Psychosocial support services for youth and adults affected by the landslide disaster in Katesh, Hanang District, Tanzania

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ABSTRACT

The landslide disaster in Katesh, Hanang District, Tanzania, had diverse effects on the psychosocial wellbeing of the affected populations. There were efforts and initiatives targeted to address its effects. However, the psychosocial-related problems affected the lives of individuals in communities. This study examines psychosocial support services provided to youth and adults following a landslide disaster in Katesh, Hanang District. The Social Support Theory guided the study. The study employed a qualitative approach with a descriptive phenomenological design. The target population was the youth and adults aged 15 years and above affected by the landslide disaster in Katesh Ward. Thirty-eight (38) informants were involved in the study. Non-probability sampling techniques, including convenience sampling and snowball sampling techniques, were used to select respondents. In-depth interviews and focus group discussions were used to collect primary data and a review of various documents to collect secondary data from both written and electronic materials. Thematic analysis was used to analyse data. The major findings show that the psychosocial support services that were provided included social support services, such as physical and material support, family and community support, medication and referrals. Also, psychological support services included psychological counselling, emotional support and encouragement. The psychosocial support services were provided timely in a well-coordinated system. The findings also highlighted the challenges encountered in the provision of psychosocial support services, including inadequate financial resources and human resources. The study recommends the strengthening of the capacity of local communities through training and skills development in disaster management and ensuring continuity and sustainability in the provision of psychosocial support services, including psychological counselling services.

Keywords: Psychological Counselling, Psychosocial Support, Psychological Wellbeing, Tanzania, Youth and Adults

I. INTRODUCTION

Disaster affect livelihoods, destroy infrastructure, and causes health problems. It has diverse effects on psychosocial wellbeing of the affected populations (Tol, et. al., 2023). Psychosocial related problems include family separation after disaster, disruption of social networks and community structures and support mechanisms (Bangpan, et. al., 2019). The provision of psychosocial support involves counselling and therapy services. On the other hand, social support involves community building activities or connecting individuals with social networks (World Health Organisation, 2023). Psychosocial support services help in the recovery process and in the prevention of problems that may be encountered in the community. It involves activities that increase resilience and coping of the youth, adults and other affected individuals. The services, which are provided to the affected individuals include basic needs and information supply, health care, psychological support, and social support (El Barazi, 2023).Therefore, psychosocial support services improves emotional resilience, reduces stress and encourages community support networks during the recovery process from disaster (Awadhalla & Qaroon, 2018).

The Sendai Framework for Disaster Risk Reduction of 2015-2030 aimed at preventing and reducing losses in lives, livelihoods, economies and infrastructure. Thus, framework calls for raising awareness for resilient future (United Nations Disasters Risk Reduction (2023). In addition, sustainable development goals emphasize the promotion of wellbeing and health lives (World Health Organisation, 2018). Likewise, the Sustainable Development Goal 3 aims to ensure healthy lives and promotion of wellbeing for all ages. It targets on risk reduction and management of national and global health risks (United Nations, 2019; Siragusa et. al., 2022).

The national Disaster Management Strategy aims to ensure the provision of psychosocial and mental health, and rehabilitation services for all people in need during emergency and recovery process. Hence, disaster prevention, mitigation and preparedness aim to enhance disaster prevention at all levels for community resilience (United Republic of Tanzania, 2022a). Moreover, the national guidelines for the provision of psychosocial care and support services targets to ensure the provision of standardized and quality psychosocial care and support services that are

responsive to all key and vulnerable populations for their full psychological and social well - being. Thus, one of its objectives is to strengthen the coordination for the provision of quality psychosocial care and support services (United Republic of Tanzania, 2020). This study therefore aimed to assess psychosocial support services provided to the youth and adults affected by landslide disaster. Psychosocial support in this study refers to the process and actions that promote the holistic wellbeing of people in their social life.

Disasters have serious psychosocial effects on the affected population. They create significant disturbance to the lives of a large number of people. There have been efforts and strategies to ensure the preparedness for disasters and the provision for psychosocial support services among the affected communities in Tanzania (United Republic of Tanzania, 2020; United Republic of Tanzania, 2022a). However, the effects of disaster results in a state of denial due to the loss and vulnerability of the victims due to the feeling of insecurity attributed by the loss of asserts, property and destruction of homes (Kohtz, et. al., 2018). In addition, death of family members and relatives lead to insecurity due to the loss of a sense of belonging, love and attachment.

