

Taking Care of Mental Health Solution for Orphaned Children Staying at Social Protection Center

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Abstract

Children are the age which need the most taking care from families, schools and society. Orphaned children are a special group, lacking affection from their parents, thereby not having mental toughness. At social protection centers, orphaned children will be fostered, and taking care of mental health issues have an important role. In this report, a group of authors mentioned a theory which used an investigated socialization method to present about taking care of mental health problems for orphaned children, the reality of looking after mental health activities for this group at social support centers in Viet Nam. From that, expressing opinions for related people with the purpose of improving this taking care activity.

Key words: solution, taking care, mental health, orphans, social support centers in Viet Nam

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I. The urgency of research problem

According to Adoption Law 2010: "Orphans are the group of people whose parents died or one of those died and the other person is undefined"

The similar traits of their psychology is they have a fear of talking (fearing of future, doubting, changing) and the feeling of loneliness. They always have stress, especially in the relationship with older people and peers. (hcmussh.edu.vn, 2021).

Each child already has the right to grow up in the environment with support from families. However, in Viet Nam, estimating about 156.000 children not being received the care of parents and about 33.000 children had to live in residential care facilities. This leads to serious threats to physical development, psychological society as life opportunities for them. When being separated from families and local society, they certainly are vulnerable from violence, abuse, neglectful and exploiting... (unicief.org, 2023)

The death of parents leads to emotional pain. Orphaned children easily have problems with psychology for a long time, such as depression, anger, worrying, sadness and they tend to retreat into themselves. These issues result from that they cannot cope with their sense of loss. People living in households where teenagers are leaders undergoing hidden sorrow expressed through prolonged grief. Another essential challenge and the origin causing suffering for orphaned children heading households is adopting the responsibility of taking care of siblings but do not be prepared and do not receive support from relatives. (pmc.ncbi.nlm.nih.gov, 2020)

Psychologists affirmed that orphans are groups having deep psychological trauma, easily facing emotional problems, behaviours, awareness and the ability of social integration. Taking care of these groups not only depends on pity or goodwill but also the need for a scientific fostering process having the intervention of professional society works, psychology, education and healthcare.

One of the places fostering orphaned children is social support centers. The purpose of these places is taking care, fostering for anyone in the situation in accordance with the law or who has the demand on services for treatment, rehabilitation, improving and ensuring life, which are applied to subjects including elderly, the disabled, orphans, the poor. Nowadays, caring for materialistic things of orphans living at social support centers is enough in general, but taking care of their mental health needs to be cared more.

As a result, researching about taking care of mental health for orphans staying at social support centers in Viet Nam to have petitions for giving solutions enhancing the way for caring, which is better than its necessity.

II. Researching methods

To serve for researching, authors used two methods, including desk research (looking through documentaries got used to release on the media) and implementing investigation sociology (collecting survey forms)

By executing desk research, groups of authors overviewed documentaries researching psychology in general, orphan psychology, and the activities of taking care about orphaned mental health.

To implement investigation sociology, authors created survey forms to collect information and opinions through convenient investigation.

Survey forms are built with many questions as follows:

1. General overview
2. General overview about activities taking care of orphan's mental health living in social support centers
3. Specific overview about activities taking care of orphan's mental health living in social support centers

The method of collecting details relies on the measure of taking convenient forms. The survey form is built depending on Google Drive, which is executed according to this link: <https://forms.gle/YmePKoXc35Shv3JN8> and delivering forms to social support centers.

Survey forms are delivered to subjects of investigation through opposing social support centers and social platforms, such as Facebook, Zalo, Email... The total of survey forms collected are 120 forms (5 invalid forms). Each question also has answers for choosing from subjects (one or more correct answers, or choosing a level on a measurement of five levels scale of Likert with one being the lowest and one being the highest)

The method of dealing with details: a group of researchers collected 115 valid information's survey forms, then arranging details by Excel software. Following these stages, they analyse and prove for the research problem.

Subjects of the survey aim and answer form having orphans living in social support centers, employees working at social support centers, people working at regulatory society agency, children, psychological doctors, charity organization; the age group which is under 6 years-old (5%), the age of 6 to 18 years-old (5%), mainly women (70%).

III. Overview about the mental health of orphans staying at social support centers.

3.1. Orphans and traits of orphans

An orphan is a child who lost one of their parents or all of them. The valid identity of an orphan is different depending on each country, but in general, mentioning a child who is under 18 years-old losing one of their parents or one of their parents dead, being abandoned or missing.

There are three main types of orphans:

The first: fatherless child/ motherless child: child who lost one father or mother.

The Second: Parentless child (orphans): child who lost parent.

The Third: social orphan: child who cannot receive support from parents because of poverty, diseases or other factors. (missioneurasia.org)

Orphaned children have fundamental traits:

- (1) Traits of social and legal background

Children who lost their father or mother means that losing the right to guardianship from one of them. They can live with relatives, or stay at social support centers, or be adopted by individuals or families. Many children face poverty, the lack of basic demands (including eating, accommodation, clothes and tuition fees...)

- (2) Traits of physical health and development

Because of difficult circumstances, they are neglected, thereby leading to the reality that they don't be eaten and have enough conditions providing nutrients during essential developing stages, so they can be weak, hidden illnesses.

Orphans are longed to vulnerable groups in society, which is necessary to take care of education, medication, and mental life from family, the state and society.

- (3) Traits of psychology, mental disorders.

The loss of one's parents or both from birth or when they are a child will have major effects and make things difficult on psychology, their mental health. Orphans usually have loneliness, unconfidence and inferiority complex, keep to themselves and have a sense of sensitivity, desire to be cherished- cared- encouraged...

According to survey forms, assessment from authors gave questions about the psychological difficulties that are faced by orphans. With psychological phenomenon are presented, subjects surveyed assumed that the feeling of loneliness is the most difficulty (more than 95% survey opinions choosing), and after that is unconfidence and struggling in integrate (mostly 72% survey opinions choosing), which is followed by anxiety, sadness, being difficult in emotional controlling, hesitation, ...

