

(hill district) and Sarlahi (terai district) from November 2013 – July 2014. This programme was extended from July 2015 to Ramechhap, Nawalparasi, Dhanuswa and Kailali and from July 2016 to Dhading, Nuwakot and Sindhupalchowk districts until July 15, 2019.

Key activities:

- Training (basic and refresher) social workers in psychosocial intervention
- Providing backstopping support and distance coaching for social workers in case management
- Providing individual, group and family level psychosocial intervention
- Developing a referral places for higher level psychosocial intervention

4. Psychosocial Support in GBV Prevention and Response Project (Aug. 2016-Jun. 2019):

A partnership agreement between UNFPA and CMC-Nepal was signed in August 2016 with the aim to contribute to the psychosocial component of the Gender-based Violence (GBV) Prevention and Response project funded by the Swiss Agency for Development Cooperation (SDC). This project aims to reduce the prevalence of GBV through the effective empowerment of women and men through prevention and response interventions by the responsible and capable government agencies. The role of CMC-Nepal in this project is to build the capacity of psychosocial counsellors, community psychosocial workers, case managers from OCMC/district hospitals and staff



from safe houses to address the psychosocial needs of GBV survivors and their families. This programme is currently implemented in Sindhuli, Okhaldhunga and Udayapur district.

Key activities:

- Providing orientation on Gender, GBV & psychosocial issues in the women's cooperatives, watch groups, adolescents girls groups and couples
- Building the capacity of community psychosocial workers, case managers and safe house staff on psychosocial support and counselling
- Providing clinical supervision to community psychosocial workers and case managers
- Providing psychosocial and mental health services to highly distressed cases referred by the case managers

5. Bharosa Intervention (connecting module) Project (Feb 2017-Dec 2019):

In Nepal, bonded labour causes significant psychological distress, a disintegration of communities, negatively impacts the ways people develop trusting relationships, and compromises their ability to live a meaningful life. Limited research on the psychological wellbeing of bonded labour, living difficult situation has shown that it has a profound and devastating impact. By breaking connections of healthy human relationships, bonded labour leads to isolation and high rates of depression (67% of females, 53% of males), anxiety (56%, 31.6%), post-traumatic stress (29%, 3%) and suicide ideation, reported a recent pilot study commissioned by the Freedom Fund with help of CMC-Nepal.



The Connecting People Intervention (CPI) has shown success in achieving these outcomes in other countries. The Bharosa project begun in early 2017 in the Siraha and Saptari districts with a follow-on connecting model project. To address the mental health and psychosocial need of target beneficiaries, the psychosocial intervention project named 'Bharosa' was been initiated and implemented through local district partners (two in Saptari and one in Siraha).

Key activities:

- Adopting the connecting model (Bharosa) to address mental health and psychosocial issues
- Training community groups in mental health and psychosocial issues for harwa charwa
- Training community facilitators in mental health and psychosocial support following the Bharosa training package; assistant/supervisor to execute training session on Bharosa
- Providing psychiatric service and medicine to identified and referred person with mental health and psychosocial problems from harwa charwa community of working area.
- Providing psychosocial counselling referred by community facilitator and or assistant/supervisor



H.R. Development Unit

The Human Resource Development Unit of CMC-Nepal is mainly geared towards human resource development in mental health and psychosocial counselling and the development of service provision for people with mental disorders and psychosocial disabilities. It also works to provide visibility and publicity for CMC-Nepal through conducting research and publishing work in national and international journals.

This unit designs and delivers training in mental health and psychosocial counselling and conducts post training supportive supervision and backstopping

This unit offers the following services:

- Basic mental health and psychosocial counselling training
- Trauma counselling training
- Backstopping supervision in mental health and psychosocial counseling
- Developing awareness-raising materials and training manuals on mental health and psychosocial counselling
- Psychosocial counselling services
- Mental health services
- Stress management and counselling services for the employees of corporate organizations, INGO staff and local-level elected authorities
- Evidence-based research and publication



Organisational structure

CMC-Nepal is a multi-disciplinary organisation for the promotion of mental health and psychosocial support in Nepal. The General Assembly is the supreme body with nine elected members. Programme staff are responsible for the operation of projects.

APPEAL

CMC-Nepal requests your support to meet the needs of people living with mental and psychosocial disorders. Donations go to their treatment, rehabilitation and reintegration into their respective communities. Your help will contribute to ensuring that people get the services they need to become assets to the nation. You can help through:

- Financial support
- Advocacy, networking and collaboration
- Sharing technical information in mental health (books, journals, articles)
- Purchasing our training courses, IEC materials and using our services in mental health and psychosocial counselling
- Offering training for CMC-Nepal staff to enable them provide quality mental health and psychosocial services
- Working as a volunteer, especially if you have international skills and experience in mental health



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About us?

The Centre for Mental Health and Counselling-Nepal (CMC-Nepal), is a national non-governmental (NGO) organisation established in May 2003 with the aim of continuing and further promoting the mental health work of the United Mission to Nepal (UMN), which was initiated in the early 1980s. CMC-Nepal is registered with the Kathmandu District Administration and affiliated with the Social Welfare Council of the Government of Nepal. CMC-Nepal works at the community level in close collaboration with government and non-government agencies to improve access to mental health and psychosocial services and create awareness at different levels to reduce stigma associated with mental illness.

From its inception, CMC-Nepal has been working extensively on developing human resources in mental health and psychosocial counselling services. CMC-Nepal has also worked with non-government organisations to address psychosocial issues of children and families affected by conflict, people with HIV and AIDS with a focus on children and women, brick kiln workers and verified minors & late recruits (VMLR), migrant workers and their families, survivors of gender-based violence and bonded labor and people affected by earthquake and other natural disasters.