This study assessed psychosocial support services, which are provided for psychological wellbeing of affected individuals. The study findings provide insights on psychosocial support services provided to affected youth and adults. Thus, the study contributes to ensuring that knowledge on psychosocial support services and psychological well-being among youth and adults in the affected communities is disseminated to all stakeholders for galvanising informed decisions. The study findings would help to inform and influence policy related to psychosocial support and psychological wellbeing. The study informs policy makers in education and health sectors on the provision of psychosocial support to the affected communities. This study therefore, sought to contribute to theoretical and practical knowledge on psychosocial support services for psychological wellbeing among youth and adults population.

1.1 Statement of the Problem

Provision of psychosocial support services to individuals and families affected by disasters is of paramount importance. Psychosocial support involves easing psychological, social and physical difficulties for individuals, families and communities. It targets to enhance wellbeing and ensure recovery and adjustment after lives disruptions (Brooks, et. al., 2018). Psychosocial support activities include counselling on psychological and social problems attributed by traumatic life experiences and social support such as provision of material and physical support, and health care services including treatment and referrals (Awadhalla & Qarooni, 2018). Psychosocial support services are targeted to support families and victims to address their emotional, social, physical, and health needs. It therefore, involves promotion of a sense of safety and ensures a hopeful future after experiencing negative feeling and perceptions (United Republic of Tanzania, 2020).

However, availability and access to psychosocial support services is still low in LMIC (Low and Medium Income Countries) including Tanzania. Despite efforts done in provision of psychosocial support services there are challenges in access to psychosocial support services to victims of disasters. Evidence suggests that the needs for psychosocial support services, exceeds the capacity for social services and health care systems in LMIC (Deimling, et. al., 2018, Leon-Himmelstine, et. al., 2021). The current body of literature do not adequately address provision of psychosocial support services and the challenges encountered in the recent land slide floods disaster encountered by teenagers and adults in Hanang. Psychosocial support services and resources are still limited in community (Leon-Himmelstine, et. al., 2021). Therefore, this study presents significant contributions in disaster risk reduction by examining the psychosocial support services and the challenges associated to its provision.

1.2 Research Objectives

i. To identify psychosocial support services provided among youth and adults impacted by landslide disaster.
ii. To determine challenges encountered in the provision of psychosocial support services.

1.3 Research Questions

i. What psychosocial support services were provided to youth and adults following landslide disaster?
ii. What challenges were encountered in the provision of psychosocial support services?

II. LITERATURE REVIEW

2.1 Theoretical Review

2.1.1 Social Support Theory

This research study was guided by Social Support Theory, which was propounded in the mid-1970 and early 1980's. The theory explains the importance of provision of information, instrumental, appraisal and emotional support when one is in need or stress (Murphy, 2024). Thus, social integration facilitates access to different forms of social support from various sources including family members, friends, colleagues and community resources. The theory proposes that social relationships and support networks are important in individual's well-being. Thus, access to

supportive relationships such as emotional support, information guidance, tangible assistance and a sense of belonging has a positive impact on an individual's physical and mental health (Murphy, 2024).

According to the theory, social support can have significant impact on individual's wellbeing, coping strategies and health outcomes. It ensures resilience through self-esteem, a sense of belonging and control of individual's circumstances and challenges encountered. Thus access to supportive relationships helps to address negative effects and stressful experiences (Murphy, 2024). This study used Social Support theory to examine psychological wellbeing and psychosocial support services provided to the youth and adults affected by land slide disaster.

2.2 Empirical Review

2.2.1 Psychosocial Support Services Provided Among Youth and Adults Impacted by Landslide Disaster

Empirical research continually demonstrates that psychosocial support is an essential element of disaster management, especially for teenagers and adults susceptible to psychological and social suffering after occurrences like landslides. Psychosocial support, as articulated by the United Nations Relief and Works Agency (2016), include initiatives designed to improve the comprehensive welfare of individuals within their social contexts, particularly by fostering resilience and assisting individuals in managing various stresses. The Inter-Agency Standing Committee (2007) specifies that psychosocial support encompasses both environmental and emotional dimensions, assisting impacted populations in coping with mental health issues and social disturbances.

