

Box 1 Levels of delivery of psychosocial interventions

First level: Support for all the victims (by medical students)

- Basic psychological support
- Assess needs (physical, psychological and social)
- Liaison between different specialists/agencies to bridge gaps
- Identify & refer vulnerable patients to psychiatric team
- General advice and information about dealing with the disaster
- Support for the family

Second level: Support for vulnerable group (by doctors trained in psychiatry/postgraduate trainees)

- Grief counselling to deal with losses
- Pre-operative and post-operative counselling for amputation
- Encourage victims & families to share their experience
- Encourage families to share bad news
- Motivation for exercise and rehabilitation
- Detect existing mental illness
- Prescribe psychotropic medication (under supervision)
- Refer complex cases to the consultant psychiatrist

Third level: Support for complex cases and training (by consultant psychiatrist)

- Manage complex psychological difficulties including breaking bad news
- Assess & treat mental illness
- Supervise psychiatric trainees
- Train doctors/medical students/volunteer aid workers
- Establish support groups
- Liaison with administration
- Prepare protocols/information leaflets/guidelines