

Digital Pre-Event

Wednesday 22 April 14:00-16:00

3rd Nordic Conference on Mental Health and Psychosocial Support

From response to resilience:
Strengthening mental health
and psychosocial wellbeing before,
during and after emergencies

CLIMATE AND NATURE

CHILDREN AND EDUCATION

INNOVATION



Shaping the Oslo Open Pledge 2026



Agenda & objectives

- Introducing the Nordic Network and the Oslo conference
- Learn about key shifts in the MHPSS landscape since the 2024 Malmö Conference
- Get an overview of emerging general and thematic priorities
- Co-create recommendations for the next two years of collective Nordic action

Oslo Open Pledge 2026



The key outcome document of the next Nordic MHPSS Conference including recommendations for all Nordic actors in strengthening mental health and psychosocial support (MHPSS) for children and communities before, during and after emergencies.



Housekeeping



- Introduce yourself in the chat, **name, country and affiliation**
- Make sure you are muted when you are not speaking
- The meeting will be recorded and shared post-event
- Have the survey findings briefing on hand for reference

In case of technical difficulties,
reach out to our Zoom host Maia Pedersen in the chat

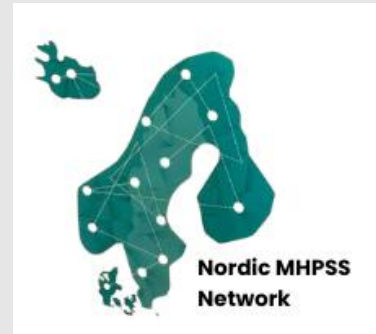


Nordic MHPSS Network



Nordic MHPSS Conferences:

- The first - in Copenhagen in 2022.
- The second - in Malmö in March 2024.
- The third - in Oslo in June 2026.



National networks in:

- Norway (2012)
- Denmark
- Sweden
- Finland and Island – not yet



From response to resilience

Strengthening mental health and psychosocial wellbeing before, during and after emergencies



3rd Nordic Conference on Mental Health and Psychosocial Support

in Oslo, Norway
3-4 of June 2026



From response to resilience:
Strengthening mental health and psychosocial
wellbeing before, during and after emergencies

CLIMATE AND NATURE

CHILDREN AND EDUCATION

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Co-hosts:



Donors:



3rd Nordic MHPSS Conference



INVITATIONS

Mental Health Youth Alliance Day

2 June 2026
Venue: Oslo Met
Through MHYA

Open session

3 June 2026 8.30-12.00
Venue: Oslo Met
Open invitation

Main conference

3 - 4 June 2026
Venue: Oslo Met
On-invitation



Opening session



Music

Welcome, **Heidi Westborg Steel, NNGMH**

Welcome to Oslo Met, **Deputy Rector, Carl Christian Thodesen**

Minister of Development, Åsmund Aukrust

Norwegian State Secretay for Health, Usman Mushtaq



OSLOMET

Wednesday, June 3rd

Open Session **Climate and Nature**

8:00	08:00 – 08:30: COFFEE & REGISTRATION
	08:30 – 09:00: WELCOME SESSION
9:00	09:00 – 10:00: KEY NOTES AND GREETINGS Greetings and key notes from around the world
10:00	10:30 – 11:15: ROUND TABLE CONVERSATION Shifting power dynamics, confronting colonial structures and discrimination
11:00	11:15 – 12:00: PANEL DISCUSSION Rooting action in policy - a conversation between civil society and government.
12:00	12:00 – 13:00: LUNCH
	13:00 – 13:15: NNGMH, ROADMAP
13:00	13:15 – 13:40: PLENARY Track 1: Climate and nature
14:00	14:00 – 16:00: BREAKOUT SESSIONS <ul style="list-style-type: none"> Integrating climate and MHPSS in Fragile and Humanitarian Settings Community-Led and Inclusive Responses to Climate-MHPSS Challenges Community-Led and Inclusive Responses to Climate-MHPSS Challenges (TBC)
15:00	
16:00	16:30 – 17:30: CLOSING PLENARY <ul style="list-style-type: none"> Track 1: Climate and nature summary Panel discussion: Rooting action in funding. A conversation about innovative funding between donors
17:00	
18:00	
19:00	19:00 RECEPTION AT THE NOBEL PEACE CENTRE

