HEALTHY MIND - HEALTHY CHILD

NEWSLETTER: EMPOWERING THE SUPPORT NETWORK

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THE HUMAN SHIELD: TRAINING PARENTS AND EDUCATORS

THE SUSTAINABILITY OF THE HMHC PROJECT RELIES HEAVILY ON THE STRENGTH OF THE CHILD'S IMMEDIATE ENVIRONMENT. FOR THIS REASON, WE HAVE INTENSIFIED OUR TRAINING SESSIONS FOR THE "FIRST RESPONDERS"—PARENTS, TEACHERS, AND SPORTS COACHES. THESE WORKSHOPS HAVE PROVIDED OVER 320 ADULTS WITH THE NECESSARY SKILLS TO RECOGNIZE EARLY WARNING SIGNS OF MENTAL DISTRESS AND PROVIDE IMMEDIATE, EMPATHETIC SUPPORT. BY FOCUSING ON ACTIVE LISTENING AND THE DE-STIGMATIZATION OF MENTAL HEALTH ISSUES, WE ARE BUILDING A KNOWLEDGEABLE COMMUNITY THAT ACTS AS A PROTECTIVE SHIELD FOR CHILDREN. THIS EMPOWERMENT ENSURES THAT THE PROJECT'S BENEFITS WILL CONTINUE TO BE FELT IN SCHOOLS AND HOMES LONG AFTER THE OFFICIAL 24-MONTH PERIOD CONCLUDES.

CAPACITY BUILDING: OVER 320 CAREGIVERS AND PROFESSIONALS TRAINED IN MENTAL HEALTH FIRST AID TECHNIQUES ACROSS THREE COUNTRIES.

STIGMA REDUCTION: FOCUSED WORKSHOPS THAT BREAK DOWN CULTURAL AND SOCIAL BARRIERS REGARDING SEEKING PSYCHOLOGICAL HELP.

PRACTICAL TOOLS: DISTRIBUTION OF ACTIONABLE STRATEGIES FOR MANAGING ANXIETY AND EMOTIONAL OUTBURSTS IN EDUCATIONAL SETTINGS.

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