

ANNEX III

MENTAL HEALTH STRATEGY

MENTAL HEALTH LITERACY AND TRAINING CATALOGUE



CONTENTS

LIST of ABBREVIATIONS AND ACRONYMS	4
Definitions	6
1. Introduction	9
2. Engagement of leadership in mental health literacy and training	9
3. Suggested format of mental health literacy training	10
4. Use of movies in training	12
5. Mental health literacy and training – overview of topics	13
6. Mental health literacy and training – resource catalogue	14
ANXIETY	14
DEPRESSION	14
PANIC DISORDER	17
SUBSTANCE USE DISORDERS	17
SLEEP	20
Stress	21
SUICIDE	25
SUICIDE PREVENTION TRAINING	27
PSYCHOLOGICAL FIRST AID	30
PSYCHOLOGICAL RESILIENCE	36
PSYCHOSOCIAL SUPPORT	38
PSYCHOSIS	41
POST-TRAUMATIC STRESS DISORDER	42
SEXUAL ABUSE	44
MORAL INJURY	44
SPIRITUAL FITNESS	46
GRIEF	48

RELAXATION TECHNIQUES.....	48
PSYCHOLOGICAL INFORMATION BOOKLETS.....	49
SUPPORT DURING DEPLOYMENT AND REINTEGRATION	50
ENSURING QUALITY IN PSYCHOLOGICAL SUPPORT.....	51

LIST OF ABBREVIATIONS AND ACRONYMS

ABAAD	ABAAD–Resource Centre for Gender Equality
CDC	Centers for Disease Control and Prevention, United States Department of Health and Human Services
CIPSRT	Canadian Institute for Public Safety Research and Treatment
COSFA	Combat and Operational Stress First Aid
CSF	Comprehensive Soldier Fitness, United States Army programme
EQUIP	Ensuring quality in psychological support
IDF	Israel Defence Forces
IPT	Interpersonal therapy
MHE	Mental Health Expert (Psychiatrist/General/Clinical Psychologist/ Psychiatry Nurse/ Psychiatry Paramedic/Counsellor)
mhGAP	Mental Health Gap Action Programme
mhGAP-HIG	Mental Health Gap Humanitarian Intervention Guide
MHPSS	Mental Health and Psychosocial Support
MILMED	Military Medicine
MO	Medical Officer
NATO	North Atlantic Treaty Organization
NIH	National Institutes of Health, United States Department of Health and Human Services
NIMH	National Institute of Mental Health, part of the United States NIH
NIMHANS	National Institute of Mental Health and Neurosciences, India
PFA	Psychological First Aid
PM+	Problem Management Plus
PPT	PowerPoint Presentation
PTSD	Post-Traumatic Stress Disorder
SAMHSA	The Substance Abuse and Mental Health Services Administration, the agency within the US Department of Health and Human Services that leads public health efforts to advance the behavioural health of the nation
SFA	Stress First Aid
SCO	Staff Counsellors Office at the United Nations Secretariat
SMO	Senior Medical Officer
THP	Thinking Health Programme
TRIM	Trauma Risk Management
UNHQ	United Nations Headquarters

UNICEF	United Nations Children's Fund, an agency of the United Nations responsible for providing humanitarian and developmental aid to children worldwide
UNODC	The United Nations Office on Drugs and Crime
WHO	World Health Organization
WRAIR	Walter Reed Army Institute of Research

DEFINITIONS

Aerobic exercise	refers to physical activities that involve rhythmic, continuous movements of large muscle groups designed to increase the heart rate and improve the efficiency of the cardiovascular system. It is also known as cardiovascular exercise or cardio. These exercises are characterized by their ability to enhance oxygen consumption and stimulate the circulatory and respiratory systems, promoting endurance, cardiovascular fitness, and overall health.
Education for reintegration with family	refers to a structured and intentional process that prepares individuals who have experienced separation or disruption from their family due to various circumstances, such as military deployment, to successfully reintegrate and rebuild relationships within their family unit. This educational approach provides individuals with the knowledge, skills, and support needed to navigate the challenges of reuniting with their family members and rebuilding healthy and functional family dynamics.
Family	From the perspective of United Nations Uniformed Personnel, the definition of family extends beyond biological or legal relationships to encompass a broader network of individuals who provide emotional support, understanding, and a sense of belonging. In the context of their deployment and service, the family often includes spouses, partners, children, parents, siblings, and close friends.
Guided imagery	is a relaxation technique involving mental imagery and focused imagination to create a calming and soothing mental experience. It is also known as guided visualization or guided meditation. During guided imagery, a person listens to verbal instructions provided by a guide or recorded audio, which leads them through a specific scenario or environment, often involving sensory details and positive, peaceful imagery.
Leadership	This Mental Health Strategy uses the term leadership to refer to both medical and non-medical leaders.
Medical leaders	In the context of a United Nations mission, medical leaders include the Chief Medical Officer, Force Medical Officer and Commanding Officers of Level II and III hospitals.
Mental health gap	refers to the disparity or difference between the number of individuals who need mental health services and support and the number of individuals who receive adequate and appropriate mental healthcare. This

gap highlights the substantial challenges and barriers in providing accessible and effective mental healthcare to all individuals who require it.

Mindfulness training

is a structured and intentional practice that cultivates the ability to focus on the present moment with non-judgemental awareness. It involves developing a heightened awareness of thoughts, emotions, bodily sensations, and the environment as they occur in the present, without getting caught up in past regrets or future worries. Mindfulness training is often guided by various techniques and exercises that promote mindfulness, leading to increased self-awareness, stress reduction, and improved overall well-being.

Moral fitness

refers to an individual's capacity to consistently uphold their ethical principles, values, and behaviours, even in challenging or high-pressure situations.

Problem Management Plus (PM+)

is a scalable and evidence-based psychological intervention designed to provide psychological support and assistance to individuals experiencing emotional distress, especially in the aftermath of adversity or crises. To increase access to mental healthcare for those in need, PM+ is intended to be delivered by trained non-specialist providers in various settings, including humanitarian and low-resource environments.

Psychological First Aid (PFA)

is a supportive and compassionate approach that provides immediate psychological and emotional assistance to individuals who have experienced a traumatic or highly stressful event. Like medical first aid, which addresses immediate physical needs, Psychological First Aid focuses on offering practical help and emotional support to help individuals cope with the psychological impact of the event and promote their psychological well-being.

Psychological resilience training

refers to structured and systematic programmes or interventions to enhance an individual's ability to cope with and adapt to challenging and adverse situations. These training programmes aim to strengthen an individual's psychological and emotional well-being, enabling them to better withstand and recover from stress, trauma, and adversity.

Relaxation training

is a structured and systematic approach aimed at helping individuals reduce stress, anxiety, and physical tension by teaching them relaxation techniques and practices. These techniques are designed to induce a state of relaxation and calmness, both mentally and physically, promoting a sense of well-being and improving overall mental and emotional health.

Suicide prevention training

refers to educational programmes and initiatives designed to equip individuals, communities, and professionals with the knowledge, skills, and tools needed to identify, intervene, and support individuals at risk of suicide. These training programmes aim to raise awareness about suicide, reduce stigma, and empower participants to take proactive steps to prevent suicide and connect individuals in crisis with appropriate resources and assistance.

Spiritual fitness

refers to the beliefs and practices that strengthen one's connectedness with sources of hope, meaning, and purpose. Spiritual fitness may contribute to developing overall wellness.

Religious/Spiritual Teacher training

is a structured programme or course designed to equip individuals with the knowledge, skills, and understanding to effectively guide and support others on their spiritual journey. This training prepares individuals to serve as mentors, guides, or facilitators who help others explore and deepen their spiritual practices, beliefs, and understanding.

Stress First Aid (SFA)

is a psychological support approach that provides immediate and compassionate assistance to individuals who have experienced or been exposed to stressful or traumatic events. Like physical first aid, which addresses immediate medical needs, Stress First Aid aims to provide emotional and psychological support in the aftermath of stressful situations. It focuses on helping individuals cope, process emotions, and navigate the immediate impact of the stressor.

Uniformed Personnel (UP)

refers to all military/police/justice and correctional personnel seconded from their respective Member State and deployed under a blue helmet as part of a military contingent/police-formed unit or as Staff Officers, Military Observers, or Individual Police Officers.

