

Mental Health and Psychosocial Support (MHPSS) Services in Syria

January – June 2025

39,354

people participated in social/recreational activities and awareness sessions

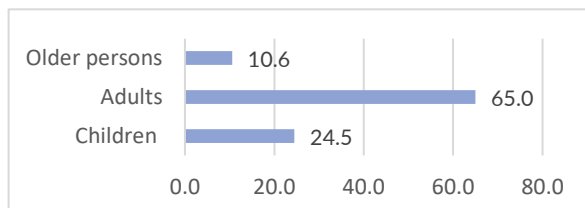
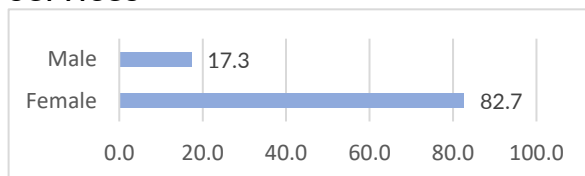
2,229

vulnerable people attended inclusive care programmes

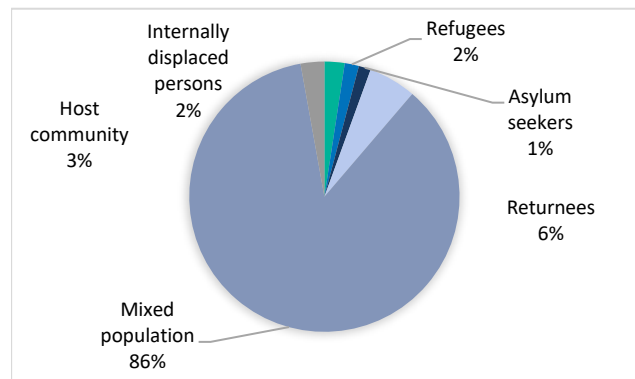
167

referrals to specialized mental health services

45,814 persons included in MHPSS services



Population groups benefiting from MHPSS services



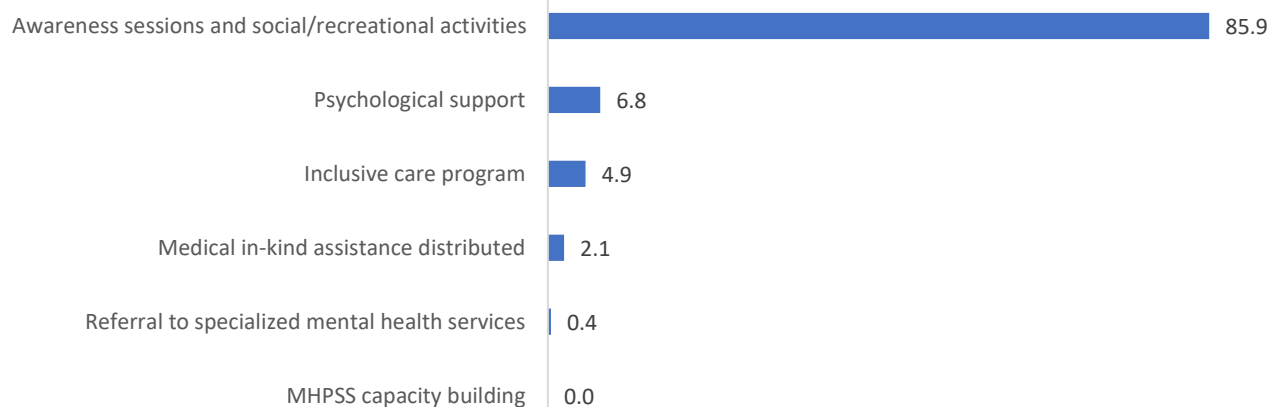
14 Governorates



69 Community Centres



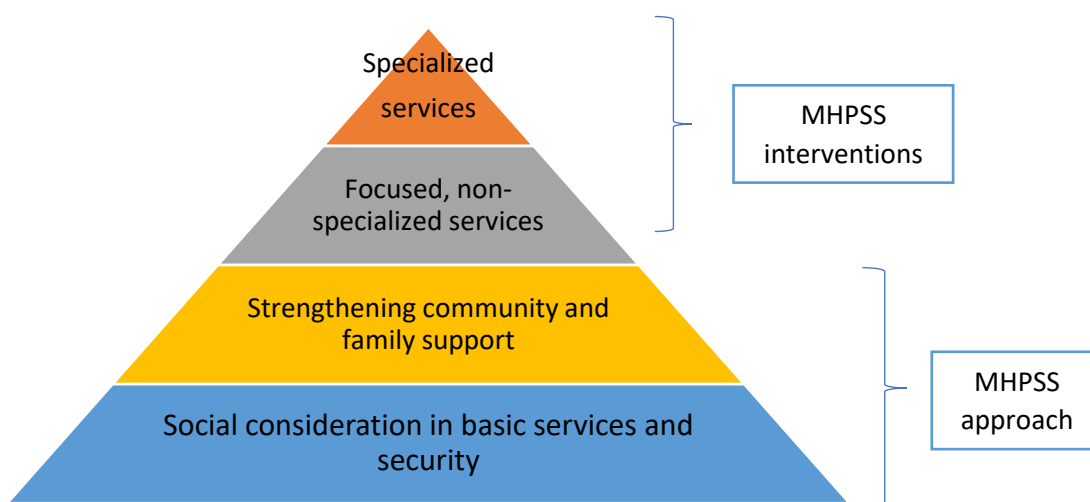
60 Volunteers



Services provided:

Mental health in Syria has been severely impacted by years of crisis, displacement, and economic insecurity. Affected populations have experienced a range of stressors such as exposure to violence, separation from or loss of loved ones, poor living conditions, poverty, food insecurity, loss of livelihoods, physical injuries, and illnesses as well as a lack of access to services such as health care, education, and social care.

The mental health and psychosocial support (MHPSS) approach of UNHCR Syria is aligned with [UNHCR's operational guidance on MHPSS and Inter-Agency Standing Committee \(IASC\) guidelines](#). Multi-layered interventions are integrated in the health and protection responses (primary health care, community-based protection) as well as in education and shelter programmes.



IASC pyramid of MHPSS interventions

Social considerations in basic services and security:

- The **age, gender and diversity approach** is applied and mainstreamed in all protection activities and interventions conducted at UNHCR-supported **community centres** and by mobile teams and outreach volunteers.
- During the reporting period, UNHCR provided medical in-kind assistance for **950 vulnerable people** which are critical to enable older people and persons with disabilities to continue to live at home and delay or prevent the need for long-term care; increase choice, safety, independence, and sense of control for service users restoring the dignity of the people with disabilities and people with special needs.