The total of survey forms about psychological difficulties that orphans face are illustrated in this chat:

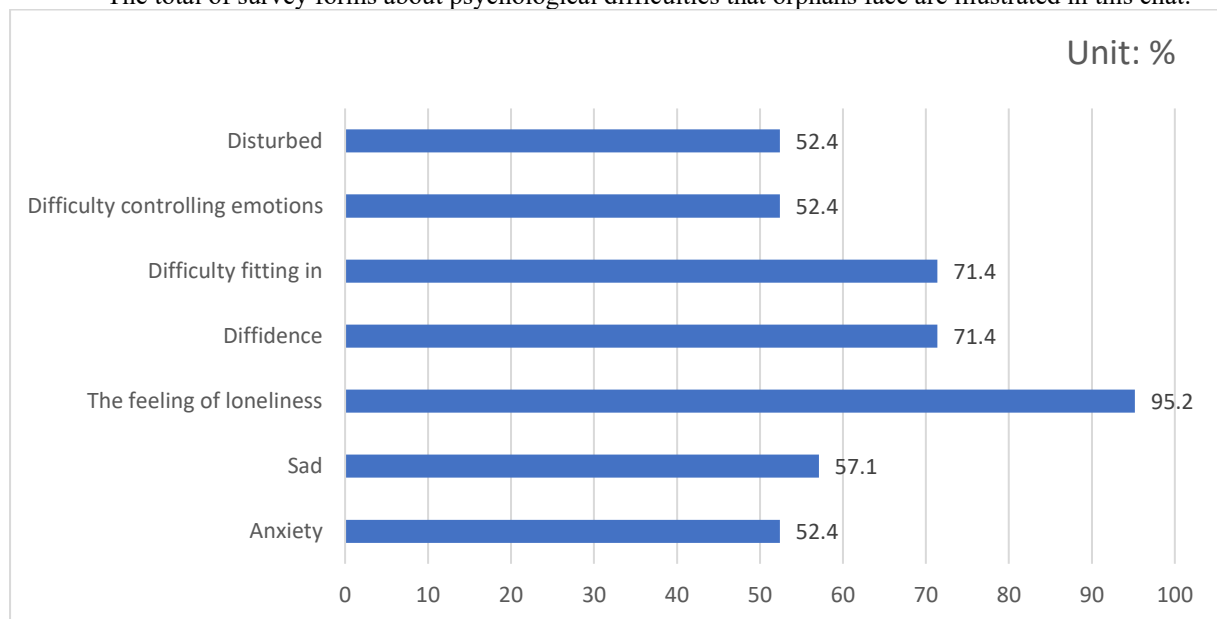


Figure 1: Survey feedback about psychological difficulties of orphans

(Source: Survey Results)

3.2. Mental health of orphans

The World health organization (WHO) defines health as follows: Health is the state of complete physical, mental and social comfort, which is not only just absence of disease, (WHO, 2022). The definition of health shouldn't only evaluate whether each individual has a disease, but also needs to deeply understand.

The World health organization (WHO) defines mental health as the strong state of spirit helping people to cope with stress in life, and the realization of their ability, being good at studying and working as well as contributing to society. Mental health has intrinsic and instrumental value, which are a fundamental part of our health.

According to the psychology dictionary of Vu Dung (2008): Mental health is the comfortable mental state, which does not have signs in mental disorders, that is ensuring a state for behavioural controlling, suitable activities for the environment.

Good mental person always have cheerful spirit, optimistic, enjoying their meal, having deep sleeping, having stable emotion, physically health, excitement and enjoying life everyday, having the ability to deal with problems and reduce stress, knowing how to take care themselves and they can look after another person.

Orphans are individuals who need special attention for mental health. Orphan's mental health is strong state of emotion, spirit and behaviours, which ensures that they do not be stressed, unconfident and lonely, and they can easily integrate into society.

There are many causes affecting an orphan's spirit, which result from losing their dearest (father or mother), or factors from society and caregiving...

When examining subjects relating to which causes having the greatest impact on orphan's mental health leads to the results having opinions as follows:

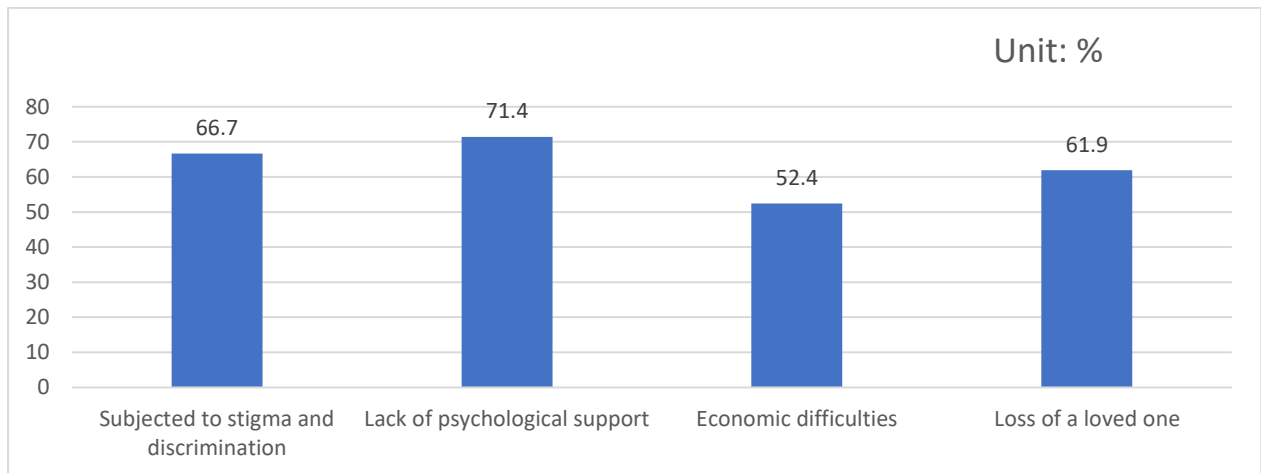


Figure 2: Survey opinions about causes impacting on orphan's mental health

(Source: Survey Results)

Thus the deficiency in psychology is evaluated as the greatest cause of impact on orphan's mental health (accounting for over 72% opinions evaluating), after that the cause of being discriminated against in orphaned children. Discrimination (makes up 70% opinions evaluating) has impacts on mental health of orphans, and many affecting causes including losing loved ones, the difficulty in finance, material values.

3.3. Overview about activities taking care of the mental health of orphans, who live in social support centers.

Children are not only the future of a country, but also a resource deciding the ability to compete and the development of each country. Therefore, taking care of health in general and particularly in mental health for orphans is essential. Looking after mental health plays an important role in helping orphans overcoming loss and hurt, emotional recovery and total development of both personality and life skills.

When being asked opinions from any individuals/companies having the most essential role in supporting mental health for orphans, subjects believed that the guardians and social support centers have greatest role (accounting for about 30% opinions), following by orphans (accounting for 28.6% opinions) and universities are thought that having the least role in supporting orphan's mental health.