OSLOMET

Thursday, June 4th

Children and Education **Innovation**

8:00	08:00 – 09:00: COFFEE
	9:00 – 9:15: WELCOME DAY 2
9:00	9:15 – 10:00: PLENARY Track 2: Children and education
10:00	10:15 – 11:45: BREAKOUT SESSIONS <ul style="list-style-type: none"> Evidence and action for children's mental health and well-being Early Childhood Development and caregiver mental health and well-being Children's voices and education
11:00	
12:00	11:45 – 12:45: LUNCH
	12:45 – 13:30: FEEDBACK Track 2: Children and education summary
13:00	13:35 – 14:15: PLENARY Track 3: Innovation
14:00	14:30 – 16:00: BREAKOUT SESSIONS <ul style="list-style-type: none"> Locally led innovation Collaborations for Accelerating Innovation Integration and key learnings
15:00	
16:00	16:15 – 17:15: CLOSING PLENARY <ul style="list-style-type: none"> Track 3: Innovation summary Panel discussion: Rooting action in leadership Closing remarks: Nordic MHPSS networks
17:00	
18:00	
19:00	



A global overview on mental health and psychosocial support

Global Humanitarian Overview: People in need of humanitarian assistance (OCHA)

2025

305 mio globally

2026

239 mio in 50 countries

MHPSS in global frameworks and resolutions:

- RCRC Resolution on MHPSS in emergencies ([2019](#) & 2024)
- UNGA Resolution on MHPSS ([2023](#))
- WHA Resolution on MHPSS in emergencies ([2024](#))
- UNGA Declaration on NCDs and Mental Health ([2025](#))
- Human Rights Council Resolution on Mental Health and Human Rights ([2026](#))



