

commit and act foundation Sierra Leone Psychosocial support for our communities

commit and act Sierra Leone is a local NGO that works to empower and strengthen individuals and families in Freetown, Bo and Makeni.

Supported by a highly skilled international team of mental health professionals, we are dedicated to train local leaders in Acceptance and Commitment Therapy (ACT) and counsel those in need. ACT empowers people to face their fears and find creative solutions to their numerous daily challenges. By delivering psychosocial support, Ebola- counselling, livelihood and education support we alleviate suffering and build stronger communities.

Our work is based at our psychosocial centre in Bo town, led by Director Hannah Bockarie.



CONNECTING

CARING

CREATING

