

## Mental Health

### Issue Brief

The prevalence of common mental disorders such as depression and anxiety is expected to more than double during a humanitarian crisis. Thereby, the burden of mental disorders in populations affected by conflict is extremely high: a WHO review found that among people who have experienced war or other conflict in the last 10 years, one in five (22%) suffer from depression, anxiety, post-traumatic stress disorder, bipolar disorder or schizophrenia.

## People in conflict

As Russia's invasion of Ukraine progresses, the civilian population and the Armed Forces face enormous challenges. It is unsurprising that people's mental health deteriorate in such conditions. According to statistics, around one in every three Ukrainian adults has problems that match the diagnostic criteria for a mental health disorder. Women are more susceptible than men. Other vulnerable categories include children and adolescents, the elderly, and the disabled. The war-related loss of infrastructure and human resources has severely harmed Ukraine's mental healthcare system.

The [Mental Health Toolbox](#) aims at providing relevant publications, guidelines and resources for different groups.

## Refugees and displaced persons

### Mental health of refugees and migrants: risk and protective factors and access to care

World Health Organisation (WHO) (2023)

The publication focuses on the mental health needs of refugees and migrants by providing an overview of the available evidence on patterns of risk and protective factors and of facilitators and barriers to care at all levels (individual, family, community and national government). It identifies five high-level themes, each of which has implications for research and policy and is relevant across refugee and migrant groups, contexts and stages of the migration process: self-identity and community support; basic needs and security; cultural concepts of mental health as well as stigma; exposure to adversity and potentially traumatic events; navigating mental health and other systems and services.

<https://www.medbox.org/document/mental-health-of-refugees-and-migrants-risk-and-protective-factors-and-access-to-care>  
<https://iris.who.int/bitstream/handle/10665/373279/9789240081840-eng.pdf?sequence=1>



## Running Away from the War in Ukraine: The Impact on Mental Health of Internally Displaced Persons (IDPs) and Refugees in Transit in Poland

Rizzi, D.; Ciuffo, G.; Sandoli, G.; Mangiagalli et al. (2022)

The Russian army's attack on Ukraine has resulted in an estimated 10 million people being internally or externally displaced from Ukraine, of whom more than 3.8 million have left Ukraine to seek refuge elsewhere in Europe. Soleterre has decided to launch an intervention to provide psychological support to Ukrainian refugees and IDPs, aimed at containing war trauma, assessing the severity of symptoms, and enabling those affected to receive psychological support.

<https://www.medbox.org/document/running-away-from-the-war-in-ukraine-the-impact-on-mental-health-of-internally-displaced-persons-idps-and-refugees-in-transit-in-poland>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9778520/pdf/ijerph-19-16439.pdf>



## Children and Adolescents

### Global burden of mental disorders among children aged 5–14 years

M. L. Baranne; B. Falissard (2018); *Child and Adolescent Psychiatry and Mental Health*

The global burden of disease (GBD) study provides information about fatal and non-fatal health outcomes around the world. The objective of this work is to describe the burden of mental disorders among children aged 5–14 years in each of the six regions of the World Health Organisation. Data come from the GBD 2015 study. Outcomes: disability-adjusted life-years (DALYs) are the main indicator of GBD studies and are built from years of life lost (YLLs) and years of life lived with disability (YLDs).

<https://www.medbox.org/document/global-burden-of-mental-disorders-among-children-aged-5-14-years>

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5896103/pdf/13034\\_2018\\_Article\\_225.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5896103/pdf/13034_2018_Article_225.pdf)



### Lancet Series on Women's and Children's Health in Conflict Settings

BRANCH Consortium; *The Lancet* (2021)

The Lancet Series on Women's and Children's Health in Conflict Settings aims to improve understanding of and address the special requirements of providing sexual, reproductive, maternal, newborn, child and adolescent health and nutrition services in conflict settings. The Series draws upon scholarship from the BRANCH Consortium, providing insights into the nature and dynamics of women's and children's health and nutrition in diverse conflict contexts globally. The Series papers articulate a way forward to fill immediate evidence and guidance gaps as well as longer term action to ensure the most effective humanitarian health response for conflict-affected women and children.

