

**Break the Silence: Urgent  
psychological and psychiatric support  
for victims of the conflict in eastern DR  
Congo.**

*Break the Silence: Our Campaign to Heal the Trauma of a Forgotten War*







Coopera Congo is an organization committed since 2008 to development and humanitarian aid in the DR Congo.

Although its work encompasses a wide range of cooperation projects, in 2014 Coopera Congo took a crucial step by beginning to focus on mental health, specifically on supporting victims sexual violence used as a weapon of war and on the rehabilitation of child soldiers.

This focus on mental health is essential, as the psychological aftermath of these crimes is as devastating as the physical injuries.

Since then, Coopera Congo has led psychological and psychiatric care in one of the most areas affected by violence in the world through the Mutima Psychosocial Center, reaching with its crisis units to:

- 2,825 psychiatric consultations
- 5,026 people in group therapy
- 5,633 psychological consultations











## "A Silenced Conflict: The Human Cost of an Invisible War."

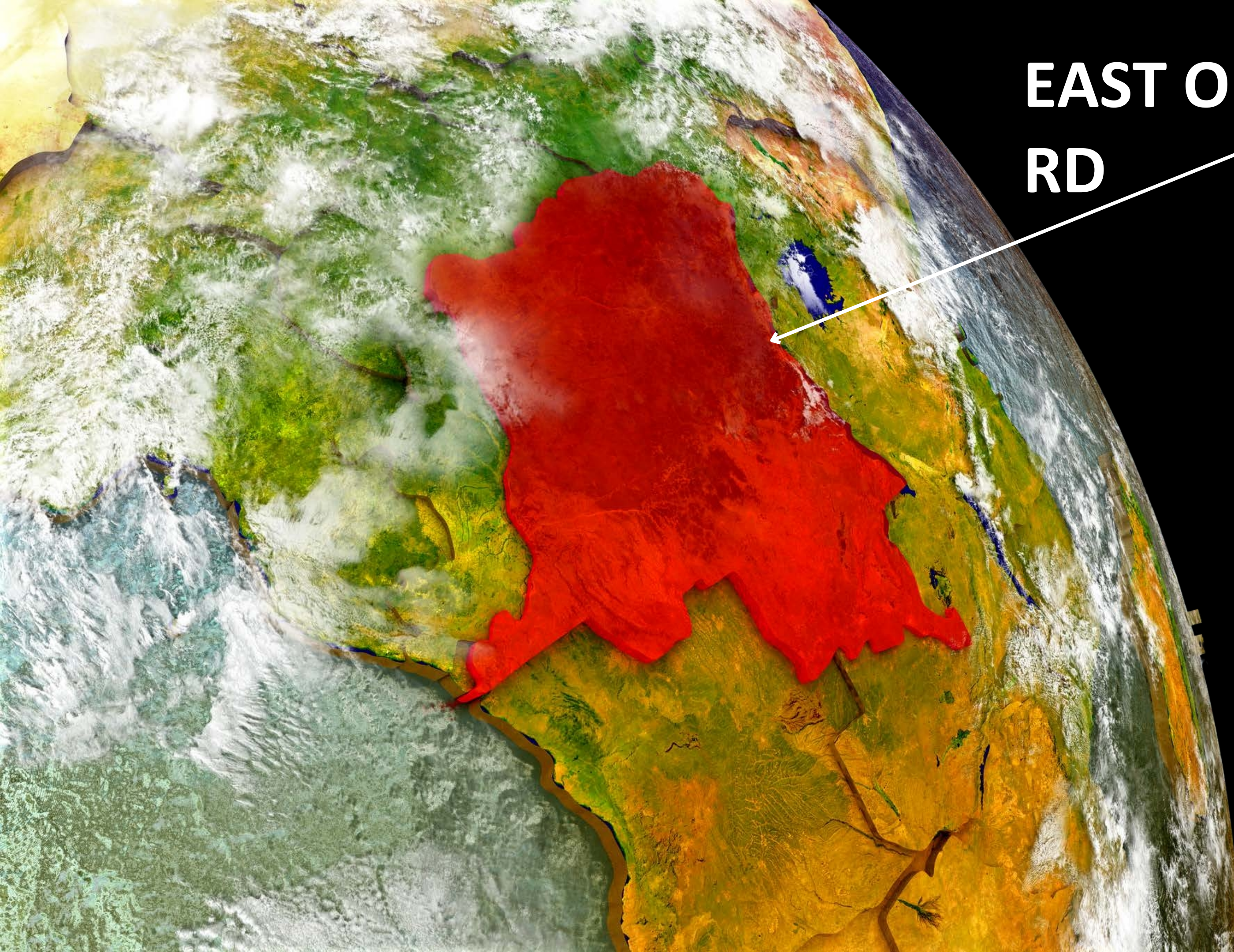
**Every time we look at our phone, turn on our computer or use an electric car, we are unknowingly connected to an invisible war that has devastated millions of lives in Congo. This is a forgotten and silenced crisis, but its traumatic impact is immense. Today, we have the opportunity to change that reality.**