1. INTRODUCTION

Mental health literacy refers to the knowledge, understanding, and awareness that individuals possess about mental health, mental illnesses, and factors related to psychological well-being. It encompasses recognizing, comprehending, and responding to mental health issues in oneself and others and knowing where to access appropriate resources and support. Mental health literacy is crucial in reducing stigma, promoting early intervention, and fostering a more informed and empathetic approach to mental health challenges.

This Mental Health Literacy and Training Catalogue encompasses a broad spectrum of topics that are both gender and culturally sensitive and equip United Nations Uniformed Personnel with essential skills and knowledge to safeguard their mental health, support their peers, and contribute to a resilient and effective force. The materials in the catalogue provide information to help understand mental health, common mental health symptoms, and the management of mental health issues. They aim to help prevent and mitigate mental illness, promote mental well-being and support those affected by mental health symptoms. They can be disseminated through community workshops, workplace programmes, and the promotion of psychological self-care. When done by leadership in collaboration with healthcare professionals and supported by Mental Health Experts (MHE), the advocacy and delivery of mental health literacy and training engages a greater number of Uniformed Personnel.

This catalogue also lists training programmes and information material for leadership, medical professionals and MHEs to help them deliver mental health services. Each training and literacy module in this repository is carefully outlined, detailing optimal timings and intended participants.

Member States have the autonomy to tailor these programmes to their specific needs, shaping the scope and identifying the precise audience for each course. This fundamental flexibility acknowledges the unique contexts and challenges faced by United Nations Uniformed Personnel across different deployments, allowing for a customized and contextually relevant approach to delivering robust mental health support.

2. ENGAGEMENT OF LEADERSHIP IN MENTAL HEALTH LITERACY AND TRAINING

Leaders are responsible for ensuring the sound mental health of Uniformed Personnel and can do this effectively by engaging in mental health literacy and training. A well-informed leadership can foster a supportive environment within their teams or organizations. They must approach the topic of mental health with sensitivity, creating a safe and non-judgemental space for Uniformed Personnel. Leaders should also be mindful of their own well-being. Discussing mental health topics can be emotionally taxing, so they should prioritize self-care and be prepared to handle difficult discussions.

Key benefits and considerations of leaders engaging with the delivery of mental health literacy training:

- Leading by example. It helps break down stigma and create a culture where Uniformed Personnel feel comfortable discussing their mental health and well-being, setting a positive tone for discussing mental health issues.
- Enhanced credibility. Uniformed Personnel are more likely to take the training seriously when someone in a leadership role supports its delivery.
- Tailored perspective. Leaders can provide real-world examples and insights specific to the organization, making the training more relevant and relatable for participants.
- Increased engagement. Uniformed Personnel may be more engaged when they see that leaders are invested in their mental health and well-being, leading to higher participation rates and more meaningful discussions during training.
- Accessibility. Integrating advocacy on mental health into regular team meetings and other organizational events helps improve accessibility to mental health literacy training programmes.

3. SUGGESTED FORMAT OF MENTAL HEALTH LITERACY TRAINING

Training can be delivered jointly by leaders, Medical Officers (Mos) and/or MHEs. A possible training format is provided below:

I. Introduction (Leader)

- Welcome and opening remarks by leadership, such as a Contingent Commander, Sector Commander, Force Commander
- Acknowledge the importance of mental health for overall well-being and mission success
- Share a personal perspective on the significance of mental health and its impact on the organization
- Set the tone for a safe and inclusive space for open discussion

II. Overview of mental health (Leader/MO/Senior Medical Officer (SMO)/MHE)

- Provide a brief introduction to common mental health challenges faced by individuals
- Emphasize the importance of destigmatizing mental health discussions
- Share any organizational initiatives or resources related to mental well-being

III. Building a supportive culture (Leader)

- Discuss the role of leaders and colleagues in creating a supportive and empathetic environment
- Highlight the value of open communication and active listening
- Encourage trainees to look out for one another and recognize signs of distress

IV. Mental Health Expert presentation

- Delve deeper into mental health topics, including common mental disorders, stress management, and coping strategies, using any resource catalogues in this annex
- Provide evidence-based information, dispel myths, and offer practical tips for maintaining mental well-being

V. Interactive discussion and activities (Leader)

- Facilitate group discussions on mental health topics
- Use case studies, role-playing, and group activities to reinforce learning and enable participants to apply their knowledge
- Address cultural and gender-related aspects of mental health, ensuring inclusivity and sensitivity to diverse perspectives
- Address questions and concerns from participants
- Engage in interactive activities that promote understanding, empathy, and self-awareness

VI. Access to resources (MO/SMO/MHE)

- Discuss available mental health resources within the mission
- Share information on external support networks, helplines, and support services
- Guide on seeking help for oneself or supporting others

VII. Conclusion and commitment (Leader)

- Reiterate the organization's commitment to mental well-being
- Encourage participants to continue the conversation, seek support when needed, and actively contribute to a culture of mental health awareness and support

Combining the initial introduction by leadership with in-depth insights from a MHE, this training session ensures a comprehensive and supportive approach to fostering mental well-being. It promotes awareness, provides actionable information, and encourages a culture where uniformed professionals feel empowered to prioritize their mental health.

By following these principles and customizing the training to the audience's needs, mental health literacy training can become a powerful tool for promoting mental well-being and building a more compassionate and informed community.

4. USE OF MOVIES IN TRAINING

In addition to the resources listed in this catalogue, carefully selected movie clips shared in a classroom setting can also be beneficial in educating on mental health issues. Movie clips can vividly depict various scenarios and emotions, providing relatable and engaging content that resonates with many individuals. These clips can effectively illustrate complex mental health concepts, enabling personnel to better understand and recognize signs of distress. They can serve as powerful conversation starters, promoting open discussions about mental health and destigmatizing the topic.

Movie clips can also provide practical examples of coping strategies and resilience-building techniques. When movie characters navigate challenges and overcome adversity, it offers tangible examples that Uniformed Personnel can apply to their own situations, promoting a proactive approach to mental well-being. Lastly, movie clips can make a training experience more enjoyable and memorable. They provide a break from traditional methods, making content more accessible and enhancing the retention of important information.

5. MENTAL HEALTH LITERACY AND TRAINING – OVERVIEW OF TOPICS

Table 1
Mental health literacy and training - topic schedule

Training	Pre-Deployment			During Deployment		
	Schedule	Provider	Audience	Schedule	Provider	Audience
Stress First Aid	2 weeks BD	MHE	SMO/MO/General /Clinical Psychologist	2 nd quarter	Self-revision	SMO/MO/General/Clinical Psychologist
Psychological First Aid	4 weeks BD	SMO/MO/MHE	At least one UP per platoon	2 nd quarter	SMO/MO/MHE	The same person trained earlier
Problem Management Plus	2 weeks BD	Self-learning	SMO/MO/MHE	Revision at individual's convenience		
Mental Health Awareness; Psychological resilience training	4 weeks BD	MHE/MO	All personnel	Every quarter	Self-revision and SMO/MHE	All personnel
Religious/Spiritual Teacher training	4 weeks BD	MHE/MO	Religious/Spiritual Teacher/Chaplain	Every quarter	Self-revision or in consultation with SMO/ MHE	Religious/Spiritual Teacher/Chaplain
Relaxation training- various modalities	4 weeks BD	An expert from Member State	All personnel	To be practised regularly	Self or under supervision of a trainer	All personnel
Mental Health Gap; training by WHO	NA	NA	NA	1 st quarter	Self-learning	SMO/MO/MHE
Suicide prevention training/education	NA	NA	NA	1 st quarter	MHE/SMO	All personnel
Training/education for separation from family for UP	4 weeks BD	C-SMO	All UP	NA	NA	NA
Training/education for reintegration with family for UP	NA	NA	NA	Last quarter	SMO	All personnel
Training/education of family for reintegration	NA	NA	NA	Last quarter	C-FWO/ Officer in the parent location of the contingent	Family of the UP

BD: before deployment; C-FWO: Contingent Family Welfare Officer; C-SMO Contingent Senior Medical Officer; MO: Medical Officer; MHE: Mental Health Expert; NA: not applicable; SMO: Senior Medical Officer; WHO: World Health Organization; UP: Uniformed Personnel

