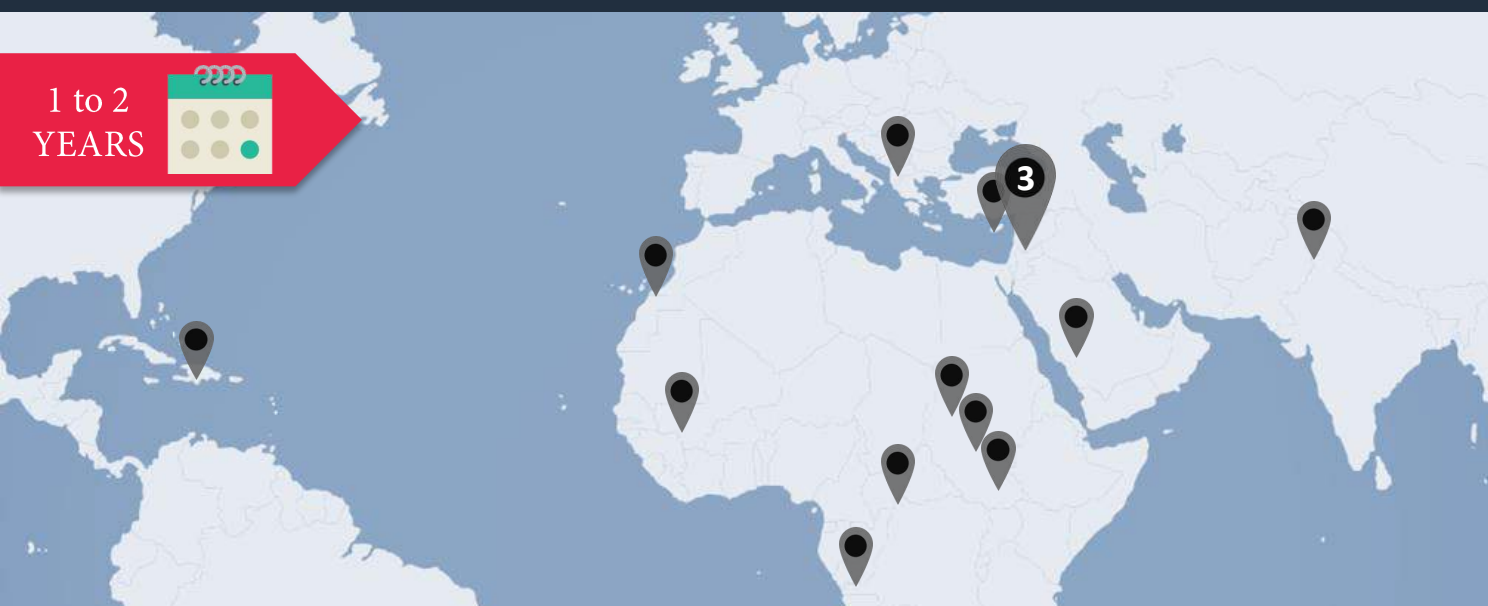




MENTAL HEALTH ISSUES IN UN PEACEKEEPING



14 OPERATIONS

100 K PEACEKEEPER

United Nations Peacekeeping. (2018). DATA. [online] Available at: <https://peacekeeping.un.org/en/data> [Accessed 3 Dec. 2018].