**Today I am here to present a campaign that seeks not only to make this crisis visible, but also to raise urgent funds toC provide psychological and psychiatric therapy to the victims of the conflict.**

**With your collaboration, we can directly impact the lives of thousands of people in 4 refugee camps around Goma: Camp Kanyaruchinya, Camp Mugunga, Camp Bulengo and Camp Lac Vert.**



**EAST OF THE CONGO  
RD**



# "A silenced conflict: The human cost of an invisible war".

## Where does it happen?

The conflict is mainly taking place in the eastern region of the Democratic Republic of Congo (DRC), especially in the **provinces of North Kivu, South Kivu and Ituri**, which are rich in valuable minerals such coltan, cobalt, tin and gold. These areas have been the scene armed violence for decades, despite attempts at pacification.

## When did it start?

The current conflict has its roots in the events of the 1990s, following the Rwandan genocide in 1994. Thousands of refugees, including armed fighters, crossed into the DRC, generating tensions between different ethnic groups and rebel factions. This led to two major wars known as the Congo Wars:

- **First Congo War 1996-1997):** It led to the fall of the dictator Mobutu Sese Seko.
- **Second Congo War (1998-2003):** Also known as the "African World War", it involved several countries and armed groups, with a devastating impact on the civilian population.



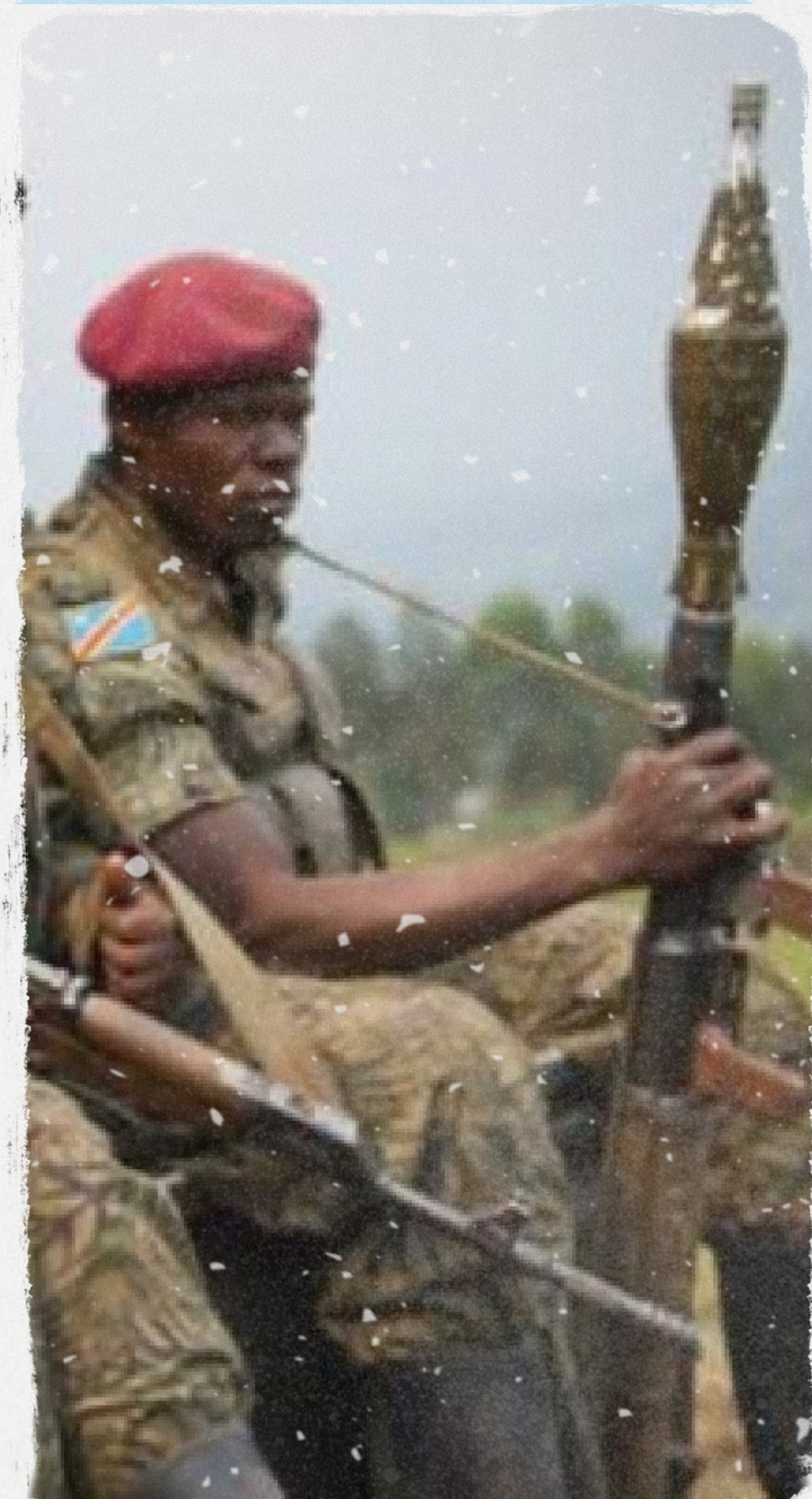
# "A silenced conflict: The human cost of an invisible war".