The total of individual's opinions/company's opinions playing the greatest role in helping orphan's mental health a is showed in this chart:

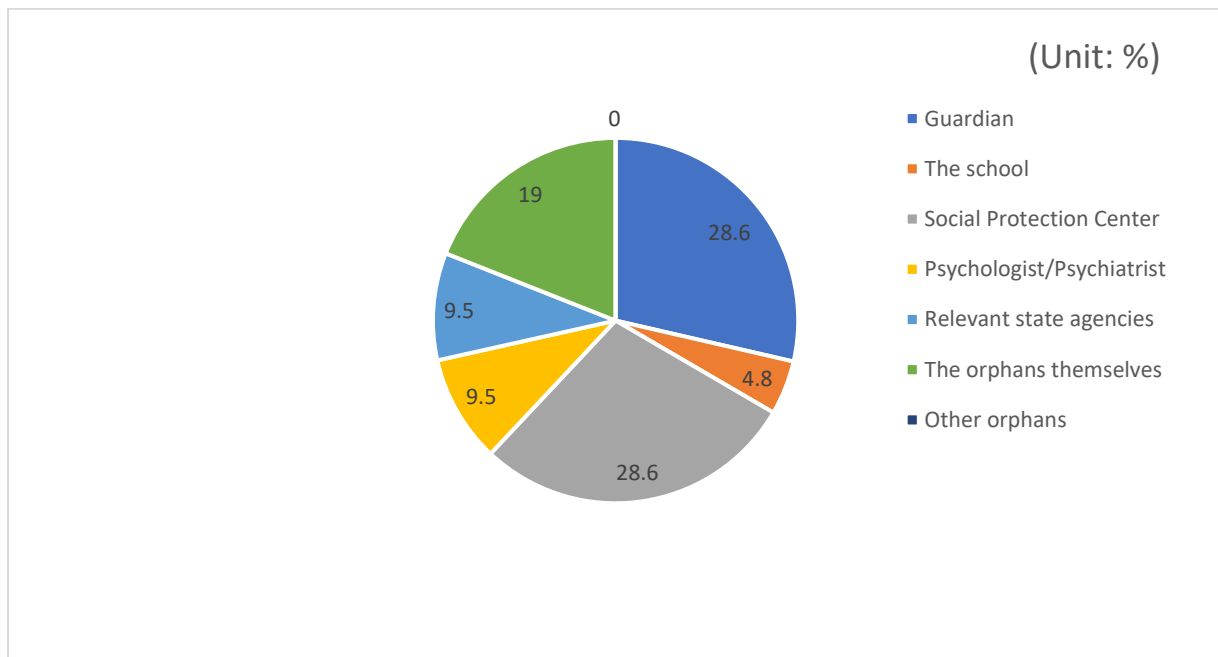


Figure 3: The total of individual's opinions/ company's opinions playing the greatest role in helping orphan's mental health.

(Source: Survey Results)

Therefore, social protection centers are considered by the community to play an important role in providing mental health care for orphaned children.

In Vietnam, social protection centers (referred to as “the Centers” in this study) are social service organizations established to receive, manage, care for, and provide support for people in difficult social circumstances. These include people who cannot live with their families or who need emergency protection for a certain period of time. The Centers aim to help improve the well-being of these people and contribute to social and economic stability.

The social protection system in Vietnam includes public and non-public centers. Public social protection centers are managed by government agencies. The government provides funding for infrastructure and covers the regular operating costs of these centers. Non-public social protection centers are established and operated by domestic or foreign organizations and individuals. These organizations and individuals voluntarily invest in the infrastructure and provide funding for the regular operating costs of the centers.

Based on the groups they serve, social protection centers have different names depending on their functions and the types of care and support they provide to different groups, such as older people, people with disabilities, orphaned children, and people with mental health problems. These centers include social protection centers, care centers for people with mental health problems, residential care facilities for children in especially difficult circumstances, and care facilities for older people living alone (quanlynhanuoc.vn, 2024).

Social protection centers provide many different types of support, with the care of orphaned children being one of their main activities. Mental health care activities at these centers include psychological counseling, medical care, cultural, sports and tourism activities, education and career guidance, and other activities. According to the survey participants, nearly 50% considered mental health care activities at social protection centers to be very important. In addition, nearly 40% of the participants rated the current quality of mental health care for orphaned children at social protection centers as good.

IV. The reality of activities taking care of orphan’s mental health staying at social support centers in Viet Nam

4.1. The reality of social support centers in Viet Nam

Currently, Vietnam maintains and strengthens 425 social protection facilities, including both public and non-public facilities. According to the plan, by 2030, the national network of social assistance facilities is expected to include at least 725 facilities, including both public and non-public facilities. Of these, at least 130 social protection facilities will provide care for children in special circumstances. The number of children in special circumstances receiving care at social protection facilities is expected to reach at least 15,000 by 2030. The Government has also continued to update and increase the standard level of social assistance to VND 540,000 per month from July 1, 2026 (chinhphu.vn, 2024).

Since mid-2025, the decentralization of responsibility to commune-level authorities for directly providing monthly social assistance payments has helped make the delivery of financial support to people living in social protection centers faster and more transparent.

4.2. The reality of orphan’s psychological counselling activities at social support centers in Viet Nam

Survey results and the opinions of psychologists confirm that orphaned children are a group that may experience serious psychological difficulties. They are more likely to face emotional, behavioral, and cognitive problems, as well as difficulties in social integration. Because of the loss they have experienced, orphaned children need support to maintain emotional stability, have someone listen to and share their feelings, receive encouragement, learn to recognize and manage feelings of loneliness and other negative emotions, and build confidence in communication, learning, and daily life. Therefore, psychological counseling is very important for orphaned children living in social protection centers.

For orphaned children living in social protection centers, psychological counseling and support can not only help reduce sadness, loneliness, anxiety, and feelings of inferiority, but also help children adapt better to their circumstances, develop self-confidence, and improve their relationships with caregivers, teachers, and other children living in the centers.

Social protection centers can provide direct counseling sessions or connect orphaned children with psychological counseling services. Social workers or psychologists may be invited to the centers regularly or for specific periods to listen to the children, help them cope with anxiety and psychological trauma, and provide timely support. They may also work with government agencies, social organizations, or external psychologists to provide appropriate support when needed.

For example, the Hanoi Center for Social Work and Child Protection Fund regularly organizes direct psychological counseling and support programs for orphaned children living at the center and for children in special circumstances in different areas. The children are given opportunities to share their feelings, wishes, and difficulties in their studies and daily lives. They also receive timely support in dealing with psychological issues

related to their age and difficulties in relationships with family members, friends, and teachers. Through these activities, children can develop greater self-confidence, more positive thinking, and appropriate social skills (ctxhvaqbttte.hanoi.gov.vn, 2026).

