



Charity Number: 1152137

BREAKING THE CHAINS OF MENTAL ILLNESS



About the charity

Somaliland Mental Health Support Organisation (SMHSO), established in 2011 by volunteers in the diaspora, is a UK based, humanitarian, non-profit organisation dedicated to supporting people with mental health needs in Somaliland and in the UK through health care training and development programs.

The charity does this by providing the essential needs such as medicine for patients in both the mental hospitals and also the community. SMHSO also provides training to health professionals in the sector and also supports the building of new mental health centres and repairing/renovating existing ones.

The number of people who suffer from mental health problems in Somaliland has been increasing in the last 27 years. The main factors contributing to the increase of the problem is believed to be the civil wars, high unemployment rate and poverty (Somaliland is one of the poorest nations on earth). Furthermore, as a result

of the long-lasting civil war, the health infrastructure of the country was destroyed and skilled health expertise left the country looking for better employment opportunities elsewhere. In addition to that, the government has limited resources to cover the highly demanding mental health sector.

According to WHO, 10% of the world population is affected by some kind of mental distress and mental disorder. This percentage increases up to 20% in war-torn and conflict-prone countries, such as Somalia, where the extent of violence has permeated the different layers of the society (WHO, 2010).



The prevalence of mental illness in Somaliland is thought to be the highest in the world. It is estimated that at least one person has some form of mental illness in every two households



Aims & Objectives

The following are key objectives we want to realise:

1. To improve the lives and well-being of Somalis suffering from mental health problems in the community and in Somaliland by joint — up and holistic approach
2. To advocate for the needs of those with mental health problems
3. To educate members of the community and those in Somaliland about mental health issues
4. To foster working partnerships with stakeholders in mental health issues

Our organisational core values and principles are

- **Compassionate** — we listen and endeavour to provide user-friendly services and support
- **Responsive** — we are flexible, approachable to make a difference
- **Passionate** — we are committed to what we are doing and we enjoy doing them
- **Inclusive** — we value equality and diversity in service delivery to meet diverse needs
- **Transparency and Accountability** — we act with integrity and follow good governance and best practice

Achievements so far

With your help, SMHSO has been actively engaged in supporting people with mental health problems in Somaliland. We sincerely hope that you will continue to support the organisation and join us in carrying out this noble cause every year. All funds collected will be used to cover the basic needs of the mental health patients such as provision of essential medicine, food, equipment, training and the building of new centres.

Built new kitchen in Hargeisa mental hospital

Project cost: \$14,000

Status: Completed in 2013

Zakat collected from UK and distributed to families of mental health patients

Started: 2015

Supplied essential medicines for one year to Burao and Borama hospitals

Project cost: \$26,000

Status: started in 2015, on going

Established well-functioning field offices in Hargeisa Date: 2015 and Burao Date: 2017

Built 17 rooms acute unit in Hargeisa mental hospital

Project cost: \$85,000

Status: Completed in 2016

280 Donation boxes strategically placed around Hargeisa, Burao, Borama and Gabiley

Date: 2017

Organised seminars/awareness raising sessions for health professionals in Hargeisa, Burao and Borama Date: 2017

Refurbished the mental health wards of Hargeisa mental hospital

Project cost: \$30,000

Status: Completed in 2018

UK Activities

- Equality and Diversity in Mental Health services event 12 January 2016
- Grand Community event in City Hall 15 December 2016
- Primary Mental Health Support Service (PMHSS) trained 14 (6 men and 8 women) volunteers for SMHSO in Mental Health First Aid 2017
- SMHSO trained 15 practitioners from Primary Mental Health Support Service (PMHSS) in cultural diversity and cross cultural skills. 2016