6. MENTAL HEALTH LITERACY AND TRAINING – RESOURCE CATALOGUE

Table 2

Mental health literacy and training resources

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
1	ANXIETY	Integrative Approaches to Anxiety: Easing the Fear	What is anxiety? Causes of anxiety Mind-body issues Body chemistry Past experiences Current environment and lifestyle	University of Wisconsin, USA PDF 7 pages	English	https://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/handout_anxiety_patient.pdf Uniformed Personnel
		Understanding Anxiety Disorders Caregiver: Get the Facts	Briefly describes what it means when a healthcare professional says “anxiety disorder”	SAMHSA, USA PDF 5 pages	English	https://store.samhsa.gov/product/Understanding-Anxiety-Disorders-Caregiver-Get-the-Facts/SMA16-5009 Uniformed Personnel
2	DEPRESSION	Depression	What is depression? What are the signs and symptoms of depression? How is depression diagnosed? Does depression look the same in everyone? How is depression treated? How can I find help? How can I take care of myself?	National Institutes of Health (NIH), USA PDF 8 pages	English	https://infocenter.nimh.nih.gov/sites/default/files/2022-01/depression.pdf Uniformed Personnel

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
			How can I help a loved one who is depressed? Where can I find clinical trials for depression?			
		Group Interpersonal Therapy (IPT) for Depression	The World Health Organization recommends interpersonal therapy (IPT) as a possible first-line treatment for depression. With this new manual, the WHO gives guidance on the use of IPT using an 8-session group protocol. The manual– part of WHO’s mhGAP programme –describes IPT in a simplified format for supervised facilitators who may not have received previous training in mental health. It can be administered in a group setting as well.	WHO PDF 100 pages	Arabic, Chinese, Farsi, French, Russian, Spanish, Swahili	https://www.who.int/publications/i/item/WHO-MSD-MER-16.4 MHEs
		Depression and Other Common Mental Disorders: Global Health Estimates	Data sources Global and regional estimates of prevalence of mental disorders Global and regional estimates of health loss	WHO PDF 24 pages	English	https://apps.who.int/iris/bitstream/handle/10665/254610/WHO-MSD-MER-2017.2-eng.pdf Leadership
		Facts About Depression	Brief description of what depression is and how to manage it	SCO United Nations Secretariat PDF 2 pages	English	 Uniformed Personnel

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		What to know about depression in the military and stories from veterans	Online article covering symptoms, statistics, depression after service, stigma, effects on families, seeking support	Medical News Today PDF 17 pages	English	https://www.medicalnewstoday.com/articles/depression-in-the-military Uniformed Personnel
		Depression Military	Various published articles dealing with this topic	Various journals PDF	English	MHEs
		Patient Self-Management for Depression	A document describing activities that can be incorporated to help a person feel better, maintain communication and connections, and remind themselves to have fun and take things less seriously. The activities can stimulate users' creativity and help them to see things differently.	Department of Defence, Ireland PDF 2 pages	English	Uniformed Personnel
		Talking to your Family and Friends about your Depression	Talking with friends and family about depression symptoms is not easy. This worksheet helps plan the discussion.	Department of Defence, Ireland PDF 3 pages	English	Uniformed Personnel
		"I had a black dog, whose	At its worst, depression can be a frightening, debilitating condition. In	WHO	English	https://youtu.be/XiCrniLQGYc

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		name was depression”	collaboration with the WHO to mark World Mental Health Day, writer & illustrator Matthew Johnstone tells the story of overcoming the "black dog" of depression in a short video, based on his book.	Animated video 4'18”		Uniformed Personnel
		“Mirrors”	In the short film "Mirrors", award-winning director Paul Jerndal captures Swedish celebrities Anis don Demina, Cecilia von der Esch and Danny Saucedo facing their mirror images and their worst self-critical thoughts. Mirrors won the Special Prize at WHO's Health for All 2023 film festival and aims to draw attention to mental health and the importance of daring to share feelings and thoughts.	WHO award winner Video 3'20”	Swedish with English subtitles	https://youtu.be/mBL2HengJwQ Uniformed Personnel
3	PANIC DISORDER	Panic Disorder: When Fear Overwhelms	Gives a brief description of panic attacks and how to prevent and manage them	National Institute of Mental Health (NIMH), USA PDF 7 pages	English	https://www.nimh.nih.gov/health/publications/panic-disorder-when-fear-overwhelms Uniformed Personnel
4	SUBSTANCE USE DISORDERS	Understanding Drug Use and Addiction– Drugfacts	Short booklet explaining what happens to the brain in drug addiction and how people may respond differently to drugs	NIH, USA PDF 6 pages	English Spanish	https://nida.nih.gov/publications/drugfacts/understanding-drug-use-addiction Uniformed Personnel

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		Understanding Substances and Substance Use	A handbook aimed at teachers, but which very comprehensively and lucidly illustrates all that leadership needs to know	South Western Area Health Board, Ireland PDF 92 pages	English	https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=0CDgQw7AJahcKEwiYgru1vL7_AhUAAAAHQAAAAQAw&url=https%3A%2F%2Fwww.drugsandalcohol.ie%2F6003%2F1%2F2802-3498.pdf&psig=AOvVaw0jKA2nmaktR1oYc8mRVFm4&ust=1686684713478261 Leadership
		The ASSIST-linked Brief Intervention for Hazardous and Harmful Substance Uses	Manual for use in primary care, the purpose of which is to explain the theoretical basis and evidence for the effectiveness of brief interventions and assist direct healthcare workers in conducting a simple brief intervention for clients whose substance use is putting them at risk. Together with the companion manual below, it presents a comprehensive approach to screening and brief intervention, tailored to the specific circumstances of primary care and designed to improve the health of populations and client groups as well as individuals.	WHO PDF 46 pages	English	https://www.who.int/publications/i/item/978924159938-2 MHEs and MOs

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		The Alcohol, Smoking and Substance Involvement Screening Test (ASSIST): Manual for use in primary care	Companion manual to The ASSIST-linked Brief Intervention for Hazardous and Harmful Substance Use. The manual describes the rationale for screening and brief intervention, substance use problems, the development and validation of the ASSIST, how to use the ASSIST (administration, scoring and interpretation of scores), motivational interviewing tips to facilitate asking about substance use, how to incorporate ASSIST screening in everyday practice.	WHO PDF 74 pages	English	
		Self-help Strategies for Cutting Down or Stopping Substance Use: A Guide	Guide designed for people above 18 years of age who are at moderate risk of substance-related problems but do not have severe substance-related problems or dependence	WHO PDF 50 pages	English	https://www.who.int/publications/i/item/9789241599405 Uniformed Personnel
		“Alcohol health and well-being”	Animated video giving a brief depiction of how alcohol affects a person’s health	WHO Animated video 2’53”	English	https://www.youtube.com/watch?v=-skVpmoaGI Uniformed Personnel
		Stress and Alcohol	A brief description of how stress and alcohol are related and ways to avoid them	SCO, United Nations Secretariat PDF	English	Uniformed Personnel

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
				2 pages		
		UNODC-WHO Stop-Overdose-Safely (S-O-S)	Within the framework of the UNODC-WHO S-O-S initiative, “multisite implementation study on community management of opioid overdose, including the use of naloxone for preventing opioid deaths” was designed to demonstrate the feasibility and public health impact of the implementation of an opioid overdose intervention in low- and middle-income countries, specifically in Kazakhstan, Kyrgyzstan, Tajikistan and Ukraine.	UNODC – WHO PDF 44 pages	English	https://www.who.int/publications/i/item/9789240022454 MHEs
		“Drug overdose: a film about life”	Shows how someone can become addicted to drugs and how they can be helped	WHO Video 5’10”	English	https://www.youtube.com/watch?v=qsi1PwghNXU Uniformed Personnel
		International Standards for the Treatment of Drug Use Disorders	This International Standards for the Treatment of Drug Use Disorders were devised by UNODC and WHO to support States in their efforts to develop and expand practical, evidence-based, and ethical treatment for drug use disorders.	WHO/UNODC PDF 112 pages	English	https://www.who.int/publications/i/item/international-standards-for-the-treatment-of-drug-use-disorders MOs/MHEs
5	SLEEP	Basics About Sleep	Information sheets about sleep disorders and how lack of sleep can	CDC, USA	English	https://www.cdc.gov/sleep/about_sleep/index.html