The survey participants evaluated psychological counseling activities for orphaned children at social protection centers as follows:

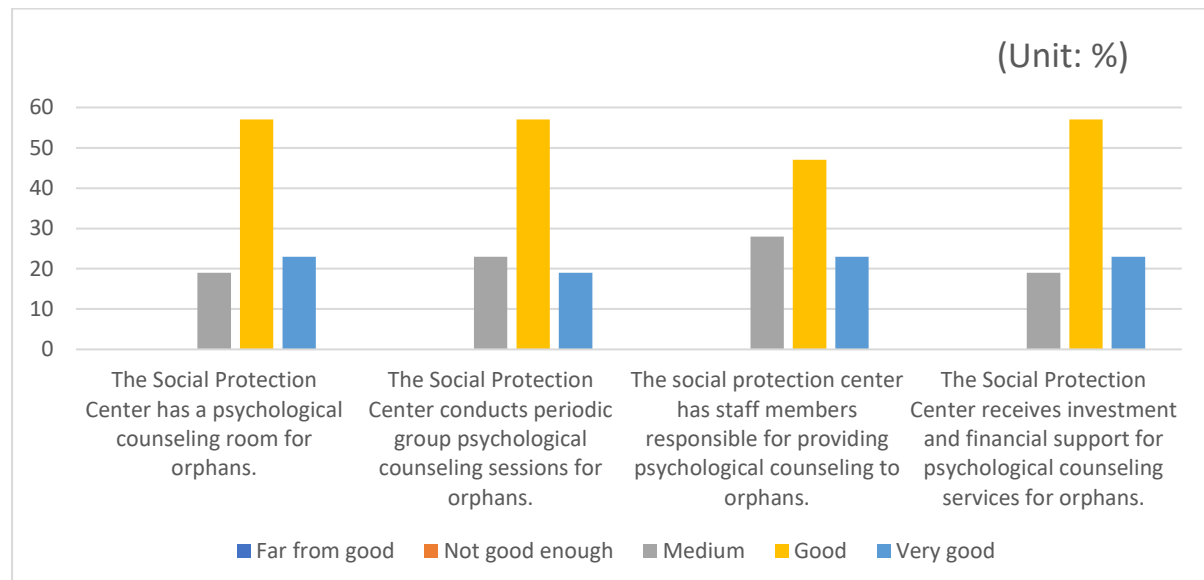


Figure 4: The total of evaluated opinions about orphan's psychological counselling at social support centers in Viet Nam

(Source: Survey Results)

Therefore, according to the survey participants, social protection centers currently provide various psychological counseling activities for orphaned children. These activities include having psychological counseling rooms, regularly organizing group counseling sessions, assigning staff responsible for psychological counseling, and providing financial resources and support for counseling activities. Overall, the survey participants considered that social protection centers are performing this activity very well.

In practice, social protection centers provide psychological support and counseling for children. However, whether a center can have a separate counseling room depends largely on its size, available resources, and budget (ctxhvaqbttte.hanoi.gov.vn).

Large centers and centers at the provincial or city level usually have social work rooms, counseling rooms, or separate spaces for orphaned children, children in special circumstances, children experiencing psychological difficulties, or children with disabilities. In contrast, small and privately operated centers often do not have separate counseling rooms. Psychological counseling is usually provided by social workers or other staff as part of their regular duties. They may provide support through direct conversations, group activities, or cooperation with external psychologists and volunteer organizations (dantri.com.vn, 2026).

4.3. The reality of taking care of orphan's medication activities at social support centers in Viet Nam

When mental health is not in a good state, it can develop into a mental health disorder, which can be difficult and costly to treat. Therefore, prevention and proper health care for mental health are important to reduce the risk of developing mental health disorders.

Orphaned children living in social protection centers often experience significant emotional loss and may be more sensitive to psychological difficulties. Their emotional and psychological changes can happen quickly, and they may face a higher risk of mental health problems than children in general. Many social protection facilities have mainly focused on meeting children's basic physical needs and have not yet provided sufficient specialized health services for mental health care (chinhsachcuocsong.vn, 2026).

The survey participants were asked to evaluate medical care activities for orphaned children at social protection centers. The results were as follows:

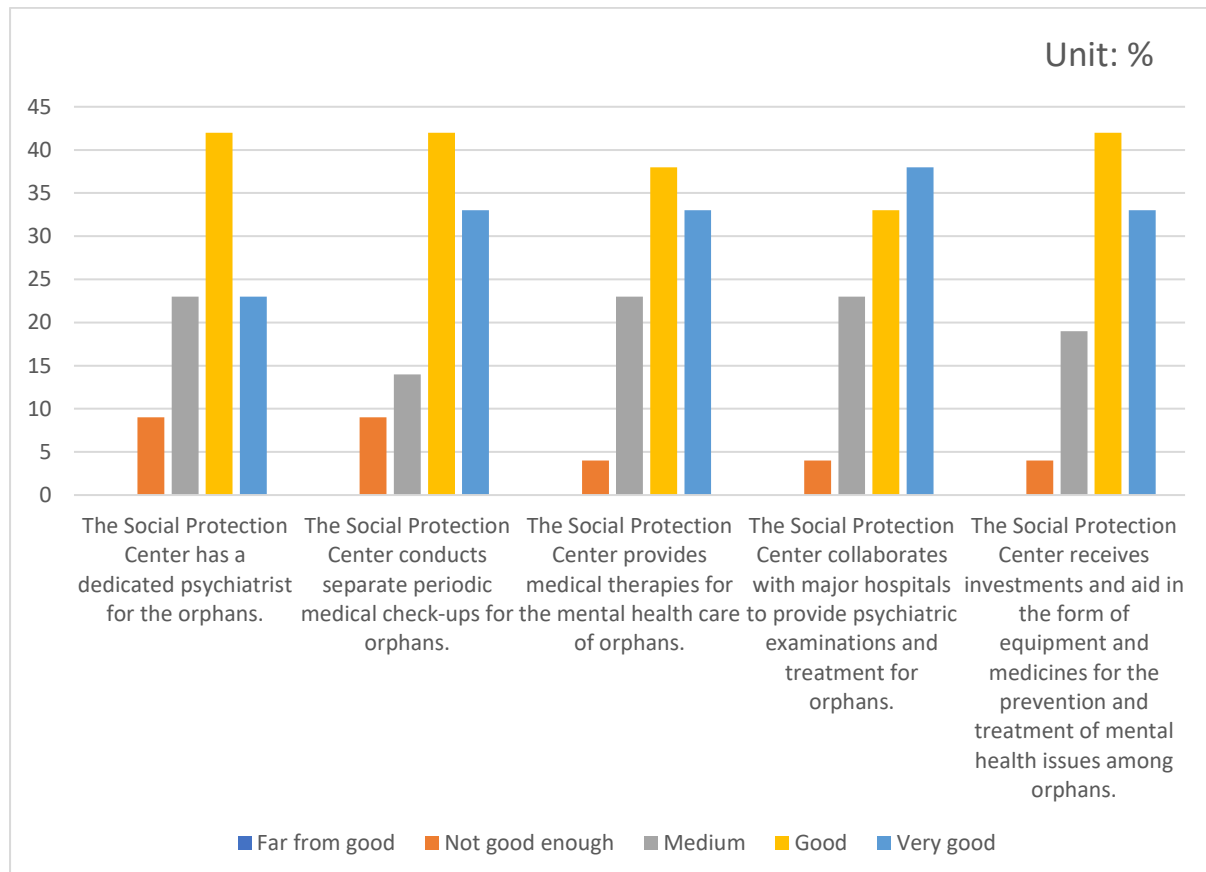


Figure 5: The total of evaluated opinions about taking care of orphan's medication activities at social support centers in Viet Nam

