



## Directory of mental health professionals for mental health support for persons affected by Beirut explosion

### I. Introduction

In response to the human tragedy that hit many because of Beirut explosion, it is important that persons in need of mental health support are able to access appropriate, free of charge quality mental health interventions.

It is normal in the first days after such a traumatic event that people experience diverse distress reactions. With adequate support, access to basic needs including food, water, and shelter, in a dignified manner, timely information about missing loved ones, appropriate support to grieve the persons, homes and lives that citizens of Beirut lost, most people will be able to mobilize their resources and the resources of the community to cope with the pain, sorrow and distress caused by this traumatic event.

Meanwhile, some people might be experiencing severe distress and might be needing access to timely contact with a mental health professional.

With this aim, the national directory of mental health professionals -launched by the National Mental Health Programme in partnership with the World Health Organization and the Lebanese Psychiatric Society and in coordination with the MOPH Psychology Law committee - seeks to provide a quick initial response by creating a directory of qualified mental health professionals (Psychiatrists and clinical psychologists) that persons can contact upon need and availability.

### II. Objective

Contribute to ensuring timely Mental Health and Psychosocial Support for persons affected by the Beirut explosion through providing supportive mental health interventions to the specified target groups with the aim of:

- Normalizing reactions
- Providing psychoeducation about stress management and mental disorders when relevant.
- Providing brief advice around adaptive coping mechanisms
- Assessing risk of self-harm/suicide
- Provide initial assessment and needed support for mental conditions triggered by the explosion (number of sessions to be decided in coordination with LPS and the psychology law committee) and refer people to free mental health services if need be (provided either by the provider him/herself should they chose to be engaged in the full course of treatment or by NGOs accessed through the national mapping of MHPSS services).

### III. Main target groups

Persons of all ages affected by the blast, namely:

- a) Persons who are experiencing severe distress related to the explosion regardless of where they live in Lebanon.
- b) Persons who have experienced loss
- c) Families of persons still missing
- d) Persons who have experienced damages to their homes and/or work premises.
- e) Children who were in Beirut.
- f) Children and Teenagers who have witnessed injury or death of someone caused by the blast in Beirut
- g) Emergency responders and healthcare workers and public servants (such as the civil defense, etc).



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### IV. Organisation

- A directory of volunteering mental health professionals who fit the criteria will be developed. This directory includes times of availability and contact information of the professionals. This directory will be made public and will be shared with the national hotline for emotional support and suicide prevention “Embrace Lifeline - 1564” for referral.
- Phone-based support to be provided in line with the brief clinical protocol by the MOPH-NMHP, WHO, LPS and the Psychology Law committee at the MOPH.
- Mental health professionals will document each call in the basic form (not including the name nor the contact details of the caller) shared by the NMHP through an online spreadsheet.
- For any inquiry or support, the mental health professionals in the directory can contact the NMHP directly.
- In case of suicide risk, providers to follow the protocol for persons with imminent suicide risk.

### V. Complaint mechanism

To ensure persons have a possibility to express concerns they may have regarding a service provided from a provider in the directory, the below process will be set-up:

- If a person wants to communicate a complaint about the service provided, they can contact the National Mental Health Programme (NMHP) through the dedicated phone number OR online form.
- Complaints about the service provided by a psychiatrist will be referred to the Lebanese Psychiatric Society.
- As there is no professional order for psychologists yet, complaints about the service provided by a clinical psychologist will be processed by the NMHP in consultation with the MOPH committee for the Law on Psychology.

In case of any breach of confidentiality or unethical or harmful practice, mental health professionals will be removed from the directory and subject to appropriate lawful measures.

### VI. Criteria for mental health professionals within the directory

#### For psychologists:

1. Licensed by the MOPH.
2. Trained in or willing to be oriented on Psychological First Aid.
3. Trained in brief evidence-based therapies such CBT, IPT, EMDR, including trauma focused therapy.
4. At least 4 years of experience in clinical work.
5. Willing to receive an orientation session to harmonize support, risk assessment, safety measures and key messages in line with the national response and do not harm principle.
6. Committed to fill short report about calls received and sign a confidentiality form.

#### Persons interested to join will be required to submit:

1. [Filled application form](#)
2. CV
3. Copy of the license from MOPH
4. Copies of certificates of training in above mentioned therapies.

Kindly email all documents to:

[mentalhealth@moph.gov.lb](mailto:mentalhealth@moph.gov.lb) and [mh.moph@gmail.com](mailto:mh.moph@gmail.com)



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### For psychiatrists:

1. Registered in the LOP.
2. Trained in or willing to be oriented on Psychological First Aid.
3. At least 2 years of experience in clinical work.
4. roresponse.
5. Committed to fill short report about calls received and sign a confidentiality form.

### Persons interested to join will be required to submit:

1. [Filled application form](#)
2. CV
3. Copy of the LOP card

Kindly email all documents to:

[mentalhealth@moph.gov.lb](mailto:mentalhealth@moph.gov.lb) and [mh.moph@gmail.com](mailto:mh.moph@gmail.com)