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
			affect the health of someone with a chronic disease. They detail how much sleep is recommended for different age groups and include tips on improving sleep quality, as well as recommendations on what to do if sleep difficulties persist. Booklet titles: Key Sleep Disorders Sleep and Chronic Disease How Much Sleep Do I Need? Tips for Better Sleep What Should I Do If I Can't Sleep?	PDF 5 documents 1– 3 pages each		Uniformed Personnel
6	STRESS	TRiM training	Courses in TRiM, available in both online and offline modes, with certificates awarded.	March on Stress	English	https://www.marchonstresses.com/page/p/trim
		TRiM Trauma Risk Management-practitioner	TRiM Practitioners are trained to spot signs of distress in people that may go unnoticed, they carry out TRiM assessments and TRiM planning meetings and signpost people to support if required.	Two-day courses, privately arranged	No documents available	At least one Uniformed Personnel per platoon
		TRiM Trauma risk Management-manager	TRiM Managers are first trained at practitioner level. They co-ordinate a TRiM response, including allocating Practitioners, carry out Tactical Incident Briefings (TIBs), ensure Practitioners are 'in date' and refresh them when needed. At March on Stress, TRiM Managers are			

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
			also trained to provide trauma awareness briefings in their organization. Every TRiM manager can have up to eight practitioners under them. A refresher course would be needed in 1 year if seen < 3 incidences, or in two years if >4 seen. Costs of each training: GBP 750–800			
		“Stress management: a 10-step guide to preventing exhaustion”	Booklet outlining steps to manage stress and regain a feeling of control	United Nations System Staff College Web page	English	https://www.unssc.org/news-and-insights/blog/stress-management-10-step-guide-prevent-exhaustion Uniformed Personnel
		Stress Instruction Card	A four-page document with information on how to avoid and manage stress	Netherlands PDF 4 pages	English	Uniformed Personnel
		“Stress management in peacekeeping operations”	Describes what stress is, and how to manage it in peace operations.	Serbia PPT	English	Leadership
		“Stress management lesson 3.10”	This document has been created to provide a basic framework for professional stress management trainers. As such, <i>Part One</i> contains the most essential elements required for trainers dealing with stress in United Nations peace-keeping operations. As appropriate, the contents may be supplemented by other available information. When integrated	United Nations PDF	English	https://digitallibrary.un.org/record/208638?ln=en Uniformed Personnel

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
			with <i>Part Two, Stress Management for United Nations Peace-keepers</i> , produced as an individual document for the individual peace-keeper, the materials should provide sufficient guidance for trainers to adequately address this important topic.			
		Doing What Matters in Times of Stress: An Illustrated Guide	Detailed illustration of educational material on stress alleviation	WHO PDF 132 pages	Several languages	https://www.who.int/publications/i/item/9789240003927?gclid=CjwKCAjwhJukBhBPEiwAnilcNc5Lc7dwFowQJcPgfBEuoyxv703Tkej5cT_Mo1NxMCZAod4Tqx E6BoCa0MQAvD_BwE Uniformed Personnel
		Stress First Aid: Manuals and Resources for Health Care Workers	Comprehensive resource hub providing a series of manuals, workbooks and training on Stress First Aid	National Center for PTSD, Department of Veterans Affairs, USA PPT/ PDF manuals/videos/webinars/workbooks	English	https://www.ptsd.va.gov/professional/treat/type/stress_first_aid.asp SMO/MO/ Clinical Psychologist

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		Stress First Aid for Healthcare Workers	Manual for healthcare workers on Stress First Aid (part of the resource package above)	National Center for PTSD, Department of Veterans Affairs, USA PDF 96 pages	English	https://www.ptsd.va.gov/professional/treat/type/SFA/docs/SFA_HCW_Manual_508.pdf At least Medical Officers
		Combat and Operational Stress First Aid: Caregiver Training Manual	The Combat and Operational Stress First Aid (COSFA) Training manual is a companion document for the COSFA for caregiver training course. COSFA training is based on the concepts of the Maritime Combat and Operational Stress Control programme for the United States Marine Corps and the United States Navy. The manual aims to provide information to caregivers about immediate responses to preserve life, prevent further harm, and promote recovery from preclinical stress injury. COSFA is not a replacement for the professional judgement of leaders and clinicians or indicated clinical care.	US Navy PDF 143 pages	English	https://www.academia.edu/20978265/Combat_Operational_Stress_First_Aid_Manual https://docplayer.net/11014216-Combat-and-operational-stress-first-aid-caregiver-training-manual.html At least one Uniformed Personnel per platoon

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
7	SUICIDE	Unit Leaders Guide to Suicide Prevention 12.10.2021	<p>Chapter 1 Command Team Handbook to Implementing the Integrated Suicide Prevention Program</p> <p>Chapter 2 Planning: Setting the Conditions.</p> <p>Chapter 3 Preparing: Seeing Ourselves through Visibility Tools and Identifying Risk.</p> <p>Chapter 4 Executing: Target Specific Risk Areas/Personnel; Build Positive Factors; Remove Negative/Harmful Factors.</p> <p>Chapter 5 Assessing: Monitoring Progress through Ready and Resilient and Suicide Prevention Processes.</p> <p>Appendix A Matrix of Installation Resources by Risk and Protective Factor.</p> <p>Appendix B Suicide Ideation Battle Drill Cards.</p> <p>Appendix C Seven Minute Drill Templates.</p>	<p>Center for Army Lessons Learned, United States Army</p> <p>PDF</p> <p>72 pages</p>	English	<p>https://www.army.mil/article/252785/22_663_unit_leaders_guide_to_suicide_prevention</p> <p>Leadership</p>
		Training Manual for Surveillance of Suicide and Self-harm in Communities and via Key Informants	This training manual aims to equip fieldworkers and supervisors with the skills to collect and manage data on suicide and self-harm in the community via key informants, healthcare facilities and police records. In doing so, the value and overall goal are strengthening the surveillance of suicide and self-harm in communities.	<p>WHO</p> <p>PDF</p>	English	<p>https://www.who.int/publications/i/item/9789240065628</p> <p>Leadership</p>

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		Live Life: An Implementation Guide for Suicide Prevention in Countries	<p>LIVE LIFE is WHO's approach to suicide prevention, covering the practical aspects of implementing four evidence-based interventions for preventing suicide, plus six cross-cutting pillars fundamental for implementation. Throughout this guide, the LIVE LIFE interventions and pillars are accompanied by case studies from countries worldwide.</p> <p>The guide provides governments with the tools to build a comprehensive national suicide prevention response, and take evidence-based action. It enables countries to protect the lives of people in severe distress and at risk of suicide.</p>	<p>WHO</p> <p>PDF</p> <p>142 pages</p>	English, Chinese, French, Korean Spanish	<p>https://www.who.int/news-room/fact-sheets/detail/suicide</p> <p>Leadership</p>
		Preventing Suicide: A resource for Non-Fatal Suicidal Behaviour Case Registration	The publication aims to advocate for taking non-fatal suicidal behaviour more seriously and to put it on the agenda, as it has been overshadowed by death from suicide or forgotten about altogether.	<p>WHO</p> <p>PDF</p> <p>26 & 22 pages</p> <p>Both booklets</p>	English	<p>https://www.who.int/publications/i/item/9789241506717</p> <p>Medical Leadership</p>
		Preventing Suicide: A Resource for Suicide Case Registration	<p>This publication aims to provide help on establishing or improving registration systems for suicide mortality. This includes:</p> <ul style="list-style-type: none"> • the identification of deaths due to suicide; 	<p>specifically aim at hospital emergency departments or other emergency-</p>		<p>https://www.who.int/publications/i/item/9789241502665</p> <p>Medical leadership</p>