(Source: Survey results)

According to the survey participants, medical care for the mental health of orphaned children can be assessed based on several aspects: whether social protection centers (SPCs) have psychiatrists specifically for orphaned children; whether SPCs provide regular medical check-ups specifically for orphaned children; whether SPCs provide medical treatments for mental health problems; whether SPCs cooperate with major hospitals to provide medical examinations, treatment, and follow-up care for mental health problems; and whether SPCs receive funding, equipment, and medicines to prevent and treat mental health problems among orphaned children. Overall, more than 40% of the survey participants rated these activities as good.

In practice, social protection centers that care for orphaned children generally provide regular health check-ups. However, some centers may not have enough resources to establish a separate medical examination room. Instead, they often cooperate with local health stations and hospitals or invite volunteer medical teams to conduct health screenings at the centers. However, these medical examinations are usually limited to basic health checks, while more specialized mental health assessments are still limited.

Social protection centers often work with doctors and medical staff from local health facilities to provide general health examinations and regular health screenings for children. Since May 2025, An Binh Hospital in Ho Chi Minh City has officially provided comprehensive support to the Ho Chi Minh City Social Protection Center. Every month, the hospital sends 20–30 doctors and nurses to provide health examinations for all people receiving care at the center. The hospital also provides professional training for the medical staff working at the center. This model, in which doctors from hospitals visit social protection centers to provide regular health examinations and monitor children's health, has helped reduce the burden on orphaned children. Children do not need to travel to hospitals or wait for many hours for medical examinations. At the same time, social protection centers do not need to arrange a large number of staff to accompany and support the children during hospital visits (tuoitre.vn, 2026).

4.4. The reality of cultural-physical-travelling activities for orphans living in social support centers

In mental health care, in addition to psychological counseling and medical care, improving physical health, increasing knowledge, and broadening children's understanding of the world are also important. Appropriate physical and sports activities can not only help orphaned children develop physically and improve their physical fitness in the future, but also improve their emotional well-being, reduce stress, and support better mental health.

The research team asked the survey participants about these activities, and the results were as follows:

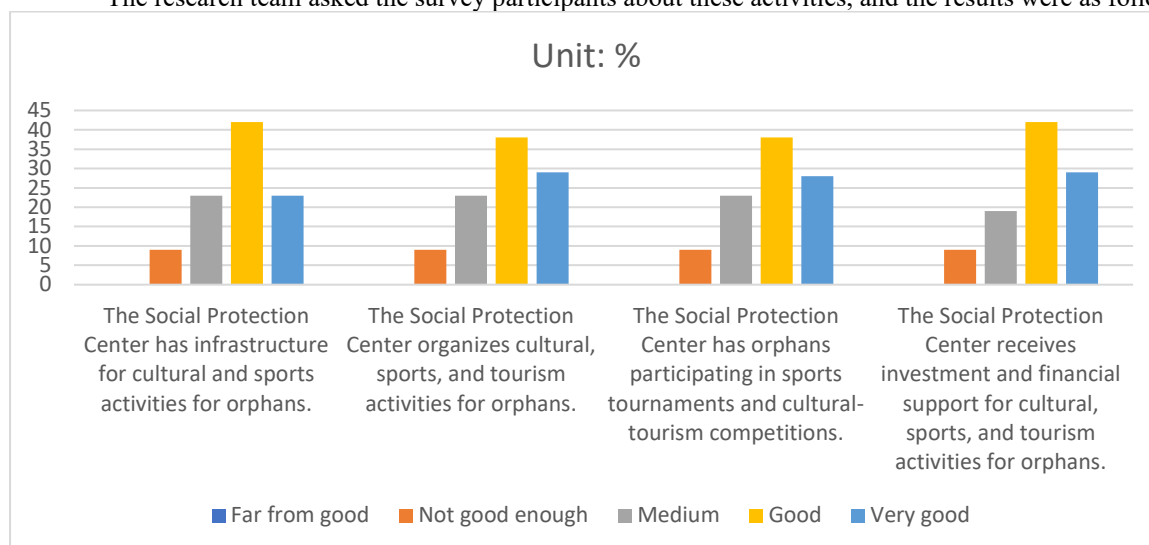


Figure 6: The total of survey opinions about cultural-physical-travelling activities for orphans living in social support centers

(Source: Survey results)

The survey participants rated cultural, sports, and tourism activities for orphaned children at social protection centers as good and very good, with more than 40% of participants choosing these ratings. These activities show that social protection centers provide facilities for cultural and sports activities, directly organize cultural, sports, and tourism activities, and provide opportunities for orphaned children to participate in sports competitions and cultural and tourism events. In addition, some social protection centers receive financial support and other resources for organizing cultural, sports, and tourism activities for orphaned children.

In practice, social protection centers regularly organize sports, recreational activities, and physical activities for orphaned children. However, trips and tourism activities are less common. When they are organized, they are usually short visits to historical sites or traditional cultural places near the centers because of limited funding and a lack of people to accompany the children. The organization of cultural, sports, and tourism activities for orphaned children still faces several difficulties, including limited funding, poor facilities, and a lack of staff specifically responsible for these activities.

Social protection centers often organize monthly birthday celebrations, cultural performances, and gatherings during holidays and special occasions such as Lunar New Year, the Mid-Autumn Festival, and International Children's Day. Orphaned children may also participate in fairs and meet visitors who come to the centers to provide support and encouragement. Sports activities such as football, badminton, tug of war, and outdoor physical activities are widely organized. In some cases, children are encouraged or required to participate in these activities to help them feel happier and reduce stress.

Cultural, sports, and tourism programs for orphaned children at social protection centers are usually organized by the center's management team in cooperation with social organizations, volunteers, and donors.