<https://www.medbox.org/document/lancet-series-on-womens-and-childrens-health-in-conflict-settings>

<https://www.thelancet.com/series/conflict-health>



## The Child and the Liberation from the Shadow of the terrible big Fear Stein, S. (2017)

A Trauma-Picture-Book about Help for Parents und their Children who Fled from War and Home. This picture book is available in 10 languages

<https://www.medbox.org/document/the-child-and-the-liberation-from-the-shadow-of-the-terrible-big-fear>

<https://susannestein.de/downloads/trauma-bilderbuch-englisch.pdf>



## Post-traumatic stress disorder: NICE guideline

National Institute for Health and Care Excellence (NICE) (2019)

NICE guideline | This guideline covers recognising, assessing and treating post-traumatic stress disorder (PTSD) in children, young people and adults. It aims to improve quality of life by reducing symptoms of PTSD such as anxiety, sleep problems and difficulties with concentration. Recommendations also aim to raise awareness of the condition and improve coordination of care.

<https://www.medbox.org/document/post-traumatic-stress-disorder-nice-guideline>

<https://www.nice.org.uk/guidance/ng116/resources/posttraumatic-stress-disorder-pdf-66141601777861>



# Mental Disorders

## Depression

### Module: Depression

World Health Organization WHO (2017)

Overview Learning objectives: Promote respect and dignity for people with depression. Recognize common symptoms of depression. Know the assessment principles of depression. Know the management principles of depression. Perform an assessment for depression. Use effective communication skills in interactions with people with depression. Assess and manage physical health conditions as well as depression. Assess and manage emergency presentations of depression (see Module: Self-harm/suicide). Provide psychosocial interventions for people with depression and their carers. Deliver pharmacological interventions as needed and appropriate, considering specialpopulations. Plan and perform follow-up for depression. Refer to specialists and link with outside services where appropriate and available.

<https://www.medbox.org/document/module-depression>

[https://cdn.who.int/media/docs/default-source/brain-health/mhgap-training-manuals/dep\\_supporting\\_material.pdf?sfvrsn=6123e51\\_5](https://cdn.who.int/media/docs/default-source/brain-health/mhgap-training-manuals/dep_supporting_material.pdf?sfvrsn=6123e51_5)



## Depression and Other Common Mental Disorders

World Health Organization (WHO) (2017)

This booklet provides latest available estimates of the prevalence of depression and other common mental disorders at the global and regional level, together with data concerning the consequences of these disorders in terms of lost health.

<https://www.medbox.org/document/depression-and-other-common-mental-disorders>

<https://apps.who.int/iris/bitstream/handle/10665/254610/WHO-MSD-MER-2017.2-eng.pdf?sequence=1>



## Anxiety disorder

### Diagnosis and Management of Generalized Anxiety Disorder and Panic Disorder in Adults

A. Locke, N. Kirst, C.G. Shultz (2015); American Academy of Family Physicians

Generalized anxiety disorder (GAD) and panic disorder (PD) are among the most common mental disorders in the United States, and they can negatively impact a patient's quality of life and disrupt important activities of daily living. Evidence suggests that the rates of missed diagnoses and misdiagnosis of GAD and PD are high, with symptoms often ascribed to physical causes.

<https://www.medbox.org/document/diagnosis-and-management-of-generalized-anxiety-disorder-and-panic-disorder-in-adults>

<https://www.aafp.org/afp/2015/0501/p617.pdf>



### Panic disorder: When fear overwhelms

National Institute of Mental Health NIH (2016); NIMH

Do you sometimes have sudden attacks of anxiety and overwhelming fear that last for several minutes? Maybe your heart pounds, you sweat, and you feel like you can't breathe or think. Do these attacks occur at unpredictable times with no obvious trigger, causing you to worry about the possibility of having another one at any time?