Nordic MHPSS Conference 2026

Survey findings: Pre-conference briefing

96

Respondents

4

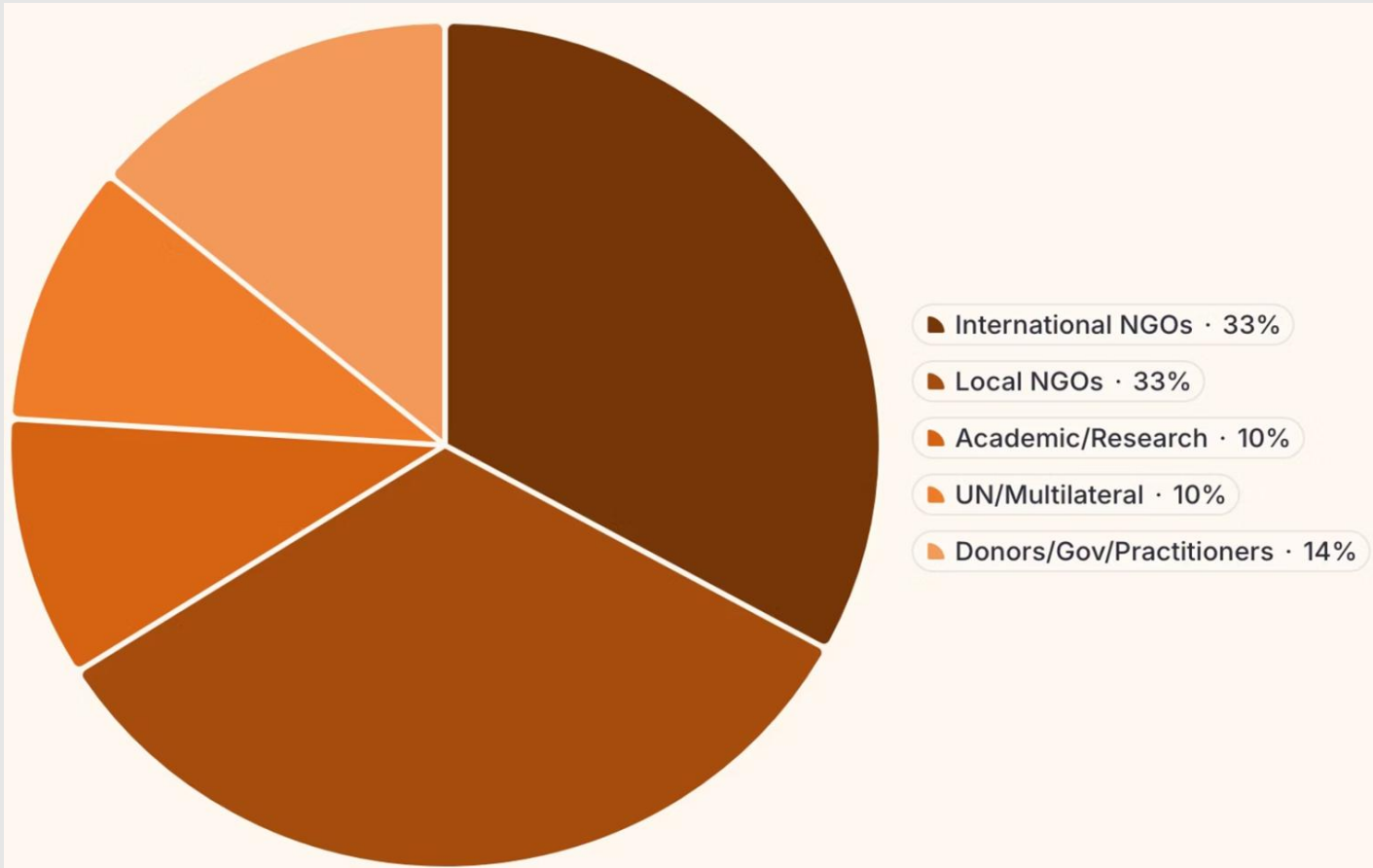
Sections

NGOs, research institutions, donors, practitioners, UN agencies, and youth-led organizations,
spanning multiple regions and contexts.