Under the latest Law on Children in 2026, orphaned children receive attention and support from the government and society, including support for their rights to play, participate in recreational activities, and develop fully in cultural and emotional aspects. Social protection centers often organize movie screenings for children, either as group activities or with the support of volunteer groups and social organizations that provide equipment for movie screenings, social activities, and gifts at the centers. Many volunteer programs supported by businesses, government agencies, and community organizations also regularly sponsor trips for orphaned children from social protection centers to watch movies at cinemas (vietnamplus.vn). For example, in 2024, the Department of Health of Hue City organized a movie screening, social gathering, and celebration for children at the Center for Social Work and Child Protection Fund and SOS Children's Village Hue (huengaynay.vn, 2024).

Another example is Social Protection Center No. 1 in Hanoi, which participated in the 2026 Action Month for Children and activities celebrating International Children's Day. The center's Youth Union, in cooperation with relevant departments, organized a program called "A Bright May – Connecting with Love" for orphaned children and children in special circumstances living at the center. The program took place in a joyful and warm atmosphere, with the participation of center leaders, youth union members, and many children living at the center. The program was not only part of the Action Month for Children but also showed the attention of society to the care, education, and protection of children, especially children in vulnerable situations.

The main activities of the program included a “Fair Market” and a “Campfire – Inspiring the Spirit of Youth.” These activities provided a healthy and useful space where children could interact with others, develop social skills, and improve both their physical and emotional well-being. The program also gave youth union members an opportunity to promote volunteering, community responsibility, and positive social values (soyte.hanoi.gov.vn, 2026).

4.5. The reality of education- vocational guidance activities for orphans staying at social support centers

According to current regulations, orphaned children can receive care and accommodation at social assistance facilities (social protection centers) until the age of 22 if they continue their education without interruption. Therefore, it is important to prepare orphaned children for their future. Leaving a social protection center and becoming independent can be challenging, but it can also provide many opportunities if children are equipped with sufficient knowledge and life skills and receive appropriate career guidance.

Education plays an important role in supporting the mental health and overall development of orphaned children living in social protection centers. When children have stable and good mental health, access to appropriate education can further support their development and future well-being.

When asked about education and career guidance activities for orphaned children at social protection centers, the survey participants provided the following assessments, which are presented in the chart below

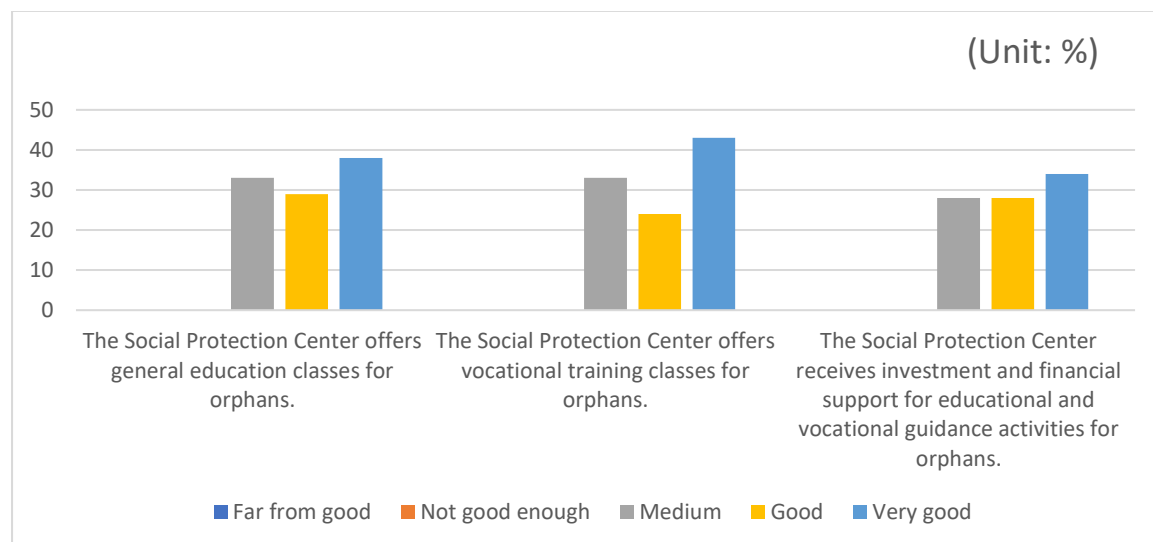


Figure 7: The total of evaluated opinions about education- vocational guidance activities for orphans staying at social support centers

(Source: Survey Results)

According to the survey results, social protection centers are currently doing a good job in providing education and career guidance, with 30–45% of participants giving positive ratings. The centers provide general education classes for orphaned children, organize career guidance and vocational training classes, and receive financial support for education and career guidance activities.

The current situation of education and career guidance for orphaned children at social protection centers has achieved several positive results in maintaining basic education and supporting future employment. However, these activities still face challenges related to limited resources, the quality of vocational training, and the development of life and soft skills.

Most orphaned children living in social protection facilities and centers, such as SOS Children's Villages and public or non-public social protection centers, are given the best possible conditions to attend school and receive education appropriate for their age. Many children achieve good academic results with the support of scholarships, school supplies, donors, and the wider community.

However, there is still a lack of individual psychological support and close attention to each child's personal needs. Many children have difficulties accessing inclusive education because of low self-confidence and a lack of strong emotional relationships in group care settings. Educational support is sometimes provided in a general way, without enough individual mentoring or programs that focus on the abilities and needs of each child. This is particularly challenging for orphaned children who also have disabilities (tapchikhoahocgiaoduc, 2026).

Social protection centers are increasingly working with vocational education institutions, colleges, vocational schools, and businesses to organize short-term vocational training courses, such as computer skills, sewing, basic electrical work, baking, and handicrafts (baohanoimoi.vn).

Career guidance is often based on the resources available at the center rather than on an assessment of the actual needs of the current labor market. Many social protection facilities do not have enough funding to invest in suitable vocational training equipment, which can result in training that focuses more on theory than practical skills. When children reach adulthood, often at around 18 years old, they may have to leave the center and live independently. At this stage, many of them lack important life skills, job interview skills, and financial management skills. They may also lack strong emotional support to help them adjust to independent life, especially when moving to large cities.

V. Some recommendations to improve the way of taking care of the mental health of orphans living in social support centers in Viet Nam.

Based on the actual situation, the survey participants identified the following advantages in providing mental health care for orphaned children at social protection centers:



Chart 8: The total of evaluated opinions about conveniences in taking care orphan's mental health activities at social support centers

(Source: Survey results)

According to the survey participants, mental health care activities for orphaned children at social protection centers have several advantages. The main advantage is the government's investment and support for social protection centers, which was rated as the greatest advantage, with 81% of participants choosing this option. Other important advantages include support from charitable organizations and the cooperation of orphaned children themselves, with more than 60% of participants identifying these factors.