In crisis scenarios, psychosocial support services typically categorise into three primary types. The initial component is fundamental psychosocial assistance, which entails enhancing awareness and fostering coping mechanisms within the society. This include group talks, community meetings, and general emotional support, all aimed at cultivating resilience on a wide scale. The second group encompasses peer support and community-based solutions, wherein individuals impacted by disaster—both kids and adults—are motivated to exchange their experiences and derive insights from one another. This method is especially beneficial in communities impacted by disasters, as it utilises social networks to offer emotional support and pragmatic guidance (IASC, 2007). The third category of treatment is personalised psychological care, encompassing individual counselling and group therapy sessions aimed at individuals undergoing significant psychological suffering. These interventions often encompass professional evaluation, therapy formulation, and subsequent care to guarantee enduring healing. The provision of psychosocial support services in catastrophe contexts typically entails a cooperative endeavour among several stakeholders.

The World Health Organisation (2023) emphasises the significance of multi-sectorial engagement, acknowledging the contributions of governmental bodies, non-governmental organisations (NGOs), and community leaders. In Tanzania, psychosocial support services post-disasters are coordinated across multiple administrative tiers, from national ministries to local government authorities; with Council Health Management Teams (CHMTs) supervising implementation at the community level (United Republic of Tanzania, 2020). Non-governmental organisations often engage in delivering direct services, including counselling, mental health education, and the capacity building of local service providers, which is essential for both rapid and sustained rehabilitation (Andersen et al., 2022).

2.2.2 Challenges Encountered in the Provision of Psychosocial Support Services

Although the need of psychosocial support in disaster response is acknowledged, empirical research reveals numerous on-going obstacles that impede successful service delivery. A principal difficulty pertains to the coordination among the diverse stakeholders engaged in providing psychosocial support. Dickson and Bangpan (2018) observe that coordination difficulties may arise from divergent organisational missions, individual attitudes, and disparate degrees of comprehension of mental health and psychosocial support. Insufficient coordination may lead to resource depletion, effort redundancy, and inconsistent service provision, ultimately diminishing the efficacy of treatments. Duruel (2023) emphasises that inadequate coordination frequently results in delays in support delivery and deficiencies in essential services, especially for at-risk populations such as kids and adults.

Communication obstacles represent a considerable issue in catastrophe contexts. Becker et al. (2019) underscore the need of prompt and precise information dissemination between impacted communities and assistance teams. Inadequate communication might render individuals oblivious to available resources, while postponed or erroneous information may undermine trust and obstruct community engagement in recovery initiatives. Literature indicates that informal community meetings and feedback systems may effectively address these concerns; however, their implementation frequently lacks consistency.

An additional problem noted in the literature is the transient character of several psychosocial support programs. Duruel (2023) and Dukiya and Benjamine (2021) contend that although prompt assistance from external specialists and agencies is beneficial, it frequently falls short in meeting long-term psychosocial requirements. Affected persons, especially those who have undergone significant trauma, necessitate continuous counselling and

subsequent treatment to attain psychological healing. The absence of continuous care may result in unaddressed long-term needs and hinder the healing process.

Resource limitations significantly hinder successful service delivery. Safapour et al. (2021) and Puri et al. (2024) indicate that financing for psychosocial assistance is often temporary, generally allocated for under a year, so constraining the capacity to implement thorough and enduring interventions. Alongside budgetary constraints, there frequently exist deficits in trained staff, supplies, and other essential resources, especially in low-resource environments. These limits can impede service continuity and leave impacted populations without sufficient support, particularly as the acute phase of disaster response shifts to prolonged recovery.

III. METHODOLOGY

3.1 The Study area

This study was conducted in Katesh Ward in Hanang District in Manyara region. According to (Tanzania Meteorological Authority, 2023), landslides disaster is the most recent tragedy that hit Manyara region and Hanang District in particular. People were injured, and more than 65 people died and scores of houses and infrastructure were destroyed (Tanzania Meteorological Authority [TMA], 2023). The population in Hanang District is 367, 391; among these, 188,063 are males and 179,328 are females. The district has 69,710 households, with an average household size of 5.3 (United Republic of Tanzania, 2022b). Moreover, the population in Katesh Ward is 13,084; among these 6,332 are males and 6,752 are females. The average household size is 3.7 (United Republic of Tanzania, 2022b). Hanang District was purposively selected in this study because of the landslides disaster which was experienced in the area.