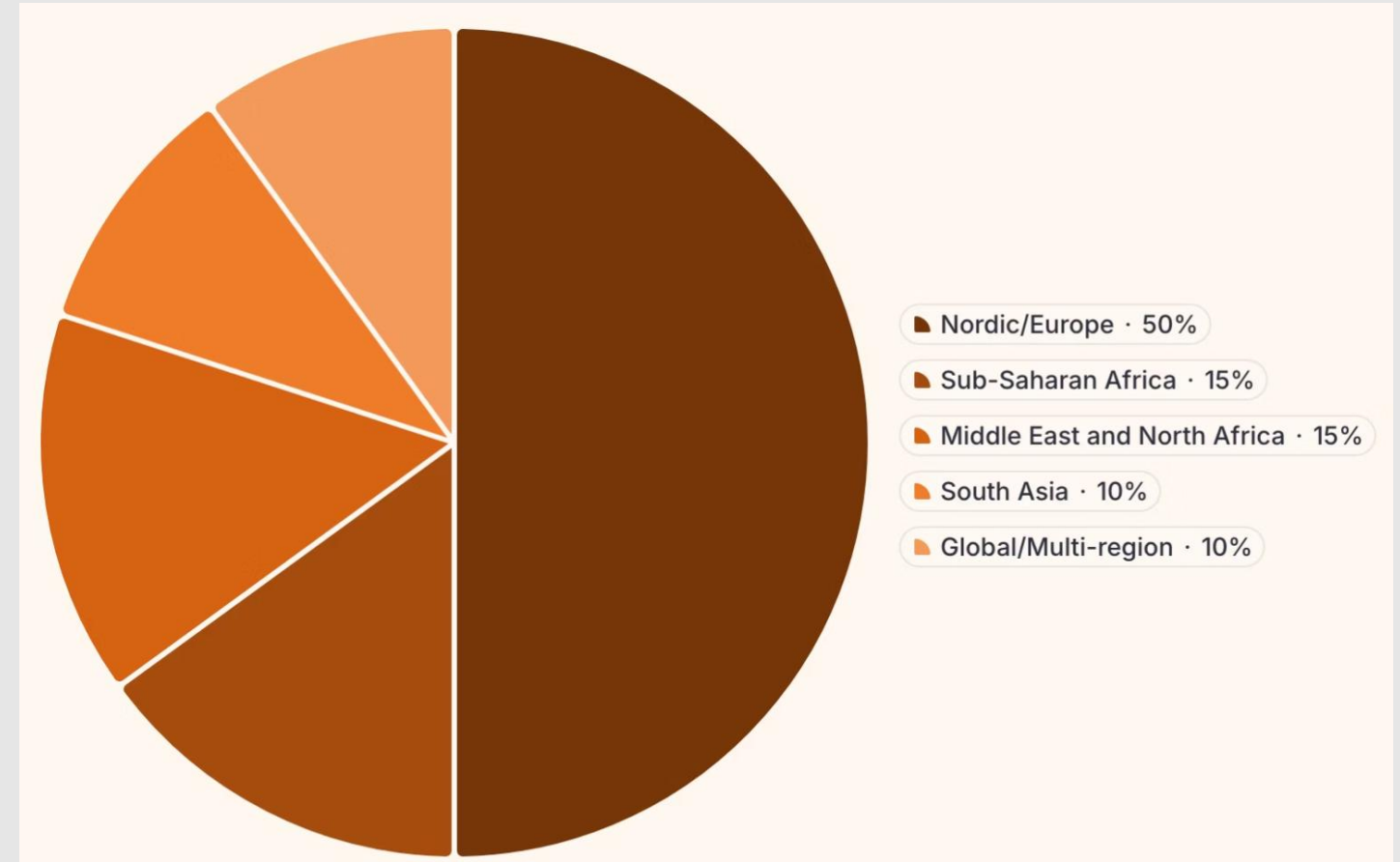


Respondent profile

