- A Guide to Psychological First Aid by IFRC (2018) ([ENG](#))
- Training in Psychological First Aid Module 2: Basic PFA by IFRC (2018) ([ENG](#))
- Training in Psychological First Aid Module 3: PFA for Children by IFRC (2018) ([ENG](#))

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## IASC RESOURCES

- IASC Community-Based Approaches to MHPSS Programmes: A Guidance Note by IASC ([URDU](#) [ENG](#))
- A Common Monitoring and Evaluation Framework for MHPSS Programmes in Emergency Settings by IASC (2017) ([ENG](#))
- Checklist for field use of IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings by IASC (2008) ([ENG](#))
- MHPSS in Humanitarian Emergencies- What Should Protection Programme Managers Know? by IASC (2010) ([ENG](#))
- MHPSS in Humanitarian Emergencies: What Should Humanitarian Health Actors Know? by IASC (2010) ([ENG](#))
- Inter-Agency Referral Form and Guidance Note by IASC (2017) ([ENG](#))
- IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings by IASC (2007) ([ENG](#))
- IASC Reference Group MHPSS Assessment Guide by IASC (2013) ([ENG](#))
- Who is Where, When, Doing What (4Ws) in MHPSS by IASC (2012) ([ENG](#))
- Advocacy Package - IASC Guidelines on MHPSS in Emergency Settings by IASC (2011) ([ENG](#))
- Operational Guidance for Coordinated Assessments in Humanitarian Crises by IASC (2012) ([ENG](#))
- IASC Common Monitoring and Evaluation Framework for Mental Health and Psychosocial Support in Emergency Settings: With means of verification (Version 2.0) by IASC (2021) ([ENG](#))
- Guidelines for Integrating Gender-Based Violence Interventions in Humanitarian Action by IASC (2015) ([ENG](#))

## DISPLACED POPULATION RESOURCES

- Key Protection Messages to IDPs and Conflict-Affected Populations by Child Protection AoR ([ENG](#))
- Guidelines on Mental Health and Psychosocial Support in Migration and Displacement by IFRC (2022) ([ENG](#))
- Broken Links: Psychosocial support for people separated from family members: A field guide by IFRC Psychosocial Centre (2014) ([ENG](#))
- Broken Links: Psychosocial support for people separated from family members Training module by IFRC Psychosocial Centre (2014) ([ENG](#))

Do you know of any relevant resource that should be here? Please send over to Valeria Florez at [valeria@mhpss.net](mailto:valeria@mhpss.net).

\* This briefing kit will be updated whenever there is a relevant update.