3.2 Design of the Study, Population and Target Population

The study employed a qualitative research approach with a descriptive phenomenological design to investigate respondents' experiences on psychosocial support services provided to youth and adults affected by land slide disaster. This design was employed in this study because it allowed for exploration and collection of detailed descriptive information about participants experiences and contexts. Phenomenological design help in giving descriptions of experiences about the phenomenon and individuals experiencing it (Liamputtong, 2020). The population for this study was all individuals affected by land slide disaster in Katesh ward. The targeted population was youth and adults aged 15 years and above from the families affected by the disaster and social workers involved in the provision of psychosocial support services to affected individuals in Katesh Ward. Social workers assessed needs, provided psychological, social, physical and material support. Thirty two (32) youth and adults and six (06) social workers participated in the study. Inclusion criteria required being 15 years and above affected by land slide disaster and being a social worker.

3.4 Sample Size and Sampling Procedures

The study sample of 38 respondents was selected from the targeted population. Non probability sampling techniques including convenience sampling and snow ball sampling techniques were used to select respondents. Convenience sampling was used to select respondents based their accessibility and willingness to participate in the study. Then snowball sampling technique was used to refer participants affected by the disaster and with common experiences and characteristics. Through this technique, 16 youth and 16 adults who were affected by the land slide disaster and 6 social workers who assisted in the disaster were selected to participate in the study. Participant consent, anonymity and privacy of data were sought before participation in the study.

3.5 Methods of Data Collection

Different methods were used to collect data from the respondents. First, thirty two (32) in-depth interviews were conducted with youth and adults in the affected families. Also six in-depth interviews were conducted with social workers. This method helped to obtain valid and relevant information on disaster experiences and psychosocial support services provided to youth and adults. Second, two Focused Group Discussion were conducted, one with youth and adults respectively. The semi- structured interview guide was used based on the study objectives. Interviews and discussions were conducted in Kiswahili language and then they were later translated in English to ensure clear understanding of the questions. Informed consent was sought before data collection. The interviews and FDGs took place in September 2024. Data collection was stopped when further data collection did not result in new ideas (Saunders et. al., 2018). Third, various documents from both written and electronic materials such as policy documents and Government publications were reviewed. This method provided useful and relevant information.

3.6 Data Analysis

In-depth interview and FDGs data were transcribed and summarized according to key themes based on the objectives of the study. Data were coded from keywords obtained from interview extracts from face to face interview, FDGs and audio recorded interview. Audio recorded interview helped to capture the context of the information provided. Themes were identified and analysed thematically focusing on the content. Thematic analysis involved six phases; familiarization with the data, generating codes, searching for themes, reviewing themes, defining and naming themes, and creating a narrative using extracts from the interview with passages that show the analytic narrative. Thematic analysis was done to identify patterns from the data and to derive themes. Meaningful segments of the data were assigned codes. Then themes were generated according to the data codes (Braun & Clarke, 2006; O'Brien et. al., 2014).

IV. FINDINGS & DISCUSSION

4.1 Findings

This section presents the study findings, which were categorized into two key themes based on the study objectives. The key themes include psychological support services provided to youth and adults, social support services provided to youth and adults and the challenges encountered in the provision of psychosocial support services. The findings were highlighted further into four sub themes; psychological support services, Social support services, inadequate financial resources, inadequate human resource.

4.1.1 Psychosocial Support Services Provided to Youth and Adults

The study examined psychosocial support services provided to youth and adults for psychological wellbeing following the landslide disaster. Table 1 presents results for psychosocial support services which were provided to youth and adults.

Table 1

Results for Psychosocial Support Services Provided to Youth and Adults

Data Items	Codes	Category	Sub themes	Theme
I received counselling services. We were encouraged, and given emotional support.	Provision of Psychological support	Psychological counselling Emotional support	Provision of counselling Services	Psychological support services provided to youth and adults
We were given food, mattresses, and blankets	Provision of basic needs	Physical and material Support	Provision of social support	Social support services provided to youth and adults
We were given shelter and houses were built for us. This gave us relief.	Provision of humanitarian support	Community support	Provision of social support	
Different individuals supported us	Psychosocial Support	Social workers, counsellors support	Provision of psychosocial support	
Individuals who were wounded were taken to hospital	Medication and referral	Health care facilities	Provision of health care facilities	

According to respondents, different support services provided to youth and adults affected by disaster are categorised into psychological and social support services.

