

MHPSS in perspective: Lessons learned over time

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- 1. Recognition that MHPSS is essential and must be integrated into all humanitarian response by all humanitarian helpers.**
- 2. The Mental Health and Psychosocial Social (MHPSS) pyramid offers a balanced plan for the needed series of interventions.**
- 3. Basic humanitarian support provided with dignity offers essential mental health and psychosocial support to the masses.**
- 4. Keep mental health intervention in perspective.**
- 5. All humanitarian helpers can support mental health and psychosocial well-being.**
- 6. Accentuate the “humane” in our humanitarian response.**
- 7. Essential intervention is to normalize daily life.**
- 8. Respect cultural norms within MHPSS interventions.**
- 9. Resilience and self-reliance are activated by natural helping services.**
- 10. Ensure mental health interventions are available to those who need them.**