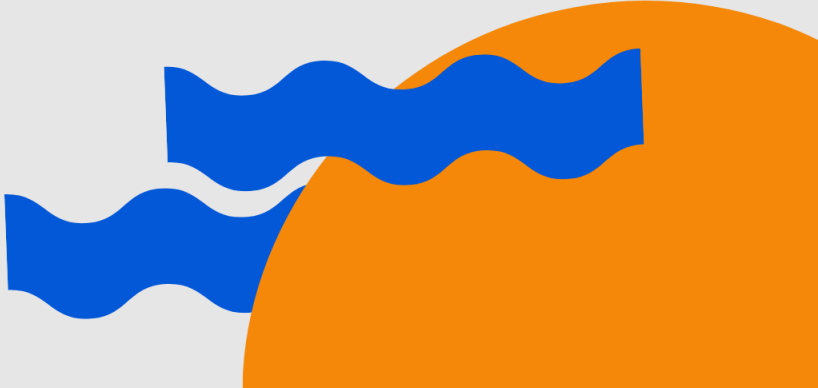
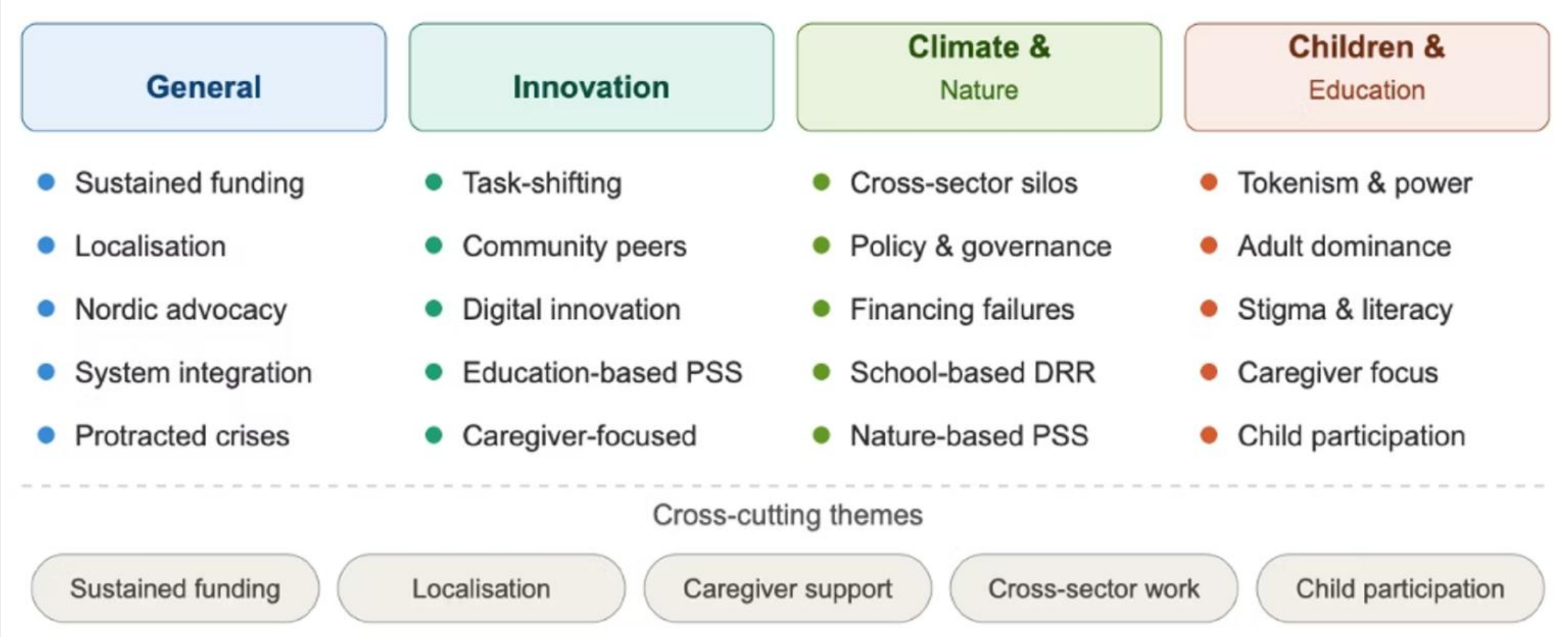
Primary Role