Psychological Support Services: The findings showed that individual counselling services were provided to youth and adults. Also mental health services and psychotherapy were provided by social workers and medical officers to support individuals who experienced serious mental health problem. A male respondent aged 45 years had this to say:

> *I lost my belongings, and my house. It was a very difficult experience. I received different support including food, and counselling services. I think it is not easy for me to forget this bad tragedy* (11 September, 2024).

These findings show that victims experienced painful psychological distress. In addition, they appeared very hopeless. The finding show further that counselling services and referrals were provided by social workers, psychologists and medical professionals to individuals who required more assistance and medication.

> *I received counselling services. I am fine but I am still worried when I remember what happened. Others were taken to hospital and some of them were injured seriously* (11 September, 2024).

The findings show further that during disaster, individuals experience stressors that cause emotional disruptions, hopelessness and helplessness. Hence, emotional support was provided to such individuals. According to scholars, participation of groups of individuals in the provision of psychosocial support services encourage the victims psychologically as they feel safe and empowered (Duruel, 2023; Kuckarslan, et.al, 2025).

Social Support Services: Social support involved psychosocial and material resources provided in order to help individuals to address or cope with the social problem they encountered. The study findings show that various stakeholders including social workers, health care workers, and community members (friends, family, and neighbours) participated in the provision of social support. The finding obtained through interview with respondents showed that psychosocial support services were provided immediately after the disaster. A social worker aged 38 years reported;

> *The provision of support services started immediately…. the government through its organs coordinated and collaborated with different organizations to rescue and provide services and supplies to victims. Information on the disaster and feedbacks were provided to community members, rescue teams and different stakeholders. Individuals who were injured were taken to hospital* (12 September, 2024).

The findings show further that coordination system was effective and well managed by the government through its systems from ministerial to ward levels, where the services were provided to the victims. The respondents reported further that new houses were built by the government for those individuals whose houses were destroyed by land slide. A male youth aged 16 reported;

> *Apart from daily services rendered to us, the government built good houses for us. This really gave us relief. We have the place to live even though we have lost all of our belongings* (11 September, 2024).

The findings showed that respondents experienced difficulties after their houses and personal belongings were destroyed by landslides and floods. A female respondent aged 29 also reported;

> *I had a house in this area. All of my belongings were destroyed during land slide floods. I was so confused. I thank God that I was assisted and managed to get out of the house safely…..We were given mattresses, blankets, food and a temporary shelter.* (11 September, 2024)

The findings suggest that rescue teams were active and immediate support was provided.

4.1.2 Challenges Encountered in the Provision of Psychosocial Support Services

The second research question sought to examine the challenges encountered in the provision of psychosocial support services. The findings show that the most commonly reported challenges include inadequate financial resources, and inadequate human resource. The findings suggest that the reported challenges contribute in limiting distribution, accessibility of services and continuity of support services. Table 2 presents the details.

Table 2

Results for Challenges in Provision of Psychosocial Support Services

Data Items	Code	Category	Sub Themes	Themes
We have not received start up fund or compensations	Challenges in provision of social support services	Financial resources	Inadequate financial resources	Challenges encountered in provision of psychosocial support services
Experts were not enough to counsel all individuals	Challenges in provision of psychological services	Human resources	Inadequate human resources	

Inadequate Financial Resources: The findings show that there were limited financial resources to address economic challenges resulting from the disaster effects. It was reported that business activities that helped individuals to earn a living were seriously affected. Furthermore, it was difficult to get start-up funds for recovering destroyed livelihood activities including petty business activities and agricultural activities. A male respondent aged 28 years had this to say:

> *I had my petty business in the market place, but I lost everything. Nothing remained there; it just remained an empty space. Everything was destroyed and swept away by the land slide. Also we had not received any start-up money for our businesses or any compensation* (11 September, 2024).

The findings show that individuals who encountered serious loss were worried and desperate. Moreover, it was noted that the victims were optimistic for compensations to cover for the loss they encountered.

Inadequate Human Resources: The respondents reported that there were inadequate counsellors to provide psychological services. For example, the provision of individual guidance and counselling with the subsequent follow up were reported to be inconsistent due to limited number of counsellors and psychologists in the area. A female respondent aged 35 years reported:

> *The counsellors are not enough to attend and provide counselling to all clients…. I experienced difficulties and I was worried about my future. I did not get enough counselling support* (12 September, 2024).

According to the findings, human resource was insufficient to meet all the needs of the community. Thus, the inadequacy of psychological related services was attributed to inadequate number of counsellors and experts. This limits effective provision of psychosocial support services.

