Review of: "Integrating Mental Health Support in Emergency Planning and Disaster Risk Mitigation Strategies"

Zukime Mat Junoh[1]

1 Universiti Malaysia Perlis

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The article discusses the need for integrating mental health support into emergency planning and disaster risk mitigation strategies. It highlights the historical context of emergency response in the US and the establishment of FEMA (Federal Emergency Management Agency) to address various forms of disaster support. However, it points out that the current model of crisis counseling provided by FEMA and other agencies primarily focuses on short-term support and may not adequately address long-term mental health needs of survivors.

The impact of disasters on mental health is emphasized, with a particular focus on the emotional trauma experienced by survivors. The article highlights the increased prevalence of mental health issues, such as anxiety and post-traumatic stress disorders, among disaster survivors. It also mentions the exacerbation of mental health issues during the COVID-19 pandemic.

The limitations of the current healthcare system in responding to mental health issues, including barriers to access and inadequate support for vulnerable populations, are discussed. The article argues for the development of effective mental health preparedness plans that consider the unique needs of communities and involve local stakeholders in decision-making processes.

The importance of collaboration and coordination among mental health services, local agencies, and disaster response teams is emphasized. The article suggests the inclusion of mental health specialists in disaster intervention teams and regular communication and coordination between different entities involved in providing mental health support.

Protective factors and holistic approaches to mental health support are mentioned, including the promotion of daily routines, social connections, self-efficacy, and access to medical care. The article emphasizes the role of communities in providing care and support, particularly in overcoming barriers and addressing the psychological needs of individuals within vulnerable populations.

In conclusion, the article highlights the need for integrating mental health support into emergency planning and disaster risk mitigation strategies. It calls for collaborative approaches, community involvement, and a comprehensive understanding of the psychological needs of individuals affected by disasters.