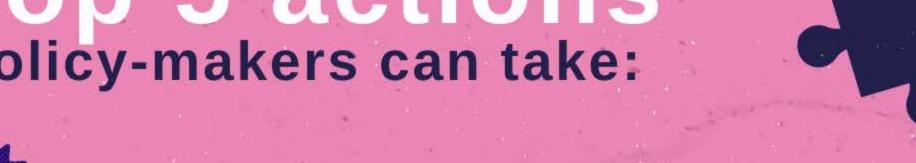




During crises, caring for people's mental health is vital.

Top 5 actions policy-makers can take:



- 1. Make mental health and psychosocial support part of every emergency response.
- Ensure people have access to evidence-based mental health care, such as talking therapies, medication, and other forms of psychosocial interventions.
- 3. Include children, older people, people with disabilities, and refugees in mental health care.
- From community self-help to specialized mental health support, adapt the support to what people need most.
- 5. Protect and support humanitarian workers.