4.2 Discussion

This section presents the discussion of study findings based on the study objectives.

4.2.1 Psychosocial Support Services Provided to Youth and Adults

The study findings suggest that counselling services were provided and helped to address emotions, worries and the feeling of desperation among the people. However, the services appeared to be limited particularly for cases that could require subsequent follow up visits. Scholars argue that psychological support involved listening to individuals, comforting them and to ensure that they are assisted. It also involves empathy, respect and care to clients. Furthermore, psychological support services aimed to help individuals to address distress and post disaster challenges (Semerci & Uzun, 2023; Taylor & McAvoy, 2025). The findings highlights further that psychosocial support focused on the dynamic interaction between emotional process and social structures that link the individuals' internal experience including emotions, behaviour and thoughts with external reality of community support systems (Bretton, 2024; Taylor & McAvoy, 2025). Hence, the provision of psychosocial support during the aftermath of a disaster helps to ensure that trust is restored and feelings of isolation are addressed (Milosevic et. al., 2024; Bretton, 2024).

The findings show that the support activities involved the provision of immediate social support such as emergency shelter facilities, food, and water supplies. It was reported that the government at different levels that is, the national, regional, district and ward levels played a key role in handling the matter. Hence, good coordination ensured a systematic coordination of activities from the ministerial, regional, district and ward levels. Good coordination was also reported from the international agencies, private sector and the local community.

The findings also show that humanitarian support was provided according to the severity of situation, which was encountered by the victims so as to meet their needs. This has implications on individuals' life and their wellbeing. Scholars argue that disaster lead to destruction of homes, damage of infrastructure and separation of family (Djordjevic & Gacic, 2024; Kaur, 2020). Therefore, the provision of psychosocial support intends to help the victims of disaster to stabilize their emotions (Bretton, 2024; Taylor & McAvoy, 2025).

4.2.2 Challenges Encountered in the Provision of Psychosocial Support Services

The findings highlighted the challenges, which were encountered in the provision of social support services. The findings suggest that the economic situation of the people was negatively affected due to losses of property, livelihood and earning capacity. Thus, the victims of disaster sought to find compensation in terms of financial and material support to compensate material losses. Scholars argue that financial instability tend to interrupt service delivery due to the lack of funds (Brooks et. al., 2017). The findings show further that counselling services were not adequate and sustainable due to limited number of counsellors of providing such services. However, scholars argue that community support and focused care are important in improving psychological and mental health outcomes among affected individuals (Bangpan, et. al., 2019).

Furthermore, informal support of the family and communication between the victims and family members ensured encouragement and support. Hence, despite the limited number of counsellors, family connection during the disaster helps to ensure effective coping with the stress (Duruel, 2023). Moreover, ensuring capacity building of local teams and training of social workers is important in building resilience and sharing of responsibility in disaster management and ensure prompt assistance to victims of disaster (Bangpan et. al., 2019). Moreover, there are strategies that intend to mainstream psychosocial service provision among different stakeholders, government ministries and the private sector (United Republic of Tanzania, 2022a). Therefore, such strategies can help to address the present challenges.

V. CONCLUSION & RECOMMENDATIONS

5.1 Conclusion

This study examined psychosocial support services provided to youth and adults affected by land slide disaster in Katesh in Hanang District. The study highlighted the psychosocial support services, which were provided to the affected youth and adults and the challenges, which were encountered in the provision of psychosocial support services. The major findings show that psychosocial support services were provided timely in a good coordinated system. Social support services provided included physical and material support, family and community support,

information sharing, medication and referrals. Psychological support services included counselling and emotional support and encouragement. The findings also highlighted the challenges encountered in the provision of social support services including inadequate financial and human resources. The findings show that the economic situation of the people was negatively affected due to losses of property, livelihood and earning capacity. Furthermore counselling services and follow up were not sustainable due to limited number of personnel.

5.2 Recommendations

The study recommends for the strengthening of the capacity of local communities through training and skills development in disaster management to ensure their preparedness for disasters, risk reduction and participation in the provision of psychosocial support services. This will ensure continuity and sustainability in the provision of psychosocial support services including psychological counselling services. Secondly, effective coordination and collaboration with local and international agencies in the provision of psychosocial support services should be strengthened. Third, the government through its departments and ministries should strengthen mobilization of funds and resources for effective disaster management.

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