

Humaniti

Your Impact on Mind Health in 2023



INTRODUCTION

The repercussions of disasters and economic crises run deep, often leading to psychological trauma, anxiety, depression, and grief due to loss and uncertainty.

The long-term effects of these events on mental well-being demand recognition, support, and intervention efforts to foster resilience and recovery.

At Humaniti, our commitment extends beyond instant relief and aid; we are dedicated to supporting initiatives that generate sustained, long-term success for crisis-hit regions.

World Health Organization (WHO)

We estimated that more than one in five people (22.1%) in post-conflict settings has depression, anxiety disorder, post-traumatic stress disorder, bipolar disorder, or schizophrenia and that almost one in ten people (9.1%) in post-conflict settings has a moderate or severe mental disorder at any point in time. ” ”

This report reflects the progress and hope we've had together on our journey to improve mind health. Thank you for your compassion and generosity in rewriting the wrongs of crisis-hit regions.



LETTER FROM OUR EXECUTIVE DIRECTOR

I write to you with a heart full of gratitude for your support in our shared mission to address the impact of disasters and economic crises on mental health, especially vulnerable populations.

As I reflect on the challenges we've faced, the progress we've made, and the road ahead, I am filled with a resolute determination. It's a call to action to recognize, support, and intervene with compassion and dedication.

We've witnessed positive results of mind health efforts among the young and adults in different parts of the world, and undoubtedly, the potential of a healthy mind is beyond measure. I welcome you all to participate and support us in this profound journey.

With gratitude, thank you!

A handwritten signature in black ink, appearing to read 'M. Firaaz Azeez', with a large, sweeping flourish underneath.

M. Firaaz Azeez
Executive Director
Humaniti



MENTAL HEALTH RECOVERY IN TURKEY

The earthquakes earlier this year still reside in the minds of the affected communities. Recognizing the situation's urgency, Humaniti partnered with Ibn Haldun University to establish a psychotherapy center to deliver much-needed mental health services to the region. We initiated this program in May '23. Here's an overview of our activities:

May

383

Total Therapies

162

Patients received psychotherapy

289

Psychotherapy Services Provided

39

Employee Support Activities

55

Group Work Services

17

People participated in Group Work

June

497

Total Therapies

403

Psychotherapy Services Provided

196

People received Psychotherapy Sessions

52

Employee Support Activities

42

Group Session Services

July

576

Total Therapies

505

Psychotherapy Services Provided

238

People received Psychotherapy Sessions

48.5

Employee Support Activities

22.5

Group Session Services

ANALYSIS AND IMPACT

These numbers and the therapies performed demonstrate the significance of our efforts.

Additionally, our Employee Support initiatives reflect our holistic approach. We believe the healers also need healing, ensuring our efforts promote a more supportive and resilient work environment in the affected regions.





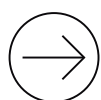
MENTAL HEALTH RECOVERY IN GAZA, PALESTINE

The people of Gaza, especially children, need our assistance more than ever. The long ongoing conflict and socio-economic challenges have deeply affected their emotional and psychological well-being. Recognizing the sensitivity of their situation, we have channelled our efforts to support various mental health initiatives tailored to their needs.

We understand that each child's experience is unique, and our counsellors offer individual and group sessions to address these varying needs.

COUNSELLING AND PSYCHOSOCIAL SUPPORT

Our dedicated team of counsellors, operating through schools, health clinics, and other means, have been instrumental in providing a holistic approach to psychosocial support.

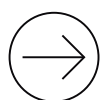


Individual

1,332 Students received

- 635 Boys
- 697 Girls
- 32 With disabilities

5,483 Counselling sessions.



Group

2,966 Students participated in

- 1,365 Boys
- 1,601 Girls
- 20 With disabilities

2,100 Counselling sessions.



PSYCHOEDUCATIONAL AND PUBLIC AWARENESS

In addition to direct counselling, we believe in the power of education and awareness. Our psychoeducational programs aim to equip children with the tools to understand better and manage their emotions. Furthermore, we conduct public awareness sessions for parents and families, emphasizing the importance of mental health within the family unit.

→ **369** Parents participated in parent education sessions.

→ **371** Teachers participated in psycho-education sessions.

The Mental Health and Psychosocial Support Services supervision team works closely with school counsellors to support, guide and monitor interventions. This includes regular individual and group supervision meetings with counsellors, staff training, and ongoing technical supervision to support at-risk or protection cases.



EVALUATION AND MONITORING

We use tools like a database to regularly track client information, reasons for seeking assistance, and counselling interventions (individual and group). In addition, the Donor Relations and Projects Coordination Office maintains close follow-up on the project's financial and operational performance through budget checks, review meetings, etc., to ensure complete adherence to agreement terms and donor expectations.