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
			<ul style="list-style-type: none"> • death certification of suicide cases using the International Classification of Diseases; • coverage of suicide registration systems (in cases where the suicide reporting system cannot function as a country-wide register); • what information to record in case registration (including an example recording form); • persons involved in the data collection of suicide, and; • the use of data collected on suicide mortality. 	care-settings staff, the diverse healthcare providers attending to persons who harmed themselves, and the relevant administrators responsible for registries.		
8	SUICIDE PREVENTION TRAINING	Training Manual for Surveillance of Suicide and Self-harm in Communities via Key Informants	This training manual aims to equip fieldworkers and supervisors with the skills to collect and manage data on suicide and self-harm in the community via key informants, healthcare facilities, and police records. In doing so, the value and overall goal are to strengthen the surveillance of suicide and self-harm in communities.	WHO PDF 72 pages	English	https://www.who.int/publications/i/item/9789240065628 Medical leadership
		Suicide Prevention	LIVE LIFE aims for all countries to advance political will and national strategic action and deliver critical, effective interventions for preventing suicide. LIVE LIFE is a starting point upon which countries can build further evidence-based suicide prevention	WHO PDF 4 pages	English	https://www.who.int/health-topics/suicide#tab=tab_1 Leadership

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
			interventions. The World Health Organization (WHO) seeks to raise funding to support the sustained implementation of LIVE LIFE. WHO works with Member States, UN agencies, local and international partners, and people with lived experience. Help us in alleviating suffering and achieving the prevention of unnecessary deaths worldwide.			
		“Preventing suicide: information for emergency responders”	Briefly explain how to respond to a suicidal individual.	WHO Animated video 43”	English	https://www.who.int/multi-media/details/preventing-suicide-information-for-emergency-responders Uniformed Personnel
		“Preventing suicide at work: information for employers, managers and employees “		WHO Animated video 50”		https://www.who.int/multi-media/details/preventing-suicide-at-work-information-for-employers-managers-and-employees Uniformed Personnel
		“Preventing suicide: information for health workers”		WHO Animated video 48”		https://www.who.int/multi-media/details/preventing-suicide-information-for-health-workers Uniformed Personnel

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		Recording of WHO LIVE LIFE launch	Recounts suicide attempts by real people and the importance of understanding suicide. Discusses the need for training /management interventions. Useful for leadership/Medical Officers. It will help reduce the stigma around suicide.	WHO Video 58'24"		https://www.youtube.com/watch?v=11-Lz-DxkgE Leadership
		"Suicide module: assessment and management of self-harm/suicide"	How to deal with an incident of attempted suicide	WHO Video 9'28"	Arabic with English subtitles	https://www.youtube.com/watch?v=4gKleWfGIEI MOs
		Report of the Canadian Armed Forces Expert Panel on Suicide Prevention	A review of models of targets for suicide prevention in civilians. This model included the following elements: A. Education and awareness programmes; B. Screening and assessment; C. Pharmacotherapy; D. Psychotherapy; E. Follow-up care for suicide attempters and high-risk patients; F. Restriction of access to lethal means; and G. Media engagement (to encourage responsible reporting of suicides). The Panel then extended this model by adding additional prevention targets in the military organizations, including:	Canadian Armed Forces PDF 80 Pages	English	https://www.canada.ca/en/department-national-defence/corporate/reports-publications/health/report-canadian-armed-forces-expert-panel-on-suicide-prevention.html Leadership

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
			H. Organizational interventions intended to mitigate work stress/strain (leadership training, policy, programmes, etc.); I. Selection, resilience training, and primary risk factor modification; J. Interventions to overcome barriers to mental healthcare; and K. Systematic efforts to improve the quality of mental healthcare.			
9	PSYCHOLOGICAL FIRST AID	Psychological First Aid: Facilitator's Manual for Orienting Field Workers	This manual is designed to orient helpers to offer Psychological First Aid (PFA) to people following a crisis. PFA involves humane, supportive, and practical assistance for people who are distressed in ways that respect their dignity, culture, and abilities.	WHO PDF 88 pages	Afrikaans English Chinese Greek Estonian Thai Ukrainian Estonian	https://apps.who.int/iris/handle/10665/102380 At least one Uniformed Personnel per platoon
		Psychological First Aid: Guide for Field Workers	A very detailed guide for field workers. Both this and the above document are available in different languages.	WHO PDF 64 pages	Afrikaans Arabic Bahasa Indonesia Bosnian Chinese Czech Dutch Estonian English Farsi French German	https://www.who.int/publications/i/item/9789241548205 At least one Uniformed Personnel per platoon

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
					Greek Hindi Italian Japanese Kiswahili Korean Myanmar Polish Portuguese e Romanian Russian Serbian Sinhala Slovenian Spanish Swedish Tamil Turkish Ukrainian Urdu Vietnamese e	
		“Psychological first aid in the field”	Good animated PowerPoint presentation	NATO MILMED Centre of Excellence Video 5'50”	English with English subtitles	https://youtu.be/doU0E-aSTil

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		Psychological First Aid	<p>Four-week course, free without certification of completion. Certificate granted on payment.</p> <p>The course can be scheduled at learners' convenience. Registration is required.</p> <p>Covers how to effectively help to people in traumatic situations by using the Johns Hopkins RAPID model:</p> <p>Rapport and Reflective Listening Assessment of needs Prioritization Intervention Disposition</p> <p>By applying this model, responders can provide a compassionate and supportive presence designed to mitigate acute distress and assess the need for continued care.</p> <p>Each week includes a lecture or two about the topic, a simulation video to deepen understanding of the concepts, and a multiple-choice quiz to assess progress.</p>	<p>Johns Hopkins University, USA</p> <p>Lecture Videos</p> <p>Different timings</p>	<p>English</p> <p>Subtitles in: Arabic French German Greek Italian Korean Portuguese (European) Portuguese (Brazilian) Russian Spanish Ukrainian Vietnamese</p>	<p>https://www.coursera.org/learn/psychological-first-aid/home/week/5</p> <p>At least one Uniformed Personnel per platoon.</p>
		Acute Combat Stress Management	Free of charge online video-based training.	Israel Defence Forces	Hebrew with	

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		YaHaLom	<p>Two videos (for soldiers and commanders) totalling about 15 minutes –may need supervised explanation and practice sessions. Suitable for in-action reactivation of affected Uniformed Personnel.</p> <p>These instructional videos present the immediate intervention protocol for first mental aid among soldiers and by commanders. The main goal of the intervention is to reduce present suffering, prevent future distress and enable the unit to complete its mission.</p>	<p>Video</p> <p>7'.26"</p> <p>4'.20"</p>	English subtitles	<p>For Uniformed Personnel</p> <p>https://youtu.be/t-QZgZd-PJ4</p> <p>For Leadership</p> <p>https://youtu.be/ILhRot0I7I</p>
		iCOVER training video	iCOVER is a rapid peer-to-peer intervention for service members to use when managing symptoms of Acute Stress Reactions in team members. The Walter Reed Army Institute of Research (WRAIR) developed iCOVER based on an original procedure created by the Israel Defence Forces. Named for its six steps (Identify buddy in need, Connect, Offer commitment, Verify facts, Establish order of events, and Request action), iCOVER can be performed by individuals in far-forward environments to help team members manage acute stress and maximize human potential in small, disaggregated teams.	<p>WRAIR, USA</p> <p>Video</p> <p>11'58"</p>	English	<p>https://www.youtube.com/watch?v=t84_QvbnIT0</p> <p>At least one Uniformed Personnel per platoon.</p>

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		ReSTART	This is a six-step drill for managing Acute Stress Reactions. Military personnel can be exposed to high-stress situations, such as combat, as a part of their mission. In these situations, soldiers may sometimes experience a phenomenon called “Acute Stress Reaction” (ASR). An Acute Stress Reaction overlaps with what is commonly called “psychological shock” in civilian contexts and a military setting as Combat Stress Reaction, Operational Stress Reaction, and Battle Fatigue. This video gives you a brief introduction to the ReSTART model for managing ASR. ReSTART is adapted from iCOVER, developed by the WRAIR in collaboration with the Israel Defence Forces.	Israel Defence Forces Video 6'38”	Hebrew With English subtitles	https://www.youtube.com/watch?v=Gsm9h5Xvopw At least one Uniformed Personnel per platoon.
		Project ECHO training videos	Armed conflict trauma management training video, covering acute stress and psychological first aid. The videos are all accessible online. Some are based in Ukraine. It speaks about what trauma is, the mental health effects of trauma, and the short-term and long-term management principles. Provides a good introduction and detailed presentation on trauma and mental health.	Several Sources Videos, PPT Video 1 hr. 06 min	Ministry of Health, Ukraine/Project ECHO Presentation in English with bilingual slides	https://www.youtube.com/watch?v=yftc21bFBWE&list=PLM3v2ae2FB_xGA9dOP9LQ9vlsQ0e_xCQv&index=1 https://www.youtube.com/watch?v=Ht_o-1ZXOgs&list=PLM3v2ae2FB_xGA9dOP9LQ9vlsQ0e_xCQv&index=2