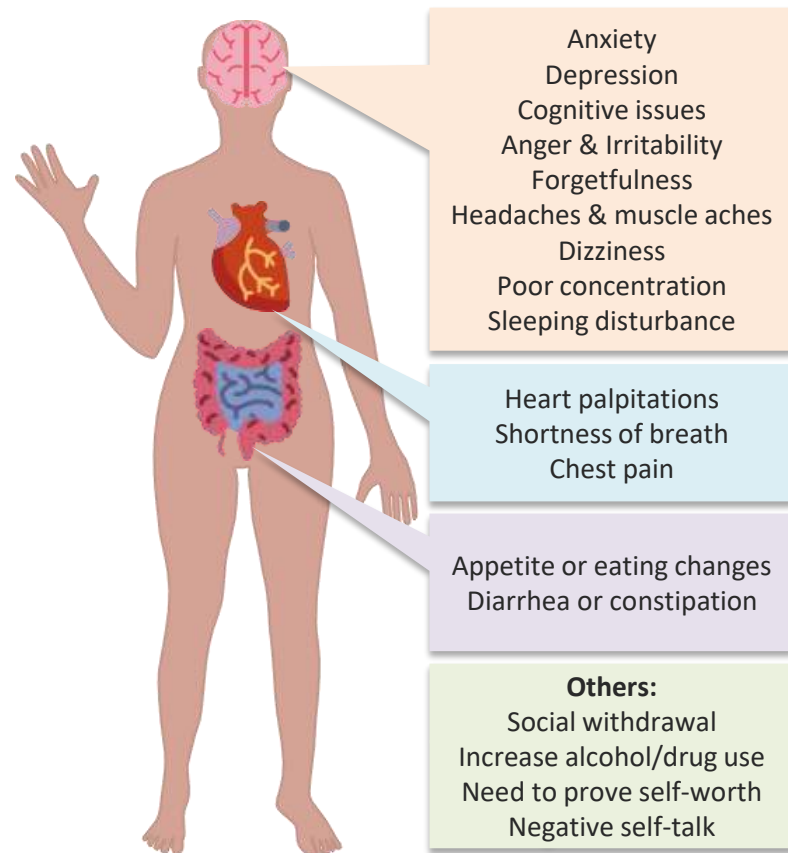
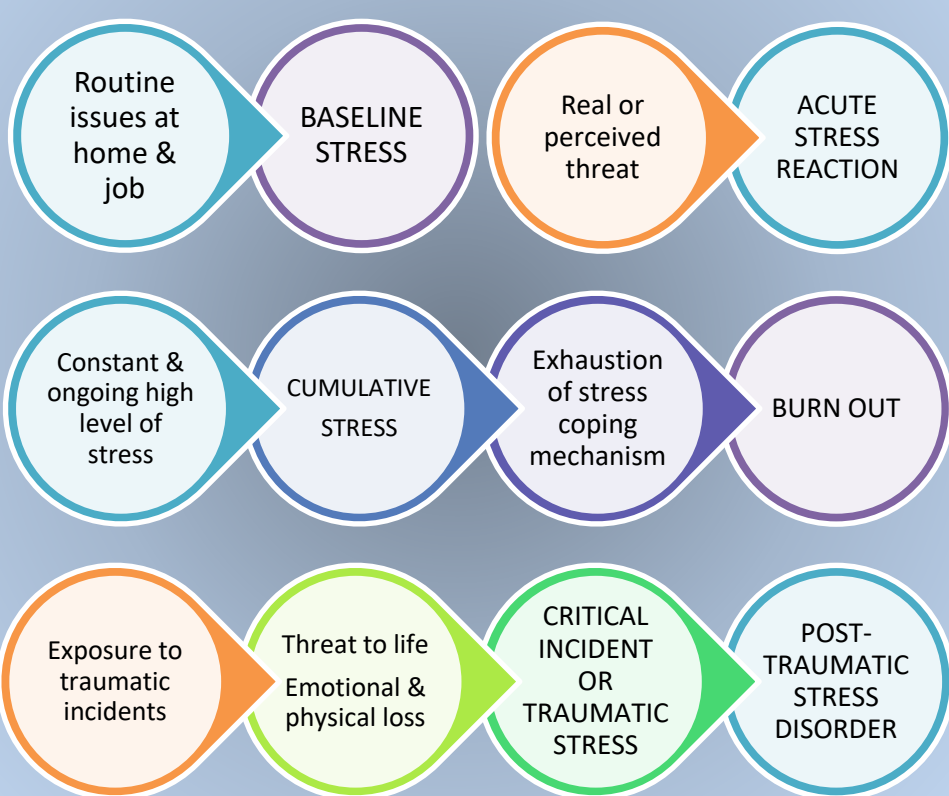
STRESSORS IN PEACEKEEPING



Shigemura J, Nomura S. Mental health issues of peacekeeping workers. Psychiatry Clin Neurosci. 2002 Oct;56(5):483-91. Review. PubMed PMID: 12193236.

STRESS RESPONSES

SIGNS OF STRESS



Medical Support Manual for United Nations Field Missions. 3rd ed. United Nations; 2015.

PTSD	Major Depression	Generalized Anxiety	Potential Traumatic Events (PTE)
2.8x	2.5x	1.6x	Threat of injury (83%)
Alcohol Misuse	Alcohol dependence	Suicidal Ideation	Threat of death (77%)
3.4x	3.1x	4x	Seeing dead bodies (78%)
		Suicide Plan	Witnessing misery (72%)
		8.3x	Injury/Death of co-worker (64%)
		Suicide Attempt	14% Killing others
		5x	17% Injuring others

Forbes D, O'Donnell M, Brand RM, Korn S, Creamer M, McFarlane AC, Sim MR, Forbes AB, Hawthorne G. The long-term mental health impact of peacekeeping: prevalence and predictors of psychiatric disorder. BJPsych Open. 2016 Jan 20;2(1):32-37. eCollection 2016 Jan.

GENERAL STRESS MANAGEMENT GUIDANCE



PROFESSIONAL HELP

Contact information of staff counsellor: https://iseek-newyork.un.org/system/files/contact_a_staff_counsellor_0.pdf

Understanding and managing your stress [Internet]. HR Portal. [cited 8 December 2018]. Available from: <https://hr.un.org/page/understanding-and-managing-your-stress>

Images from



Icons from



Design elements from