Geographic Region

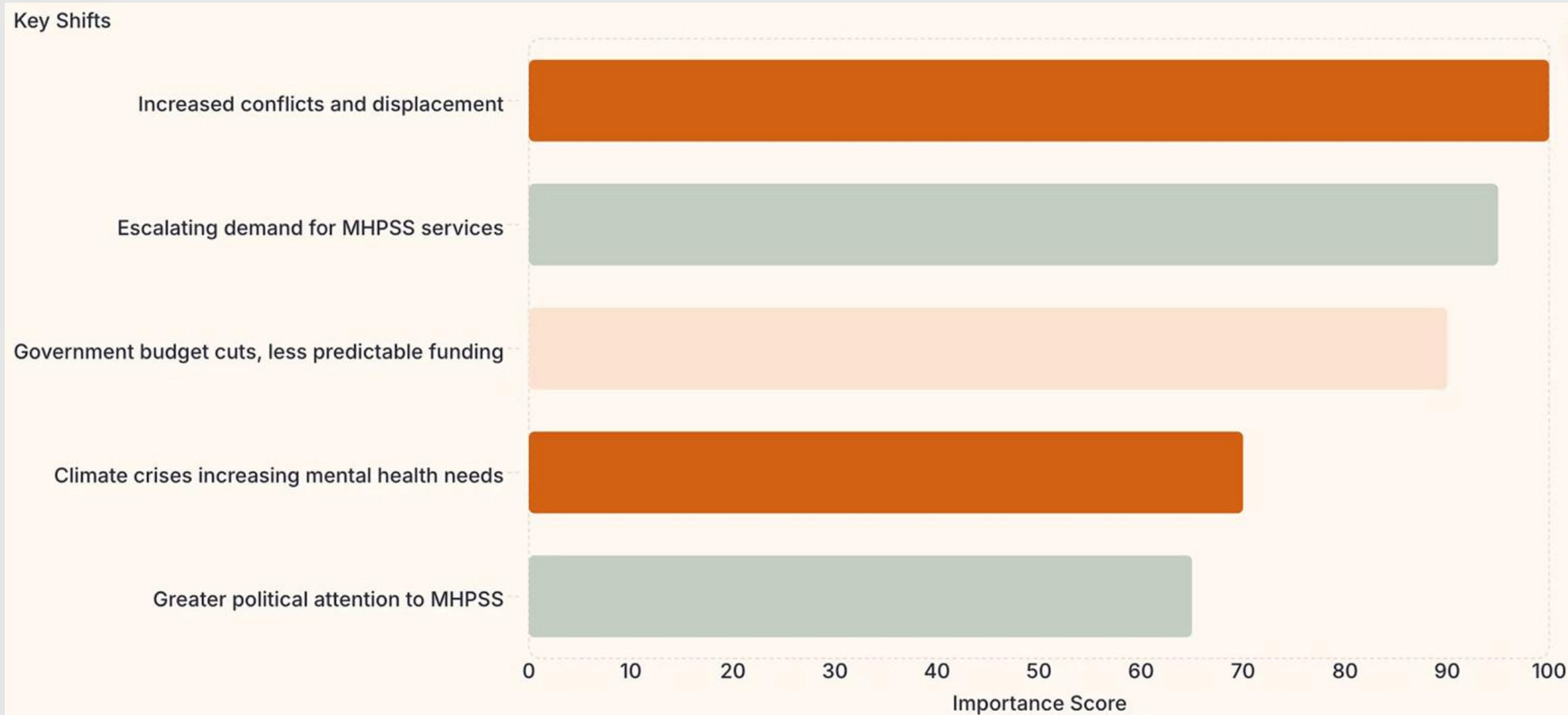


Survey thematic analysis overview



General sector priorities

What has changed since the 2nd Conference in Malmö?



Urgent priorities & key barriers

Most Urgent Priorities



Collective advocacy for stable, long-term funding



Expanding services to meet escalating demand



Supporting and protecting frontline staff

Biggest Barriers to Expanding MHPSS



Lack of funding and funding uncertainty
(top barrier by wide margin)



Insufficient trained workforce



Lack of political will and leadership

Where are MHPSS needs greatest?

1

Preparedness

Proactive measures to build resilience before crises hit.

2

Acute Emergency Phases

Immediate MHPSS response during initial crisis impact.

3

Long-Term Recovery

Sustained MHPSS support for individuals and communities rebuilding lives.

4

Ongoing & Protracted Crises

The greatest need, often overlooked in media attention and funding.

"Ongoing and protracted crises are neglected and forgotten and don't attract the same media attention as the newest crises."



Oslo Open Pledge 2026: Top priorities

Participants identified three critical priorities for the MHPSS sector:

1

Localisation & Shifting Power

Including youth participation and leadership.

2

Scaling Pathways & System Integration

3

Climate change -Responsive MHPSS



Most important action for Nordic actors



Commit to Funding

Committing to sustainable, flexible, multi-year pooled funding for MHPSS



Champion MHPSS

Using Nordic diplomatic capital to champion MHPSS in international fora (UN and EU level)



Shift Power to Local

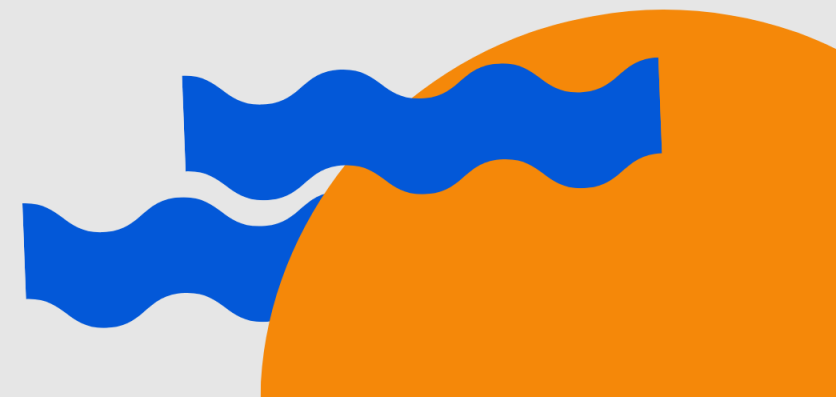
Shifting power and resources to local and community-based organisations



Embed into Systems

Embedding MHPSS into national health, education, and social protection systems

"Support and fund locally led, long-term MHPSS ecosystems—by shifting resources directly to community-based organisations."



