



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

Top 5 actions policy-makers can take:

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-  **1. Make mental health and psychosocial support part of every emergency response.**
 -  **2. 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.**
 -  **4. From community self-help to specialized mental health support, adapt the support to what people need most.**
 -  **5. Protect and support humanitarian workers.**
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