

Training on mental health support for flood-hit communities begins in Jorhat



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GUWAHATI, October 12, 2026 — A five-day Training of Trainers (ToT) programme on mental health and psychosocial support for flood-affected communities began at Bosco Institute in Jorhat on October 9, bringing together more than 40 young people representing organisations and flood-affected communities across Assam.

The programme, being held from October 9 to 13, is a joint initiative of the Inter Agency Group (IAG), Jorhat, a humanitarian coordination platform of local organisations, and Bosco Institute, Jorhat. It aims to strengthen the capacity of local organisations, community volunteers and frontline workers to address the mental health and psychosocial needs of people affected by floods and other disasters.

Participants from various flood-affected districts are being trained to share their knowledge and skills with community members, volunteers and frontline workers in their respective areas, helping build a wider network of local support.

The sessions are being facilitated by Dr Subhasis Bhadra and Dr Ajay Kumar Goyal of the National Institute of Mental Health and Neuro Sciences (NIMHANS). The training covers psychological distress, basic psychosocial support and appropriate responses to the needs of disaster-affected people.

Speaking at the inaugural programme, Bosco Institute Director Fr Jerry Thomas said disaster recovery involved more than rebuilding homes and restoring livelihoods, as people also needed to regain a sense of safety, dignity and hope. He said the initiative sought to equip young people and local organisations to recognise psychosocial needs and provide timely and compassionate support.

Tirtha Prasad Saikia, convenor of IAG, Jorhat, said mental health and psychosocial support should be an integral part of humanitarian response.

Flood-affected communities often continue to experience emotional and psychological distress long after floodwaters recede, he said, adding that the initiative aimed to build a network of trained local resource persons who could bring support closer to affected communities.

The organisers noted that the impact of floods extends beyond the immediate loss of homes, livelihoods and assets. Fear, anxiety, grief, stress and uncertainty can persist for months, particularly among children, women, older people and families affected by repeated displacement and livelihood losses.

The training also seeks to strengthen referral pathways for people who require specialised mental health services, while developing local capacities to support communities during emergencies and the recovery phase.

At the conclusion of the programme on October 13, participants are expected to take their learning back to their respective organisations and communities, contributing to stronger community-based mental health and psychosocial support across flood-affected areas of Assam.

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Assam Times Staff. editor@assamtimes.org

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