Innovation: Transformation & scale

Highest Transformation Potential



Community co-design models
(ranked first)



Innovative implementation
strategies



Digital delivery platforms

⊗ Barriers to Scaling Innovation



Funding risk aversion (biggest
barrier)



Workforce capacity constraints



Infrastructure gaps



Institutional resistance



Digital tools & scalable interventions

Where Digital Tools Add Most Value

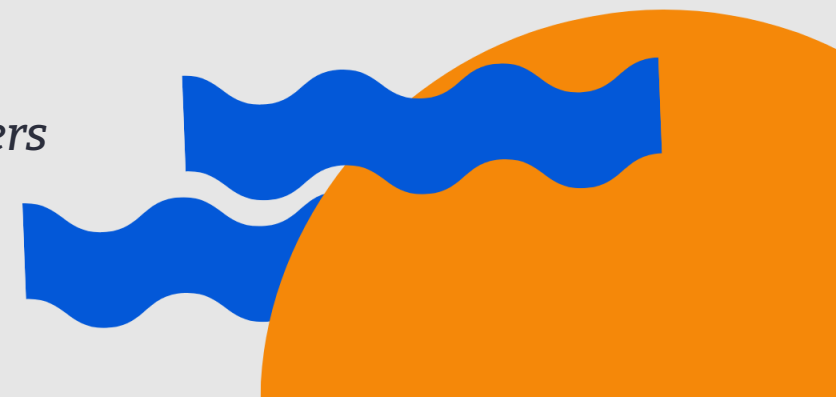
- Remote service delivery
- Workforce training and supervision
- Quality assurance

Innovations ready to Scale

- Task-shifting and mhGAP-based models (most-cited scaling success)
- Community-based peer support models
- Digital and remote innovation (phone-based counselling, app-mediated interventions, screening & follow up)
- Education-based programmes

"Scale was enabled by government ownership, task-shifting to non-specialists, standardised tools, and sustained donor support."

"Strong community engagement, partnerships with local organisations, and training-of-trainers models enabled scale."



Climate & Nature: Challenges & solutions

Fastest-growing climate-MHPSS challenges

Livelihood stress

Roughly two-thirds of respondents cited this as a major challenge.

Displacement-related grief

Also identified by roughly two-thirds of respondents.

Most Promising Intervention Types

01

Livelihood-plus-psychosocial models

02

Disaster preparedness integrated with MHPSS

03

Nature-based approaches

04

Indigenous knowledge integration

Most scalable climate-MHPSS interventions



School-based disaster risk reduction (DRR)

Most frequently cited, valued for integration into existing education systems and dual benefit of building disaster preparedness and psychosocial resilience.



Livelihood-psychosocial integration models

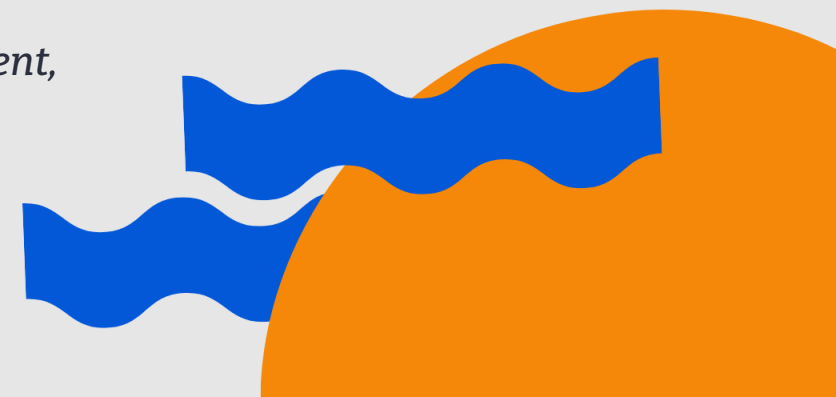


Disaster preparedness with embedded MHPSS






Nature-based approaches

"Nature-based approaches to psychosocial well-being are the most scalable. They are low-cost, easy to implement, adaptable across settings, culturally acceptable, and can be integrated into existing education and community programs without requiring specialised infrastructure."



