

SYMPOSIUM 3

Emotional Resilience: Mental Health in Humanitarian Contexts Humanitarian Psychiatry: Experience with Malaysian MHPSS Teams

Dr Zul Azlin Razali, Dr Ahmad Rostam bin Md Zin, Dr Mohd Rahman Bin Omar

Humanitarian psychiatry is the delivery of mental health and psychosocial support and services to populations exposed to natural disasters, forced displacement or collective violence. 40 years ago, psychiatry in humanitarian settings often focused on specific diagnosis and individualized intervention. The situation has changed significantly with the integration and emphasis of Mental Health and Psychosocial Support (MHPSS) into any humanitarian emergency responses. MHPSS is a multi- sectorial and multi-layered approach that aims to promote psychosocial well-being and to prevent or treat mental health conditions. Apart from clinical service, it is also important in MHPSS to focus on non-specialized support and strengthening the community. The author shares his experience with MHPSS teams in Cox-Bazaar (forced displacement), Kota Belud and Temerloh (natural disasters).

Keywords: Sports, health, disease prevention, physical activity, mental health, community engagement, public health initiatives, holistic health.

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Correspondence to: Dr. Zul Azlin Razali, Psychiatrist, Klinik Pakar Dr Yeoh, Cheras, Selangor, Malaysia. Email: zulazlin@gmail.com