At the national and provincial level, CMC-Nepal is lobbying and advocating with Ministry of Health and Population & Ministry of Education, Science and Technology for the integration of mental health into the existing health care delivery and education system.

Vulnerability to mental illness is increased by poverty, unemployment, armed conflict, internal displacement, migration, stressful lifestyles, gender-based violence, social discrimination and natural disasters. Unfortunately, the availability of trained health professionals is significantly inadequate for meeting the needs and demands of mental health and psychosocial services. Hence, CMC-Nepal has made it a priority to provide training and post-training supervision to develop qualified human resources in mental health and psychosocial counselling. A rights-based social mobilization approach has been built into the projects since 2013 and CMC-Nepal has increased its efforts to protect, respect and fulfil basic human rights of the people with psychosocial disabilities through closely working with people with psychosocial disabilities, their families, community members and duty bearers.



Vision

Persons with mental health and psychosocial problems live a dignified life and equally enjoy their rights as other people.



Mission

Promotion of mental health and psychosocial wellbeing by working in collaboration with government, non- government and community-based organisations.



Goal

To develop CMC-Nepal as the centre of excellence in training, research and service provision of mental health and psychosocial support & counseling in Nepal by;

- Working with community based organizations for community empowerment in promotion, prevention, treatment, reintegration and rehabilitation of persons with mental and psychosocial problems



Current Programme

1. Community Mental Health & Psychosocial Support Programme (Jan. 2019 - Dec. 2021)

The aim of this programme is to enhance access to mental health and psychosocial services by integrating them into existing district hospitals, primary health centres and health posts. This programme will be implemented in 4 districts (Okhaldunga, Udayapur, Surkhet and Jajarkot) of Nepal. CMC-Nepal, in collaboration with the Non Communicable Disease and Mental Health Section of the Epidemiology and Disease Control Division and the National Health Training Centre of the Department of Health Service (DoHS), has been conducting training on mental health and psychosocial counselling support to government health professionals. Post-training supportive clinical supervision and backstopping is built in the training. It also creates awareness at community level through closely working with community groups, families & individuals on mental health issues & their empowering effects at different level. CMC-Nepal then disseminates information on these topics to empower people to raise their voices to protect their rights to services and other social benefits. Financial support for this project is provided by TEAR Australia and Felm, Finland.

Key activities:

- Providing mental health training for health professionals, including medical officers
- Facilitating psychosocial support training for ANM, staff nurses and development workers
- Providing clinical supervision of trained persons to strengthen knowledge, skills and capacity
- Running awareness campaigns through radio programmes, exhibitions, orientation to Female Community Health Volunteers, traditional healers, mothers' groups and community people
- Empowering persons with mental and psychosocial disabilities, their families and other stakeholders for the protection of the fundamental rights and social inclusion
- Advocating at the central and provincial level for the integration of mental health services into the public health system

- Developing mental health and psychosocial support skills and knowledge among health professionals, social workers and teachers
- Advocating and policy input for mainstreaming of mental health and psychosocial services in primary health care and mandatory provision of school counselling
- Raising awareness in mental health and psychosocial wellbeing and reduce social stigma
- Inclusion of disability in program designing and implementation
- Evidence based research in mental health & psychosocial area



Strategies

- Mainstreaming mental health and psychosocial services into the public health and education systems
- Building capacity of government health workers and I/NGOs staff in mental health and psychosocial approaches
- Advocacy and awareness
- Rights-based social empowerment approach in mental health
- Research and publication
- Mental health and psychosocial services

- Support people with mental health problems to access treatment at higher facilities and gain economic empowerment for livelihood support

2. School Mental Health Programme (Jan. 2018 - Dec. 2021):



This programme promotes the psychosocial wellbeing of children and adolescents in school, and develops access to psychosocial support for those who have emotional and behavioural problems, learning difficulties and developmental delays which can impede learning. This programme mainly focuses on improving classroom behavioural management, empowering parents and other stakeholders involved in school activities, employing a positive disciplinary approach and managing a student listening unit (school counselling). This programme is currently implemented in Salyan, Kailali, Rasuwa and Gorkha districts with financial support from Felm, Finland.

Key activities:

- Training teachers in child-friendly classroom management (CFCM), positive disciplinary approach (PDA) and parenting education
- Training teachers in identifying emotional and behavioural problems and learning difficulties of children and adolescents and subsequent management of difficulties
- Providing psychosocial counselling to students and supporting students through career and academic counselling
- Supervising trained teachers in CFCM, PDA and school counselling
- Promoting psychosocial resources (promotional boards, play and drawing materials and student counselling start up materials) to schools
- Supporting schools in the promotion of life skill education, child protection policies and adolescents' girls health awareness activities
- Providing effective parenting education or parental psycho-education to create awareness about parents' responsibilities for psychosocial wellbeing and quality of learning for children
- Developing a referral service mechanism in government hospitals for cases referred from the schools

3. Psychosocial Intervention Component in Safer Migration (SaMi) Project (Nov.2013 - Jul 2019):



The Safer Migration (SaMi) Project of HELVETAS Swiss Intercooperation Nepal initiates activities related to safer migration, mainly creating awareness for safe migration and addressing the social cost of migration through psychosocial intervention. This programme develops capable psychosocial counsellors to address the psychosocial effects (social cost) of migration on the affected people (families of the migrant workers, their children and distressed returnees) in the project districts.

The psychosocial intervention component in the SaMi project was implemented as a pilot project in two districts: Khotang