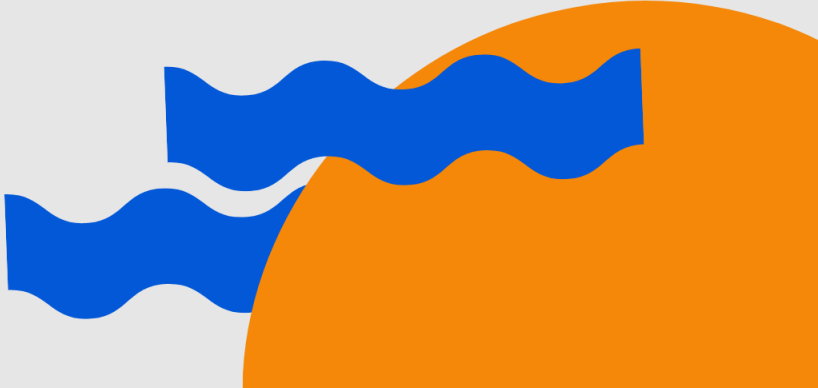
Children & Education: Threats & interventions

Biggest Threats to Children's Mental Health

-  Protection risks including violence against children and child recruitment
-  Caregiver stress
-  Loss of safe spaces

High-Impact Interventions

-  Social and Emotional Learning (SEL)
-  Early childhood development
-  Parenting / Caregiver support
-  Play-based healing



Barriers to scaling child-focused interventions



Financing limitations

Most frequently selected barrier for child-focused MHPSS interventions.



Poor coordination between education, protection, and health systems

Lack of integrated approaches across key child-serving sectors.



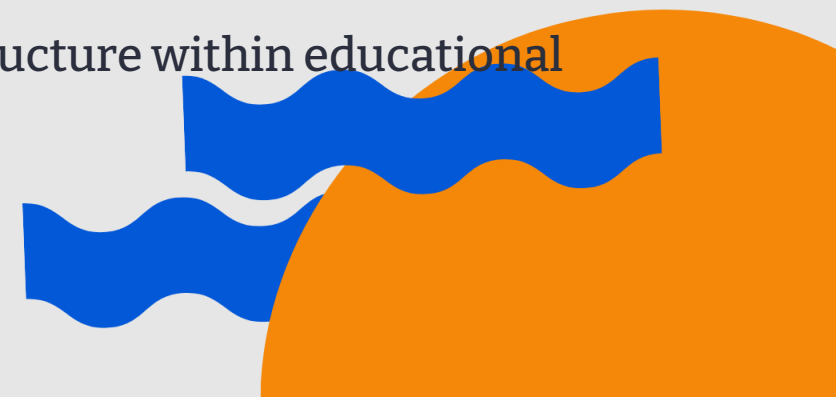
Workforce training gaps (including supervision)

Shortages in trained personnel and adequate supervision hinder program expansion.



Education system capacity constraints

Limited resources and infrastructure within educational settings impact delivery.



Meaningful child & youth participation

Tokenism



Children are consulted but rarely given genuine decision-making power.

Adult-driven Systems



Adult-driven systems and institutional risk aversion limit youth involvement.

Misused Safeguarding



Safeguarding concerns sometimes used to restrict rather than enable participation.

Stigma



Stigma associated with MHPSS issues can deter participation.

Low MHPSS Literacy



Low MHPSS literacy among caregivers and decision-makers hinders understanding and support.

Short-Term Funding



Short-term donor cycles do not build in participation from the outset.

*"The biggest barrier is the **tokenistic engagement of children and youth**, who are consulted but not given real decision-making power."*



Key Takeaways & Next Steps

Funding and political will are critical barriers

Localisation and shifting power to local actors is essential

System integration and coordination are needed across sectors

Innovation and digital tools offer promising pathways

Caregiver and community wellbeing are foundational



Time for workshops in breakout rooms



Six facilitated spaces for co-creation

- Part 1: six groups all covering the general sector priorities (20 min)
- Part 2: two groups covering each conference thematic track (30 min)

Choose your group and stay for the full workshop

Innovation:	Group 1 and Group 2
Climate & Nature:	Group 3 and Group 4
Children & Education:	Group 5 and Group 6