Decision No. 1575/QĐ-TTg, which approves the plan for implementing the Social Assistance Facility Network Plan for the 2021–2030 period, with a vision to 2050, includes plans for public investment projects. These projects prioritize the construction of new facilities, the renovation, upgrading, and expansion of existing facilities, and the purchase of necessary assets and equipment for public social assistance facilities included in the plan for the 2021–2025 and 2026–2030 periods.

In addition, the government provides significant funding for vocational training for orphaned children, helping them develop greater confidence when integrating into the community. Orphaned children may receive support for food, accommodation, living expenses, and travel costs. For example, under current policies, children who live 5 kilometers or more from the training location may receive VND 300,000 per person per training course for travel expenses (nhandan.vn, 2026).

However, despite these advantages, mental health care activities for orphaned children at social protection centers also face many difficulties. The survey participants identified the following challenges:

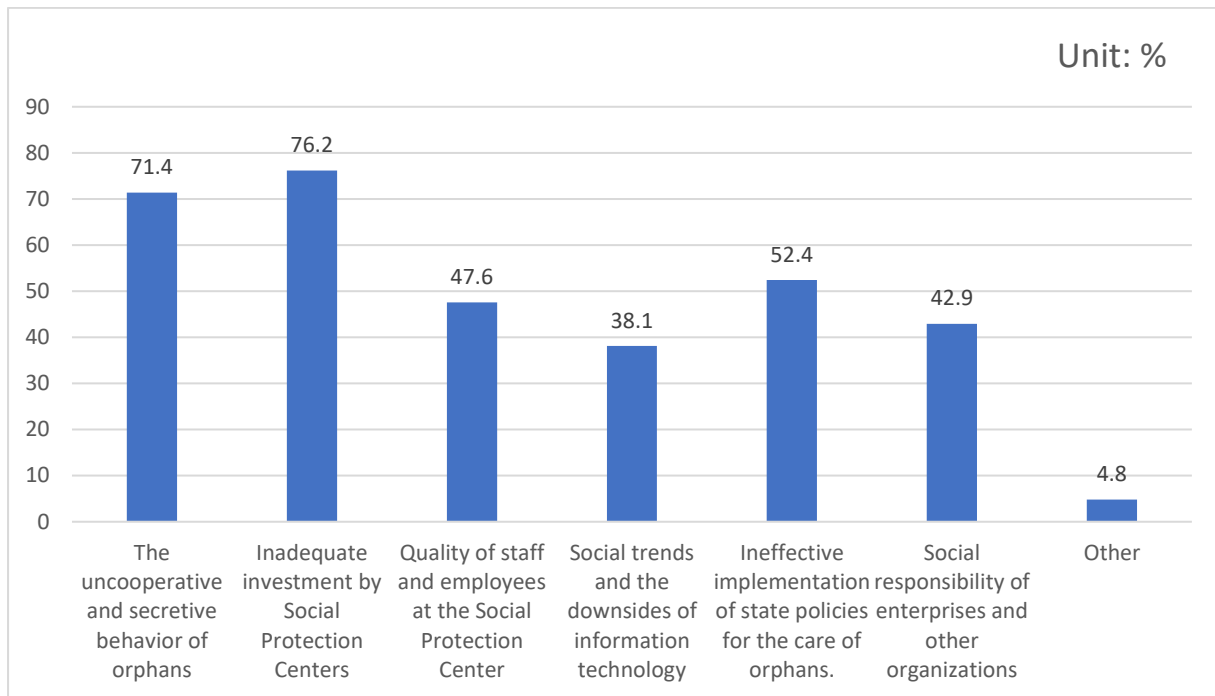


Figure 9: The total of evaluated opinions about difficulties in taking care of orphan's mental health at social support centers.

(Source: Survey results)

According to the survey results, the biggest difficulty in providing mental health care for orphaned children at social protection centers is the lack of sufficient investment from the centers themselves, with nearly 77% of participants identifying this as a challenge. This is followed by the lack of cooperation and the tendency of some orphaned children to hide their feelings and problems, which was identified by more than 70% of participants. Another important difficulty is the limited implementation of government policies on the care and support of orphaned children.

In addition, the survey participants also evaluated the factors that affect mental health care activities for orphaned children at social protection centers as follows:

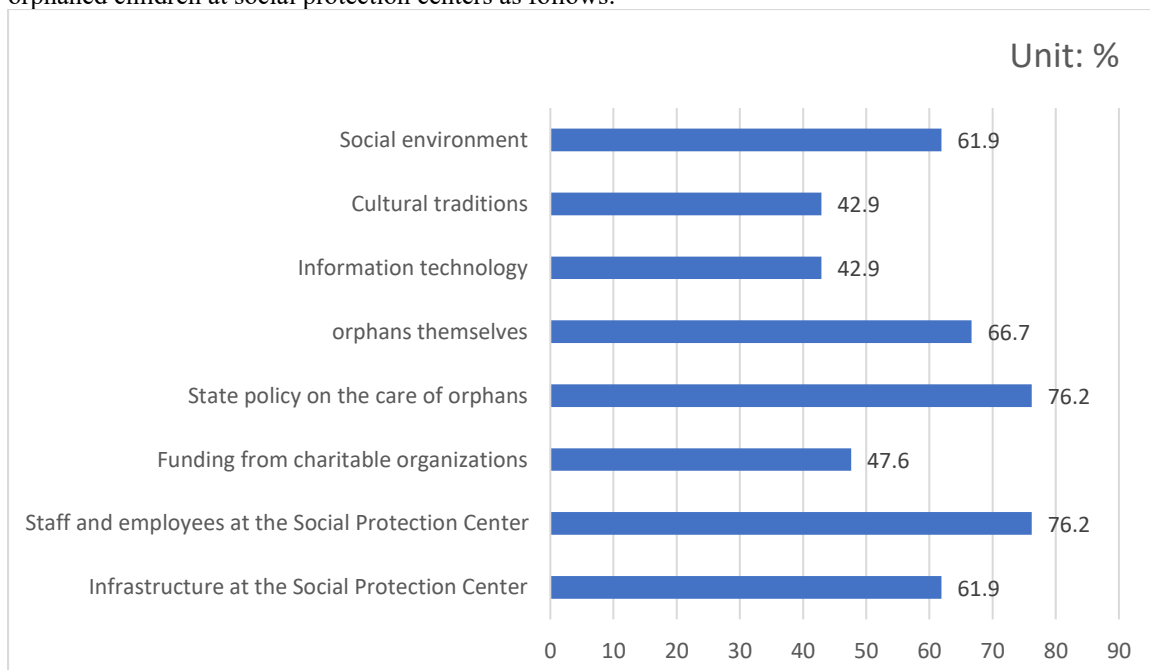


Figure 10: The total of evaluated opinions about factors impacting on taking care of orphan's mental health at social support centers

(Source: Survey results)

Government policies on the care and support of orphaned children were identified as the most important factor affecting mental health care activities for orphaned children at social protection centers, with nearly 80% of participants selecting this factor. Therefore, if government policies in this area are not implemented effectively, this can become a major challenge.