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
						https://www.youtube.com/watch?v=3ZYzMS3fy3k&list=PLM3v2ae2FB_xGA9dOP9LQ9vlsQ0e_xCQv&index=3 Leadership and MO
		“Psychological First Aid (PFA) psychosocial support–look, listen and link in PFA”	Short video in English. Uses some diagnostic terms that many may need explaining. Its advantage is that the presenter is succinct and clear in explaining Psychological First Aid, The video would represent a kind of introduction to PFA, before taking a longer and more detailed PFA course with Johns Hopkins University.	Dr. Suresh Badamath, NIMHANS, India Video 14’48”	English	https://www.youtube.com/watch?v=laCBmFUJwrQ Uniformed Personnel
		“Principles of Psychological First Aid”	Video produced in Australia, similar to the Indian video presented by Dr Suresh Badamath. More elaborate and detailed. Educates on the need for PFA.	Australian Institute of Professional Counsellors Video 40’	English	https://youtu.be/Dn7fXyltRY Uniformed Personnel
		“I support my friends”	Training that also provides valuable insight on the topic of Uniformed Personnel. “I support my friends” empowers children and adolescents to identify and support their peers in	UNICEF	English	https://www.unicef.org/documents/i-support-my-friends

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
			<p>distress while recognizing the role they naturally play in the protective networks of their peers. The resource kit provides guidance and tools for preparing, designing, and implementing training with children and adolescents in how to support a friend in distress. It includes four components:</p> <ul style="list-style-type: none"> • Theory and implementation guide (82 pages) • Training manual (192 pages) • Participant's workbook (32 pages) • Manual for training facilitators and focal points (80 pages) 	PDF, PPT and others		Uniformed Personnel
10	PSYCHOLOGICAL RESILIENCE	Building Resilience: A Key Pillar of Health 2020 and the Sustainable Development Goals: Examples from the WHO Small Countries Initiative	Publication describing on-the-ground action in Iceland, Malta and San Marino and the main lessons learned in strengthening resilience and developing supportive environments for population health and well-being. The material presented in this publication is intended to inform other countries participating in the WHO Small Countries Initiative and encourage them to share their own experiences in strengthening resilience for health and well-being.	WHO PDF 114 pages	English	https://apps.who.int/iris/handle/10665/338752 Leadership
		"Road to Mental Readiness"	The "Road to Mental Readiness" mobile app is a training tool developed to improve short-term performance and long-term mental health goals while	Canadian Armed Forces	English	https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/road-to-mental-readiness .

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
			providing tools and resources required to manage and support Canadian Armed Forces members, family members and the public.			html MHEs
		“Psychological fitness and resiliency building during pre-deployment”	Illustrates on how to build psychological resilience.	Serbia PPT	English	MHEs
		“Resilience overview documentary”	Short documentary explaining resilience, its benefits, and how one can build it. It follows the story of US Army Master Sgt. Jennifer Loreda as she dealt with the tragic loss of her husband, how she powered through and bounced back. Experts provide insight into what resilience means and why it's essential for everyone.	US Army Video 10'57”	English	https://www.youtube.com/watch?v=Nz0GkKRvDc0 Uniformed Personnel
		“10 ways to build and develop resilience”	Video showing ways of improving psychological resilience by changing thoughts and perspectives.	Animated Video 10'.04”	English	https://www.youtube.com/watch?v=VNCL1glwyOI Uniformed Personnel
		Readiness Training Program	Training programme providing 700 hours of additional military-unique education and training seen nowhere else in US health sciences universities. Military-relevant courses are created from past experiences, are relevant to present needs, and are responsive to future contingencies. These courses, offered by Uniformed Services	Uniformed Services University of Health Sciences, USA In-person training	English	https://www.usuhs.edu/military-readiness/military-specific-curriculum/operational-courses Uniformed Personnel

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
			University (USU) and other agencies, prepare USU graduates to be better clinicians while maintaining the readiness requirements of the uniformed services.			
11	PSYCHOSOCIAL SUPPORT	Guidelines: Psychosocial Support for Uniformed Workers: Extensive Summary and Recommendations	Provides a brief outline of how and why to provide such support. The summary is comprised of two parts: Part A describes the background and methodological development of the guidelines. Part B summarizes the guidelines. A complete overview of all (55) recommendations in the guidelines is set out in Appendix 3.	Impact, Dutch knowledge- and advice centre for post-disaster psychosocial care, Netherlands PDF 52 pages	English	https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=0CDgQw7AJahcKEwiAmN Nwr7 AhUAAAAAHQAAAAAQAw&url=https%3A%2F%2Fwww.mvcr.cz%2Fmvcren%2Ffile%2Fguidelines-psychosocial-support-for-uniformed-workers.aspx&psig=AOvVaw2pXQqUptdmH8r7qc8UjEDe&ust=1686686395898279 Uniformed Personnel
		mhGAP Humanitarian Intervention Guide (mhGAP-HIG): Clinical Management of Mental, Neurological,	The Mental Health Gap Action Programme (mhGAP) is a WHO programme that addresses the lack of care for people suffering from mental, neurological and substance use (MNS) conditions. The mhGAP Intervention Guide (mhGAP-IG) was issued in 2010 as part of this programme. mhGAP-IG is a clinical guide on MNS use disorders	WHO PDF 68 pages	Arabic, Bengali, English, French, Kirundi, Portuguese, Russian, Spanish, Ukrainian	https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=0CDgQw7AJahcKEwjw3o6Pw77 AhUAAAAAHQAAAAAQAw&url=https%3A%2F%2Fwww.who.int%2Fpublications-detail-

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		and Substance Use Conditions in Humanitarian Emergencies	for general healthcare providers who work in non-specialized healthcare settings, particularly in low- and middle-income countries. The mhGAP Humanitarian Intervention Guide (mhGAP-HIG) is an adaptation of the mhGAP-IG for use in humanitarian emergencies.			redirect%2F9789241548922&psig=AOvVaw110meACqzUrgSvrxfTx3T&ust=1686686532697828 MOs
		mhGAP Operations Manual	Aims to support district health managers and others responsible for integrating mental and physical health services. It emphasizes the strengthening of healthcare systems and workforce capacity. It offers practical guidance on implementing mhGAP. It includes solutions to public health leaders' barriers through helpful tips, lessons learned from projects in which mhGAP has been used and adaptable implementation tools. The manual is an integral component of the mhGAP package.	WHO PDF 116 pages	English Russian	https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=0CDgQw7AJahcKEwiAtLybw77_AhUAAAAHQAAAAAQAw&url=https%3A%2F%2Fwww.who.int%2Fpublications-detail-redirect%2Fmhgap-operations-manual&psig=AOvVaw2cqcYNKM5qZI6MkQt5cXyw&ust=1686686559183487 MOs
		mhGAP training videos – for mhGAP-IG version 2.0	Modules include: Substance use assessment and management https://www.youtube.com/watch?v=XEHZijvafQQ Suicide and self-harm assessment and management	WHO Videos Varying lengths	English Some in Arabic, with French subtitles	 MOs

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
			https://www.youtube.com/watch?v=4gKleWfGIEI Multiple somatic symptoms assessment https://www.youtube.com/watch?v=t6EP24FTzn8 Cannabis assessment and management https://www.youtube.com/watch?v=2FqGWY8AWww Psychosis assessment https://www.youtube.com/watch?v=2RCM767QKUQ PTSD (Arabic, with French subtitles) https://www.youtube.com/watch?v=XLpYRGUr_iY			
		“Introducing Mental Health and Psychosocial Support (MHPSS) in emergencies”	<p>WHO provides several documents and training materials on Psychological First Aid.</p> <p>Understanding Mental Health in comprehensive perspective.</p> <p>PFA is a step-by-step training guide to provide PFA by a field worker.</p> <p>Document for facilitators to help the field workers on PFA.</p> <p>The WHO training on Mental Health and Psychosocial Support (MHPSS) in emergencies has thirteen modules on various topics. The course lasts seven hours, with a certificate issued on successful completion.</p>	WHO Online course	English Polish Spanish Ukrainian	https://openwho.org/courses/mental-health-and-psychosocial-support-in-emergencies Leadership/ MOs

