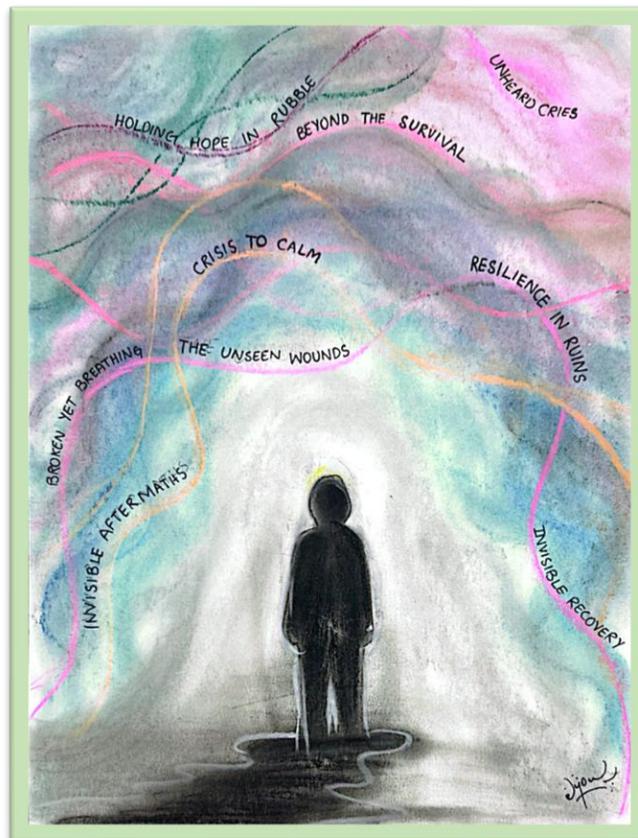


**CREATIVE CORNER:**  
**OPPORTUNITY IN ADVERSITY**  
*Syeda Alisha Zehra*

Humanitarian emergencies arising from conflict, displacement, and climate-related disasters place an enormous burden on psychological wellbeing, while simultaneously bringing out the resilience of individuals, families, and communities. Even though these settings reveal systemic inequities in the provision of mental healthcare, yet they simultaneously create space for innovation, cross-sectoral collaboration, and the integration of evidence-based, culturally sensitive solutions. In this context, the World Mental Health Day 2025 theme emphasises the necessity of embedding mental health into humanitarian preparedness and response. Thus, reframing adversity not only as a source of vulnerability, but as an opportunity to strengthen systems, promote recovery, and foster sustainable hope at both individual and population levels.



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