Within the Education Program, the UNRWA deploys 258 school counsellors to provide mental health and psychosocial support (MHPSS) to 294,086 elementary and preparatory school students in 284 Agency schools in Gaza.

ANALYSIS AND IMPACT

Flexibility is vital in our approach. Whether it is individual therapy, group support, or public awareness campaigns, we remain responsive to the challenges in Gaza.

We currently provide hundreds of Palestinians with the tools to navigate their circumstances and build a foundation for a brighter future.

EMPOWERING ORPHANS IN GAZA

In our commitment to the well-being of the people of Gaza, we have embarked on a project that touches the lives of the most vulnerable among us - orphans. The recent attacks have left a tragic aftermath, including the emergence of new orphans. Our project seeks to extend these orphans and their guardians a lifeline while ensuring their educational aspirations remain intact.

SUPPORTING 25 ORPHANS FOR ONE YEAR

We are dedicated to providing comprehensive support to 25 orphans in Gaza over a year. These orphans have lost their loved ones and have been exposed living through the harsh realities of conflict and displacement without any support. Our project offers these young souls a semblance of normalcy, stability, and hope.



A LIFELINE FOR MOTHERS AND GUARDIANS

We recognize that the well-being of orphans is intricately linked to that of their mothers or guardians, who bear the weight of responsibility and care. By supporting their children, we also aim to alleviate the burden on them, providing them with essential resources and a network of support to nurture their families.

ENSURING CONTINUITY OF EDUCATION

Education is a powerful tool for empowerment and recovery. In the face of adversity, we are determined to ensure these orphans can continue their education without interruption. Providing educational resources, scholarships, and a conducive learning environment alleviates the financial stress from both the parents and their children, and provides hope for a brighter future.





HUMANITI ONE PARENT INITIATIVE

One Parent offers crucial support to single parents, providing them with counselling and resources to navigate life's challenges with integrity.

In Canada, a country often celebrated for its healthcare system and quality of life, we encounter a stark reminder that mental health challenges can happen anywhere to anyone.

WEB THERAPY FOR ONE PARENT CLIENTS

We have introduced web therapy, a modern approach to counselling tailored specifically for One Parent clients. This initiative **seeks to support single parents grappling with mental health challenges.**



5 FREE SESSIONS PER CLIENT

Recognizing the financial constraints that often accompany a single parent, we offer five free counselling sessions to each client. This ensures accessibility and affordability, allowing individuals to embark on a path to healing without the burden of cost.

HUMANITI REMAINS COMMITTED

The gap between the need vs access to mental health services continues to grow every day, Humaniti hopes to bridge this gap as much as possible.

As we navigate the intricacies of mental health support, we do so with the understanding that no corner of the world is immune to these challenges. Our commitment transcends borders as we strive to create a world where mental health is valued, accessible, and supported for all.

We collaborate with local partners and have even taken steps toward constructing permanent shelters. The trials people face in different parts of the world underscore the urgency for us to persist in our efforts to provide aid and answer humanity's call wherever we can.

Together, we heal our minds in hopes to build a better world.

UPCOMING PROJECTS:



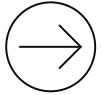
Welcoming Afghan Newcomers to Canada with Love

Humaniti is delighted to partner with ABRAR Trauma and Mental Health. Services to welcome Afghan newcomers to Canada with “a” holistic “approach to mental health support by understanding the specific barriers faced by newcomers when they first arrive in Canada. We know, when it comes to mental health, one size DOES NOT fit all, which is why we are funding a trauma-informed, culturally sensitive and early intervention support project in hopes of eradicating the cultural, language and accessibility barriers faced by newcomers.

The project, Dil ba Dil is designed to specifically address the critical needs of female Afghan newcomers and in time, all Afghan newcomers by providing a culturally sensitive and trauma-informed mental health support program.



The Butterfly Cares®
by Humaniti

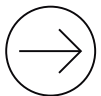


The Butterfly Cares

We are thrilled to introduce you to The Butterfly Cares, an initiative by Humaniti to address the global mental health crisis by raising awareness and supporting vital programs.

Our collective efforts aim to provide transformative care to diverse beneficiaries, including First Responders, Veterans, Single Parents, Victims of War and disaster, Orphans, BIPOC communities, Youth, Refugees, and Indigenous People.

Together, we can help individuals emerge from their struggles and thrive like butterflies.



Gratitude and Acknowledgements

We sincerely thank our supporters, partners, volunteers and dedicated professionals who make this initiative possible. Together, we are fostering resilience and helping communities on their journey to mental health recovery.

BECOME A PART OF THE GLOBAL MIND HEALTH WITH HUMANITI

Humaniti's mind health initiatives have already inspired hope in over 140,000 individuals, and with your support, we can extend our impact to millions more.

We aim to improve global mental health by partnering with companies and individuals with the same ambition.

Join us in this transformative journey and mobilize the greatest health movement in history!