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		The Mental Health Manual: Mental Health and Psychosocial Support Training Pack	eBook training manual on mental health and psychosocial support. Joint effort arising from assessing the needs of professionals in Syria and constructive contributions from and training a group of MHPSS workers involved in day-to-day service delivery within the region. Some of the contributions from the authors were utilized in several pre-launch training exercises. The feedback from these trainers and trainees has been incorporated into some of the final versions of the various chapters contained within this Training Pack. This combined “top-down” (experts and professionals) and “bottom-up” (clinicians and practitioners) approach was used to produce a Training Pack which is based on local needs, adapted to the local context.	ABAAD PDF 105 pages	English	https://www.abaadmena.org/resources/the-mental-health-manual-mhpss-training-pack/ MOs
12	PSYCHOSIS	Schizophrenia	WHO fact sheet on Schizophrenia	WHO PDF 4 pages	Arabic, English Chinese French Russian Spanish	https://www.who.int/news-room/fact-sheets/detail/schizophrenia Uniformed Personnel/MO

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		Understanding Psychosis	Fact sheet covering what psychosis is, who develops it, its signs and symptoms, causes, and treatment	NIMH, USA PDF 4 pages	English	https://www.nimh.nih.gov/health/publications/understanding-psychosis Uniformed Personnel/MO
		Understanding a First Episode of Psychosis Young Adult	Gives a brief explanation of what it means when a healthcare professional refers to a “first episode of psychosis”.	SAMHSA, USA PDF 4 pages	English	https://store.samhsa.gov/product/Understanding-A-First-Episode-Of-Psychosis-Young-Adult-Get-the-Facts/SMA16-5006 Uniformed Personnel/MO
13	POST-TRAUMATIC STRESS DISORDER	“PTSD: the basics”	Describes briefly what PTSD is, why it occurs and treatment options.	CIPSRT, Canada Video 2’20”	English	https://youtu.be/LWFJyNgDrwM Uniformed Personnel/MOs
		PTSD: National Center for PTSD	The National Center for PTSD is the world's leading research and educational centre of excellence on PTSD and traumatic stress. The site provides several resources for individuals, families, and providers in different formats.	National Center for PTSD, Department of Veterans Affairs, USA Website	English	https://www.ptsd.va.gov/index.asp Leadership/MOs

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		A/RES/76/275: Post-Traumatic Stress Disorder Framework Resolution	Resolution adopted by the United Nations General Assembly	United Nations General Assembly PDF 2 pages	Arabic English, French Russian Spanish	https://digitallibrary.un.org/record/3979978?ln=en Leadership/ MOs
		DoD Policy Guidance on PTSD	Policy resources on PTSD from the Reference Centre Improving Health and Building Readiness; the official website of the US Military Health System and Defence Health Agency	Military Health System, Department of Defence, USA Webpage linking various policies	English	https://health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/PHCoE-Clinician-Resources/PTSD/DoD-Policy-Guidance-on-PTSD Leadership/ MOs
		Health-related resources for service members, veterans and military families	Webpage providing additional resources to support those with PTSD, depression and traumatic brain injury (TBI)	RAND, USA Webpage linking various resources	English	https://www.rand.org/well-being/social-and-behavioral-policy/projects/veterans/resources.html#general-deploymentrelated-heal- Leadership/ MOs
		Print materials from the National Center for PTSD	A variety of handouts, posters and flyers to raise PTSD awareness.	National Center for PTSD, Department of	English	https://www.ptsd.va.gov/publications/print/index.asp Uniformed Personnel

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
				Veterans Affairs, USA Webpage with various resources		
		Trauma and self-care, Manual on Human Rights Monitoring	Chapter 12 of Manual on Human Rights Monitoring covering working with survivors of trauma and self-care of Human Rights Officers.	OHCHR PDF 40 pages	English	https://www.ohchr.org/sites/default/files/Documents/Publications/Chapter12-MHRM.pdf Leadership/ MOs
14	SEXUAL ABUSE	Understanding and Addressing Violence Against Women: Sexual Violence	This document covers several aspects related to sexual violence, such as, what it is, how common it is, where it occurs and who perpetrates it, root causes and risk factors, consequences and approaches to stop or mitigate them.	WHO PDF 12 pages	English French Spanish	https://www.who.int/publications/i/item/WHO-RHR-12.37 Uniformed Personnel
15	MORAL INJURY	Moral Injury - PTSD	A brief outline of what moral injury is and how to manage it.	National Center for PTSD, Department of Veterans Affairs, USA PDF 6 pages	English	https://www.ptsd.va.gov/professional/treat/cooccurring/moral_injury.asp# Leadership

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		“The history of moral injury”	A presentation of the history of moral injury, based on research from King’s Centre for Military Health Research (KCMHR), released by King’s College London and Forces in Mind Trust (FiMT).	KCMHR, King’s College London, UK Video 4’30”	English	https://www.youtube.com/watch?v=QX8_QkNUJy8 Leadership/MOs
		Scenario-based supported interventions for moral injury and post-traumatic stress disorder: Data report of film and television references for use with uniformed professionals	Journal article	Frontiers in Psychiatry, vol. 13 PDF	English	https://www.frontiersin.org/articles/10.3389/fpsy.2022.917248/full Leadership/MOs
		“What moral psychology can tell us about army ethics”	TED Talk by Lt Sam Kolling, a 2nd Lieutenant in the US Infantry. This talk was given at a TEDx event using the TED conference format but independently organized by a local community.	TEDx West Point Video 14’10”	English	https://www.youtube.com/watch?v=cIUyDm0m9X0 Leadership/MOs
		Handbook for the Primary and Secondary Prevention of Mission-Related Psychological	This handbook aims to provide psychosocial networks in the military with guidance on how to carry out preventive measures aimed at changed value orientations and moral conflicts related to missions abroad.	German Armed Forces - Psychological Service / Centre for Military Mental	English Word File 28 pages	https://www.bwkrankenhaus.de/resource/blob/5671758/83e2fd1b752f09988326ae1beb02222a/0804-handbook-for-the-primary-and-secondary-prevention-of-mission-related-

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		Stress and Moral Conflicts	The handbook contains hints for stress-related psychoeducation and exercises that can be performed in groups of 5 to 20 participants.	Health/Commissioner for PTSD Evangelical/Catholic Military Bishop's Office PDF 28 pages		psychological-stress-and-moral-conflicts-data.pdf MHEs MOs RTs
		Moral Decisions and Military Mental Health	Report highlighting the bidirectional relationship between ethical lapses and psychological distress, including mental illness	NATO PDF 176 pages	English,	https://www.sto.nato.int/publications/STO%20Technical%20Reports/STO-TR-HFM-179/\$\$TR-HFM-179-ALL.pdf Leadership/ MOs
16	SPIRITUAL FITNESS	Spiritual Fitness: Leader's Guide	Purpose of leader's guide: KNOW: This guide provides Uniformed Leaders a framework for understanding and explaining spiritual fitness to their Uniformed Personnel. APPLY: This guide enables Uniformed Leaders to personalise and apply the concepts of spiritual fitness by reflecting and responding to the "My Spiritual Fitness" information and questions. LEAD: This guide delivers a template for Uniformed Leaders to lead their	United States Marine Corps PDF 125 pages	English	https://www.fitness.marines.mil/Portals/211/documents/Spiritual%20Fitness/SF%20Leaders%20Guide%20Notebook%20May%202019.pdf?ver=to5Hwi7mnYYYrd0iNecRiQ%3D%3D Leadership Chaplains/Religious/Spiritual/Teachers

