



# Resilience In Crisis Global Webinar Presentation

Under the leadership of Dr. Bhavna Barmi, Senior Clinical & Child Psychologist, Happiness Studio



### Introduction

Happiness Studio is honoured to host the global webinar 'Resilience In Crisis' in alignment with WHO's 2025 theme: "Mental Health Support in Humanitarian Emergencies" on 10th October, the World Mental Health Day.

Experts from mental health, military, research & academics, social activism, and community resilience domains shared insights on emotional well-being, coping strategies, and recovery in crises.

#### **Concept Idea**

Crises, whether global or personal, test our emotional endurance. Understanding resilience is essential for individuals and communities alike.

### Meet Our Panelists







Senior Psychiatrist Maulana Azad Medical College New Delhi

Assistant Professor in Psychiatry at Subharti Medical College, Meerut



FRC Psych **Consultant Perinatal** Psychiatrist NHS Trust, London



Dr Mano Manoharan Dr Rakesh Chawla Patient of Bipolar Disorder for 25 years



**Shree Singh** Managing Trustee & Director Parternships Kuflon Charitable Trust



Dr Ritika Singh Senior Resident in Psychiatry at Subharti Medical College, Meerut

## PANEL DISCUSSION: QUESTIONS & KEY INSIGHTS

A curated sequence of questions posed to experts during the webinar and the valuable insights shared, highlighting approaches to resilience, mental health support, and coping strategies in crisis situations.

### WHO Theme & Alignment

#### Dr Bhavna Barmi

#### Question

To begin, could you put a spotlight on this year's WHO theme, 'Mental Health Support in Humanitarian Emergencies,' and share how our initiative 'Resilience in Crisis' aligns with it?

- WHO's theme highlights mental health as essential to humanitarian aid and recovery.
- "Resilience in Crisis" complements this by integrating psychosocial well-being with emergency response.
- Building emotional preparedness in communities is key to long-term resilience.

### Psychological Impact in Conflict

### Dr. Ram Ganjoo

#### Question

Having faced crises firsthand in war-affected areas, could you share your insights on their psychological impact and the toll they take on people's emotional well-being?

- Conflict zones heighten anxiety, grief, PTSD, and loss of emotional safety.
- Early support and structured debriefing reduce longterm psychological harm.
- Rebuilding normalcy through community engagement aids recovery.

### Mental & Psychiatric Concerns

### Dr. Ritika Singh

Question

What kind of mental health and psychiatric concerns are most seen during humanitarian emergencies and crisis?

- High prevalence of acute stress disorder, PTSD, anxiety, and depression.
- Grief reactions, substance use, and sleep disturbances often emerge post-crisis.
- Long-term displacement and uncertainty can lead to chronic trauma and adjustment disorders.

### Critical Support Infrastructure

#### **Dr Mano Manoharan**

#### Question

In major emergencies, what kind of critical support for mental well-being is usually available, and how can it be strengthened to better reach those in need?

- Existing supports: hospitals, NGOs, counseling centers, outreach teams.
- Strengthen through inter-agency coordination and training first responders.
- Leverage digital tools and mobile clinics to expand reach.

### Accessibility Challenges

### Dr Mahima Kapoor

Question

While physical needs like food, water, and shelter often take priority during crises, what challenges do we face in making mental health support equally available and accessible?

- Mental health often sidelined in crisis response due to prioritization of immediate physical needs.
- Barriers include stigma, shortage of trained professionals, and lack of structured systems.
- Systemic and policy-level gaps insufficient integration of mental health into disaster management frameworks.

### Community Sensitivity & Endurance

### Ms Shree Singh

#### Question

In remote Himalayas, life seems to be dealing with continuous crisis and hardship becomes normal. When endurance becomes routine, how do we rebuild sensitivity in the community?

- Continuous adversity can cause emotional numbness and burnout.
- Restoring empathy through local dialogue, rituals, and reflection builds collective healing.
- Empowering youth and community leaders strengthens shared resilience.

### Role of Social Support

#### Dr Mano Manoharan

#### Question

When formal systems of care are disrupted, how crucial does social and community support become in maintaining mental well-being?

- Social bonds offer emotional safety when institutional care is absent.
- Community belonging reduces trauma and isolation.
- Encourage peer support and local volunteer networks.

### Personal Triggers & Resilience

#### Dr Rakesh Chawla

#### Question

On a more personal level, as someone who has been battling bipolar disorder with strength, what kind of situations or experiences tend to trigger mental health struggles?

- Triggers may include trauma reminders, emotional stress, or uncertainty.
- irregular routines, sleep disruption, or major life changes may act as escalators.
- Rapid mood shifts and intense emotions, making daily life feel overwhelming and challenging to manage.

### Recognizing & Addressing Triggers

### Dr Mahima Kapoor

#### Question

Since triggers can come from so many different directions like stress, uncertainty, or loss, how can they be recognized and addressed early to strengthen emotional resilience?

- Early warning signs like mood swings or withdrawal shouldn't be ignored.
- Coping involves mindfulness, maintaining daily routines, emotional check-ins, and timely professional help.
- Building safe spaces for dialogue at home, workplaces, and schools encourages support and reduces stigma.

### Understanding Resilience

### Dr Swaleha Mujawar

Question

A whole chapter in your book is dedicated to resilience. Would you throw some light on understanding resilience during crisis?

- Resilience is built through acceptance, adaptability, and purpose.
- Maintaining relationships and meaning-making fosters recovery.
- Stories of overcoming adversity inspire hope across communities.

### Rebuilding After Crisis

### Dr Bhavna Barmi

#### Question

To conclude, what are some evidence-based techniques or practical approaches that have proven effective in helping people recover emotionally and rebuild resilience after a crisis?

- Psychological First Aid (PFA), CBT, mindfulness improve coping and post-crisis adjustment.
- Group therapy and expressive arts foster collective healing.
- Integrate resilience training into schools and community programs.

### Key Takeaways & Recommendations

- Mental health support must begin alongside physical relief.
- Build community-based resilience networks and empower local care systems.
- Combine evidence-based therapies (CBT, PFA, mindfulness) with empathy-led outreach.

### Our Team



Dr Bhavna Barmi

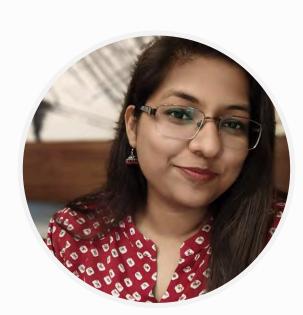


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# THANK YOU

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