

OUR TEAM OF RESPONDERS

Our psychologists and counselors are trained – and receive ongoing training and strict supervision - to protect the wellbeing and resilience of aid workers in difficult contexts. Their skills cover self-management in insecure environments, team conflict resolution, anger management, grieving and bereavement, short-term psychosocial management of critical incidents, traumatic intervention, alcohol and other substance abuse, cross-cultural issues and many other areas of difficulty.



The team works ethically, with the utmost discretion and with absolute respect to confidentiality, as well as to other internationally recognized ethical standards.

FOR ORGANIZATIONS

Good staff care has proven to be an important asset in stress management and the prevention of traumatic and post-traumatic stress. Nowadays, organizations often prepare employees with short trainings before they actually deploy them to an insecure environment. However, although there is awareness in most organizations of the high level of psychological risks when working in those places, adequate care systems for national and international staff are still rarely available when things get rough.

To help fill the gap, the CHP's online Psychosocial Support Service, with its 16 years of expertise, is also available to aid organizations for supporting their field staff - on the basis of a longer term subscription.

You may contact claire.colliard@humanitarian-psy for further information.



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**NEED A BOOST WHEN THINGS
ARE GETTING ROUGH?**

REACH OUT!

Online Psychological Support Service

SIXTEEN YEARS OF SERVICE

The **Centre for Humanitarian Psychology** is an organization that has supported international workers for sixteen years. We offer a PSYCHOLOGICAL SUPPORT SERVICE ONLINE to meet the needs of humanitarian aid workers, corporate expatriates, war journalists, and diplomatic corps. Our team is composed of psychologists and counselors, all of whom have personal experience working in humanitarian contexts.

SHARE YOUR EXPERIENCES AND CHALLENGES WITH US

- Are you feeling isolated and lonely within your own team?
- Do you feel “weird” sometimes, but don’t dare talk to anyone about it? Do you search on Google to reassure yourself that your responses to stressful situations are normal?
- Do you think you are seeking comfort in alcohol, tobacco or other substances and feel that it is getting out of hand?
- As a manager, would you like to have support to better care for your team during and after incidents?
- Upon return from the field, were you disappointed by people’s lack of interest in what you had to say about your mission? Have you found it difficult to readjust to a new setting following your mission?
- Do you feel discouraged or down and would like to communicate with someone about it?



THE CHP OFFERS...

A HOTLINE

- Maybe you just want a short exchange that allows you to put words on temporary difficulties encountered in your work, or relax by talking to someone outside your sphere of everyday field life.
- Maybe you have just gone through an awful incident and don’t know whom to turn to for support.

You can reach our Hotline, where the first 3 sessions are free.

ONLINE COUNSELING

- Perhaps you have been experiencing ongoing difficulties for a long time and feel lost as to how to help yourself feel better.
- Perhaps you have been thinking about seeking support for a long time because you feel you really need to get back to your real self in the midst of a chaotic environment.

For all those situations and others, our Psychosocial Support Service, staffed by a team of humanitarian psychologists and counselors, will respond within maximum 24 hours.

We can communicate with you in English
French and Arabic

WHAT NEXT?



Write an email to: support@humanitarian-psy.org and someone from the team will respond to your message shortly to discuss your situation before you schedule together your first session.

TESTIMONIALS

I choose to write emails instead of skyping. I felt it gave me an opportunity to reflect and also write at my own pace. I also enjoyed the ‘home work’, which helped me learn by doing so to speak.”

“I believe it’s the privacy of the exchange which helped me the most. It helped me rebuild a sort of intimate world I had forgotten in the field.”

“In the tough world of aid work, there is a stigma around vulnerability. It is seen as a weakness. And I was relieved that my exchange with my counselor was anonymous, especially being a man.”