

JRS LEBANON MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT



JRS Lebanon provides a comprehensive range of specialized and non-specialized Mental Health and Psychosocial Support (MHPSS) services designed to safeguard and enhance the psychological well-being of displaced and vulnerable children and their families. Through these efforts, JRS fosters greater community resilience and social cohesion, ensuring that individuals receive the necessary support to navigate challenging circumstances.

Our MHPSS services encompass multiple layers of intervention, ranging from broad awareness initiatives to focused clinical support. These services include:

- **Awareness Sessions:** Covering protection and MHPSS topics to enhance understanding and reduce stigma around mental health.
- **Structured Case Management:** Providing tailored follow-up support and referrals to ensure continuous care for those in need.
- **Group Psychosocial Support (PSS) Sessions:** Addressing stress management, skill-building, emotional regulation, parenting, and social connection to empower individuals and families.
- **Focused PSS and Clinical Interventions:** Offering therapy and psychiatric referrals for individuals experiencing severe distress, ensuring access to specialized care when necessary.



At JRS Lebanon, we integrate MHPSS into all our programs, recognizing that mental health support is fundamental to overall well-being. By reinforcing coping mechanisms and promoting healthy family dynamics, we aim to reduce the need for specialized interventions while fostering a culture of support and resilience.

Guided by our commitment to companionship and the recognition of everyone's right to well-being and protection, JRS Lebanon remains steadfast in its mission to provide holistic and compassionate care to those in need.

“I now use my feelings to draw on paper anytime I am either happy or upset.

LEILA

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6,541

People served in
MHPSS

2,746

Awareness Sessions

1,714

Community Based
Psycho-Social
Sessions

1,408

Counselling

500

Case Management

174

Psychologist Cases