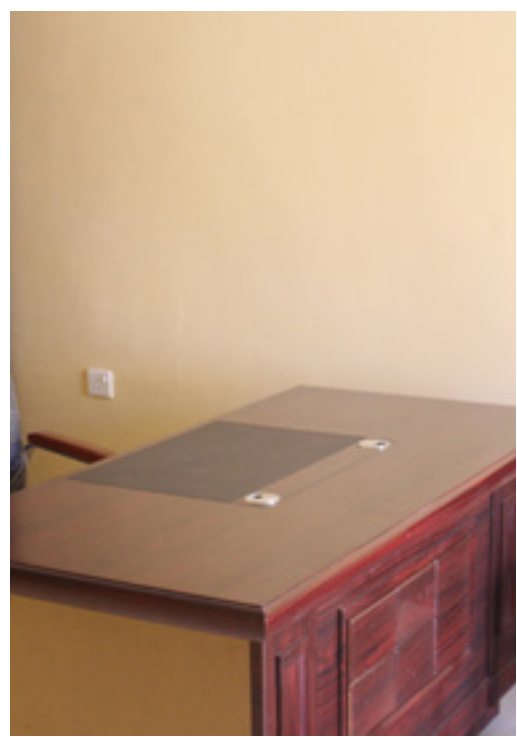
*Hargeisa Mental Health Unit
before rebuilding*





*Inauguration ceremony of
Hargeisa Mental Health
Hospital's emergency unit after
rebuilding*

14 rooms, 3 offices, 10 toilets





Opening ceremony of Burao Field Office





Awareness raising sessions held in Burao, Borama and Hargeisa



World Mental Health Week organised by SMHSO

Contacts & Locations

Somaliland

Hargesia

Jigjiga Yar, Behind Nagaad Network Organization or Near Safari Hotel

Tel: +252 (0)633675252

Buroa

SMHSO-Burco

Opposite Ruwais Hotel

Tel: +252 (0)634318367

Email:calimaahir6@gmail.com

UK

Cardiff

Enterprise Unit3,
Plas Iona, Loudoun square,
Butetown, Cardiff CF10 5HW

Tel: +44 (0)29 2049 1895

Tel: +44 (0)79 8417 2964

Tel: +44 (0)7946 494 044

London

Kilimanjaro Business Connect
Unit 6, 330-332 Uxbridge Road,
London W12 7LL

Tel: +44 (0)7944 119 090

Tel: +44 (0)7951 049 027

Sheffield

Tel: +44 (0)7985 236 102

Tel: +44 (0)7932 668 012

Bristol

Tel: +44 (0)7392 330 652

Tel: +44 (0)7805 819 457

Manchester

Tel: +44 (0)7538 337 742

Tel: +44 (0)7943 876 328

Birmingham

Tel: +44 (0)79032 333 355

زكاة الفطر £5 Zakat ul-Fitr

We are able to accept your Zakat ul-Fitr. We will act as your agent and take the money you give us to buy food and distribute among needy people at the correct time.

We suggest that £5 is given for each member of the household.

To pay your zakat, contact us on the above contact details or go to:

www.somalilandmentalhealth.com

Thanks to the following organisations and individuals. Without their help and support we could not carry out our vital work.




**Mosques
in the UK**

**Worldwide
Somaliland
Diaspora**

www.somalilandmentalhealth.com
info@somalilandmentalhealth.com

 facebook.com/SLMHSEO

 twitter.com/252mentalhealth

***Help us raise \$150,000
so that we can cover the yearly
medicine costs for every
mental hospital in Somaliland***

How to Donate

Donate by UK Bank Transfer:

Bank Name: The Royal Bank of Scotland

Sort Code: 16-15-23

Account Number: 10055152

Donate by International Bank Transfer:

IBIC RBOS GB 2L

IBAN GB21 RBOS1615 2310 0551 52

Donate by Cash:

Get in touch with our team in your city.

Donate online:

www.somalilandmentalhealth.com/donate

Donate by Standing Order

www.somalilandmentalhealth.com/donate/

Download a standing order form from our website, fill it in and take it to your bank.

Donate by Hawala:

Dahabshiil Account: BURD10465