



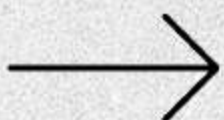
Policy Brief

Policy Interventions to Improve Mental Healthcare for Syrian Refugee Children in Lebanon

Manoug Antaby

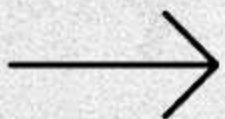
The abstract of the brief

Syrian refugee children in Lebanon face severe mental health risks due to social and cultural barriers, weak healthcare delivery, and poor crisis governance. This paper offers three policy recommendations: launching awareness campaigns, enhancing outreach in key areas, and integrating mental health services into primary care with a focus on children—based on insights from experts and context analysis of the main issue.



Problem Analysis

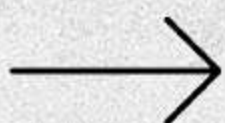
Syrian refugee children in Lebanon face limited access to mental health care due to three main barriers: cultural stigma and discrimination from both their community and the Lebanese host society; a fragile, under-resourced healthcare system unprepared for refugee needs; and poor governance marked by restrictive policies and lack of support. These factors deepen the mental health crisis and hinder effective, inclusive care for this vulnerable population.



Policy Recommendations

Launching mental health campaigns targeting refugee children and parents, schools that accommodate refugee children, and non-state actors.

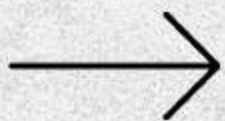
Mental health campaigns should foster collaboration among refugee children, parents (especially fathers), schools, NGOs, and community leaders to detect and address mental health issues early. In Lebanon's under-resourced context, these actors must raise awareness, train parents, and advocate for accessible education and safe spaces. This collective effort is essential to support refugee children's mental well-being amid limited government involvement.



Policy Recommendations

Enhancing outreach interventions for Syrian refugee children in camps and informal tented settlements

Outreach efforts should target Syrian refugee children in camps, where mental health issues are most severe. Field visits by trained health workers, social workers, and volunteers can provide group-based support to reduce stigma. Framing activities as “child wellbeing” helps gain parental support. Early detection by trained professionals is essential to ensure effective treatment and meaningful engagement with this vulnerable population.

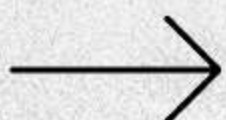




Policy Recommendations

Revising the integration of mental health services into primary healthcare centers, to include children as a primary target group.

Integrating child-centered mental health services into primary healthcare can improve access for Syrian refugee children, especially in high-refugee areas. This approach enables early intervention by specialized practitioners, preventing severe mental health issues. It also promotes equity by offering quality care to both Syrian and Lebanese children, reducing potential tensions between communities caused by unequal access to services.



Since 2011, millions of Syrian refugees have been displaced, with many settling in Lebanon under harsh conditions. Among them, children are especially vulnerable, facing limited access to basic needs, including mental health services. This lack of support has serious long-term consequences on their well-being.

This paper explores the root causes of inadequate mental healthcare for Syrian refugee children—poor governance, weak health systems, and social barriers—and proposes evidence-based policy solutions including mental health campaigns, targeted outreach, and service integration.

Share your opinion about the brief; do you see other solutions? 💡

✉ Join the siyasat institute newsletter now

🔖 Save the content