



Mental health in humanitarian and conflict settings

Frédérique Vallières

Lecture & Lecturer Overview

Frédérique Vallières is Professor in Global Health based in the Trinity Centre for Global Health. Her research prioritises participatory approaches to understanding individual, community, and system-level responses to catastrophic life events, with the aim of strengthening the evidence for how health systems can better respond to - and recover from - potentially traumatic events. Her work is characterised by close collaboration with civil society organisations and UN, non-governmental, and academic partners across Europe, Southwest Asia, and North and sub-Saharan Africa. This talk will examine common mental health responses in humanitarian conflicts and emergencies, exploring how psychological distress, trauma, and psychosocial needs emerge within contexts of violence, displacement, and disruption. It will provide an overview of evidence-based approaches to mental health and psychosocial support (MHPSS), including community-based interventions, psychological first aid, structured psychosocial programmes, and integration of mental health care within humanitarian health systems. The talk will critically consider challenges in delivering effective, culturally appropriate, and sustainable responses, including resource constraints, ethical considerations, local capacity strengthening, and the importance of participatory approaches in crisis-affected settings.



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Date

09 December 2026