Strengthening community and family support:

- UNHCR's inclusive care programme for older persons and persons with disabilities provided support to **2,229 people with disabilities and older people and their caregivers**. These programmes were implemented by well-trained focal points at the community centres. The programme provides vast opportunities for everyone to get involved in creating a positive and inclusive society for all and enhancing the independence of people with and for whom UNHCR works.

- UNHCR and partners conducted **1,968 social/recreational activities and awareness-raising sessions for 39,354 vulnerable people**. The topics were selected based on communities' needs and concerns such as depression management, suicide prevention, stress and anger management, bed wetting in children and stuttering. These awareness-raising activities help to reinforce messages that good mental health is essential and that those living with mental health issues are deserving of care, understanding, compassion, and pathways to hope, healing, recovery, and fulfilment.

Focused, non-specialized psychosocial support:

- In the first half of 2025, **3,104 vulnerable people** received mental health and psychosocial support case management services.
- **13 partners' staff** received training on Psychological First Aid (PFA) that aims to enhance staff capacity in identifying signs of psychological problems, reduce stress symptoms and assist in a healthy recovery following a traumatic event. Additionally, to address partner staff well-being, UNHCR and WHO- MHPSS team in the Syrian Coastal Area facilitated three virtual peer support sessions, reaching **59 staff and outreach volunteers**, promoting emotional resilience and improved support capacity

Specialized mental health services:

- During the first half of the year, MHPSS case managers made a total of **167 referrals to psychiatrists and psychotherapists** for vulnerable people suffering from severe mental health disorders.