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
			Uniformed Personnel in spiritual fitness conversations.			
		The Free Exercise of Religion and Spirituality in the Army	Includes chapters on: Sign of Strength: Command, Faith, and Personal Example in Today's Army A Leader's Guide to Lawfully Addressing Religion and Spirituality Commanders and the Free Exercise of Religion – A Chaplain's Perspective	US Army Chaplain Corps PDF 32 pages	English	https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=0CDgQw7AJahcKEwjw85f9o9CAAxUAAAHQAAAAAQAw&url=https%3A%2F%2Fwww.dla.mil%2FPortals%2F104%2FDocuments%2FChaplain%2F992-021%2520US%2520Army%2520Chaplain%2520Corps%2520Special%2520Publication%2520R11%2520-%2520508.pdf%3Fver%3D-DxrM5J32xZ3UuJSMEd21Q%253D%253D&psig=AOvVaw028M ndDVR-67bAxk097ok&ust=1691694695853054&opi=89978449 Leadership Chaplains/Religious/Spiritual/Teachers
		Handbook for Religious Teachers as Psychological Counsellors	Book intended as a handbook for Religious Teachers as Psychological counsellors. Produced in English and Hindi to have wide coverage. The handbook includes basics of psychology, counselling, and symptoms of common mental disorders.	Armed Forces Medical College, India PDF 188 pages	English Hindi	Chaplains/Religious/Spiritual/Teachers/Psychologists/Counsellors

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
17	GRIEF	Grief Leadership: Leadership in the Wake of Tragedy	Tipsheet explaining the role of leadership in the event of a disaster; similar principles can also be applicable in a United Nations Peacekeeping critical incident.	Center for the Study of Traumatic Stress, Department of Psychiatry Uniformed Services University, USA	English	https://www.cstsonline.org/resources/resource-master-list/grief-leadership-leadership-in-the-wake-of-tragedy Leadership
		Information for Relief Workers on Emotional Reactions to Human Bodies in Mass Death	Lessons learned by other people who have worked with remains in disaster environments. They will help someone to continue to work and live with their experiences and memories without being haunted by them.	PDFs 2 pages	English	https://www.cstsonline.org/assets/media/documents/CSTS_FS_Info_for_Relief_Workers_on_Emotional_Reactions_to_Human_Bodies_in_Mass_Death.pdf Leadership
18	RELAXATION TECHNIQUES	Mindfulness audios	Audio guides for body scans and breathing	Canadian Institute of Public Safety and Research & Treatment (CIPSRT), Canada	English	https://www.cipsrt-icrtsp.ca/assets/bodyscan2.mp3 https://www.cipsrt-icrtsp.ca/assets/breathing-space-bk1.mp3
		Tai Chi live online courses		Tai Chi Foundation	English	https://www.taichifoundation.org/live-online-courses?gclid=CjwKCAjwkEqkBhAnEiwA5U-

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
				Multiple links to various courses		uMxxK0YrOd_5SM5I_hFGy01-d88HKL0OpGJhNk2p9MF6hZL4s2bwPVRoCTDcQAvD_BwE Uniformed Personnel
		“Six relaxation techniques to reduce stress”	Information on six relaxation techniques	Harvard Medical School, USA PDF/Webpage 6 pages	English	https://www.health.harvard.edu/mind-and-mood/six-relaxation-techniques-to-reduce-stress Uniformed Personnel
19	PSYCHOLOGICAL INFORMATION BOOKLETS	Psychological health promotion	A public awareness campaign designed to encourage service members, veterans, and families to reach out for help for psychological health concerns	Irish Defence Forces PDF 2 pages	English	Uniformed Personnel
		Talking to your Family and Friends about your Depression	Talking with your friends and family about your depression symptoms is not easy. This worksheet helps plan the discussion.	Irish Defence Forces PDF 3 pages	English	https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwjgpcmirMSDAxXqvoKEHY42AuUQFnoECCMQAQ&url=https%3A%2F%2Fhealth.mil%2FReference-Center%2FPublications%2F2022%2F07%2F18%2FTalking-to-Your-Family-and-Friends-About-Your-Depression&usq=AOvVaw

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
						3FpGQUjQLRkTLIUOGC-RWu&opi=89978449 Uniformed Personnel
		Information Guide On Mental Health and Well-Being in the Defence Forces	<p>This information guide aims to:</p> <ul style="list-style-type: none"> Promote positive mental health and well-being in the Defence Forces Increase awareness and understanding of the different types of mental health issues that can arise and how people can be affected Provide assistance and advice to military commanders and work colleagues in understanding and actively supporting those in the Defence Forces with mental health issues Be a source of information, guidance, and practical help to individual serving members Act as a helpful resource and a means of signposting to other relevant services 	<p>Irish Defence Forces</p> <p>PDF</p> <p>65 pages</p>	English	Uniformed Personnel
20	SUPPORT DURING DEPLOYMENT AND REINTEGRATION	Spouse Battlemind Training	Helping you and your family transition from deployments. Pre-and post-deployment training.	<p>WRAIR, USA</p> <p>PDF</p> <p>2 pages each</p>	English	www.battlemind.org Spouse/family

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		Uniformed Personnel Battlemind Training	Covers: 1. Transitioning from Combat to Home 2. Continuing the Transition to Home			Uniformed Personnel
		Overseas Service Guidance Booklet for Defence Forces Families	This book explains how to deal with deployment and reintegration post-deployment for the Uniformed Personnel and their families.	Irish Defence Forces PDF 41 pages	English	Uniformed Personnel/spouse/family
		Repatriation brief	Describes how to take care on return from a UN Mission	Irish Defence Forces PPT	English	Uniformed Personnel
21	ENSURING QUALITY IN PSYCHOLOGICAL SUPPORT	Ensuring Quality in Psychological Support (EQUIP)	EQUIP is a joint WHO/UNICEF project to improve the competence of helpers and the consistency and quality of training and service delivery. The EQUIP platform makes competency assessment tools and e-learning courses freely available to support governments, training institutions, and non-governmental organizations in humanitarian and development settings to train and supervise the workforce to deliver adequate psychological support to adults and children.	WHO and UNICEF Several documents on this subject PDF	English, Spanish, Ukrainian	https://www.who.int/teams/mental-health-and-substance-use/treatment-care/equip-ensuring-quality-in-psychological-support#cms https://equipcompetency.org/en-gb MHEs

No	Topic	Title	Brief description of contents	Resource source & file type	Languages	Links and intended audience
		Overview of EQUIP competency assessment tools	<p>Section 1: Foundational helping competencies. Core competencies across programmes and manualised interventions</p> <ul style="list-style-type: none"> • Adult foundational helping skills (ENACT) • Child and adolescent helping skills (WeACT) • Group facilitation skills (GroupACT) <p>Section 2: Intervention-packaged competencies Competencies packaged and tailored to manualised interventions.</p> <ul style="list-style-type: none"> • Problem Management Plus (PM+) • Thinking Health Program (THP) <p>Section 3: Technique-specific competencies Competencies are grouped by specific techniques that may vary across programmes and manualised interventions.</p> <ul style="list-style-type: none"> • Behavioural activation techniques • Cognitive techniques • Interpersonal techniques • Motivational enhancement techniques • Problem-solving techniques • Stress management & relaxation techniques 	WHO and UNICEF PDF 5 pages	English	https://equipcompetency.org/en-gb/resources/5047 MHEs
		Competency tools	Assessment tools covering areas described above	WHO and UNICEF	English, Spanish, Ukrainian	https://equipcompetency.org/en-gb/resources

<i>No</i>	<i>Topic</i>	<i>Title</i>	<i>Brief description of contents</i>	<i>Resource source & file type</i>	<i>Languages</i>	<i>Links and intended audience</i>
		Role play scripts	Example role play scripts for use with competency assessment tools	PDFs Various lengths	English, Spanish	MHEs
		Guide to Adaptation & Contextualization	Template with which to take notes when contextualizing and adapting role play	WHO and UNICEF Word 6 pages	English	https://equipcompetency.org/en-gb/resources/5066 MHEs
		Guide to Rating and Scoring	Help in learning how to score competency levels	WHO and UNICEF PDF and videos	English	https://equipcompetency.org/en-gb/resources/5072 MHEs
		EQUIP- research related publications	Various research papers based on EQUIP	WHO and UNICEF PDF Several papers of various length	English	https://equipcompetency.org/en-gb/resources/5048 MHEs