<https://www.medbox.org/document/panic-disorder-when-fear-overwhelms>

<https://www.nimh.nih.gov/health/publications/panic-disorder-when-fear-overwhelms/index.shtml>

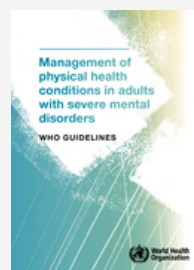


## Schizophrenia

### Management of physical health conditions in adults with severe mental disorders

World Health Organization WHO (2018)

The global burden of disease due to mental disorders continues to rise, especially in low- and middle-income countries (LMIC). In addition to causing a large proportion of morbidity, mental disorders – especially severe mental disorders (SMD) – are linked with poorer health outcomes and increased mortality. SMD are defined as a group of conditions that include moderate to severe depression, bipolar disorder, and schizophrenia and other psychotic disorders. People with SMD have a two to three times higher average mortality compared to the general population, which translates to a 10-20 year reduction in life expectancy. While people with SMD do have higher rates of death due to unnatural causes (accidents, homicide, or suicide) than the general population, the majority of deaths amongst



people with SMD are attributable to physical health conditions, both non-communicable and communicable.

<https://www.medbox.org/document/management-of-physical-health-conditions-in-adults-with-severe-mental-disorders>

<https://apps.who.int/iris/bitstream/handle/10665/275718/9789241550383-eng.pdf?ua=1&=1>

### Schizophrenia. Fact Sheet

World Health Organization WHO (2022)

Schizophrenia affects approximately 24 million people or 1 in 300 people (0.32%) worldwide. This rate is 1 in 222 people (0.45%) among adults. It is not as common as many other mental disorders. Onset is most often during late adolescence and the twenties, and onset tends to happen earlier among men than among women.

<https://www.medbox.org/document/schizophrenia-fact-sheet>

<https://www.who.int/news-room/fact-sheets/detail/schizophrenia>



## Resources

### iSupport

World Health Organization WHO (2022)

iSupport is a self-help skills and training programme for carers of people with dementia. Worldwide, around 55 million people have dementia. Dementia causes significant psychological and emotional impact on families and carers. iSupport aims to prevent and/or decrease mental and physical health problems associated with caregiving and to improve the quality of life of those caring for people with dementia. iSupport was conceptualized and developed as an online training programme. However, in areas of the world with limited internet bandwidth or low digital literacy, the iSupport hardcopy manual can be printed and used offline.

<https://www.medbox.org/document/isupport>

<https://www.who.int/teams/mental-health-and-substance-use/treatment-care/isupport>



### Flight and Trauma - Films for refugees and helpers

Max-Planck-Institut für Psychiatrie (MPI) (2019); Max-Planck-Institut für Psychiatrie (MPI) Video

Traumatic experiences arising from flight from war zones can lead to distressing symptoms, which impair everyday life. The symptoms often subside with time but sometimes persist. People exhibiting symptoms resulting from trauma should seek medical help.

<https://www.medbox.org/document/flight-and-trauma-films-for-refugees-and-helpers>

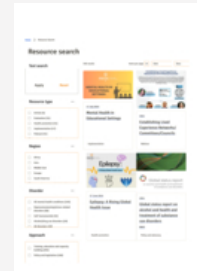
<https://www.psych.mpg.de/refpsych-engl>



## Mental Health Innovation Network

*The Department of Mental Health and Substance Abuse World Health Organization;  
London School of Hygiene and Tropical Medicine (2019)*

MIHN is a community of mental health innovators - researchers, practitioners, policy-makers, service user advocates, and donors from around the world - sharing innovative resources and ideas to promote mental health and improve the lives of people with mental, neurological and substance use disorders. MIHN aims to facilitate the development and uptake of effective mental health interventions by: Enabling learning; Building partnerships; Synthesizing and disseminating knowledge; Leveraging resources



<https://www.medbox.org/document/mental-health-innovation-network>

<https://www.mhinnovation.net/resources>



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