In addition, staff members at social protection centers were also identified by nearly 80% of participants as an important factor. They are directly responsible for caring for and supporting orphaned children and therefore have a significant influence on the children's mental health. Orphaned children themselves are another important factor. Because many of them are still young and may not yet have stable emotional development, they need appropriate care, attention, and support.

The survey participants also proposed the following solutions to promote mental health care activities for orphaned children at social protection centers:

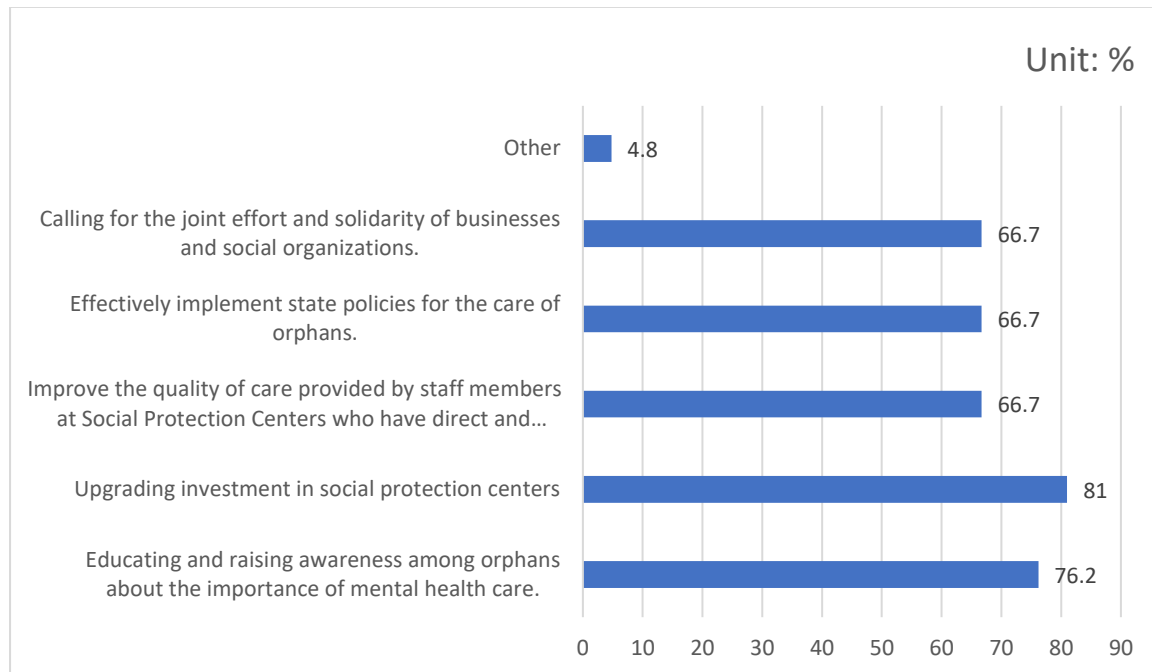


Chart 11: The total of evaluated opinions about solutions to improve taking care of orphan's mental health at social support centers

(Source: Survey results)

The survey participants suggested that the first priority should be to increase investment in and upgrade social protection centers, with more than 80% of participants supporting this solution. The second priority is to provide education and awareness programs to help orphaned children understand the importance of mental health care, with nearly 80% of participants supporting this solution. Other important solutions include encouraging businesses and social organizations to work together, improving the implementation of government policies on the care and support of orphaned children, and improving the quality of care provided by staff who have regular and direct contact with orphaned children. These solutions should be implemented together to improve mental health care for orphaned children at social protection centers.

Based on the advantages, difficulties, and factors affecting mental health care identified through the survey, the authors also propose several recommendations to promote mental health care activities for orphaned children at social protection centers.

First, recommendations for the government and relevant authorities

Government agencies responsible for the care of orphaned children at social protection centers should continue to improve their professional knowledge and skills. The government should also develop appropriate policies for training and supporting staff working as psychological counselors and social workers. More government funding should be allocated specifically to mental health care for children at social protection centers.

In addition, relevant authorities should regularly monitor and evaluate the quality of life and mental health of children living in social protection facilities. The government should also develop a complete health information system for vulnerable groups, including orphaned children, to support their care and long-term development.

Second, recommendations for social protection centers

Social protection centers should use government funding properly and effectively. They should create a friendly and supportive environment and develop a family-like model of care so that orphaned children can experience warmth and reduce feelings of being abandoned or isolated.

Centers should also provide a wider range of activities and include community-based psychological approaches in children's daily lives, such as art activities, physical activities, meditation, caring for animals, and gardening. Regular training sessions should be organized for staff. Centers should also establish clear responsibilities and guidelines for the care, education, and psychological counseling of orphaned children and take measures to prevent violence and emotional harm.

Third, recommendations for businesses

Businesses should increase their social responsibility by providing financial support for long-term mental health care programs and projects. They can support the establishment of psychological counseling rooms or cooperate with social protection centers to organize cultural, sports, and tourism activities.

Businesses can also organize career guidance programs for orphaned children, as well as outdoor activities and cultural and sports exchanges between children living in social protection centers and children in the wider community. These activities can help children develop social skills and reduce feelings of low self-confidence.

Businesses can also cooperate with psychological associations to provide interns and professionals who can offer free or low-cost psychological counseling and support to children living in social protection centers.

Fourth, recommendations for orphaned children

Orphaned children of different ages living in social protection centers should be encouraged and guided to participate actively in conversations and psychological counseling sessions. They should be supported in identifying and expressing their emotions and psychological difficulties so that they can seek help when needed.

In addition, orphaned children should actively participate in cultural, sports, and tourism activities organized by the centers. These activities can help reduce stress and improve their ability to cope with difficulties. Children should also be encouraged to develop a sense of responsibility for living together and taking care of shared spaces within the centers.

VI. Conclusion

Mental health care for orphaned children at social protection centers is an important task that requires the participation of many different groups. With attention and support from the whole society, mental health care activities for orphaned children have achieved positive results. These efforts can also contribute to creating better conditions for orphaned children and building a better society in the future.

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