## **Persistence of Conflict in the East 2003-present)**

Following the official end of the Second Congo War and the signing of peace agreements in 2003, the east of the country has remained a conflict zone due to the presence of numerous armed Mai Mai groups, the M23, the Forces Démocratiques pour la Libération du Rwanda (FDLR), and other local groups. These groups have fought for control of mineral resources and have perpetrated violence against the civilian population.

In the heart of Congo, massacres, rape and torture have left not only physical but also psychological scars. Despite its magnitude, this conflict does not make headlines.

Millions of people are living with devastating trauma, and the world has remained silent. This is where we must act.



**INVISIBLE TRAUMA:  
WAR LEAVES DEEP  
SCARS ON THE SOUL  
AND BODY**



## Invisible trauma: War leaves scars deep in the soul and body

Nearly 7.2 million people are displaced in the eastern provinces of Ituri, North Kivu, South Kivu and Tanganyika, one of the largest displacement crises in the world.

The humanitarian plan for 2024 has received only 14% of the necessary financing.

According to WHO, one in five people in conflict zones will suffer from a mental disorder, whether it is depression, anxiety, post-traumatic stress disorder (PTSD), psychotic disorders or substance abuse.  
substances.

Of the 7.2 million displaced people in eastern Congo, **many face severe psychological trauma, but fewer than 10% those with severe mental health problems receive the appropriate treatment.**

## Invisible trauma: War leaves deep scars on soul and body

**Sexual violence as a weapon of war has a devastating impact on the mental health of women and children. girls.**

**A study in the DRC shows that approximately 48% of women report having suffered conflict-related sexual violence.**

**Many survivors experience PTSD, depression and anxiety disorders.**





# **Break the Silence: Our Campaign to Heal the Silence trauma of a forgotten war**

**The collaboration between the Confederation of Mental Health and Coopera Congo would not only benefit the victims of the conflict, but would also represent an opportunity to strengthen the Confederation's leadership in the field of mental health.  
mental health in conflict zones.**

**Being part of this initiative would make its role as a reference in the defense and promotion of mental health even more visible, especially in contexts where people face extreme traumas as a consequence of wars and human rights violations.**

**In addition, by collaborating with Coopera Congo, the Confederation would reinforce its global commitment to mental health. This campaign will provide a unique platform to demonstrate that mental health has no borders and that all people deserve access to psychological and psychiatric support, regardless of their geographic or economic background.**

**By joining forces, we are sending a clear message to the world: **mental health is a****

**humanitarian priority, and together we must make a difference.**

# BREAKS THE SILENCE AND HEALS THE TRAUMAS





# OBJECTIVES EMERGENCY FUNDRAISING CAMPAIGN

- **Objective:** To raise funds to provide psychological, psychiatric and psycho-educational support to victims of the conflict in eastern DR Congo, in 4 refugee camps in North Kivu province.

**Financial goal:** 200,000 euros

- **Impact Goal 1:** Create a pool of psychologists, social workers, doctors and nurses trained in modern techniques for the treatment of war trauma.
- **Impact Goal 2:** Provide at least 1,000 additional psychological and 400 psychiatric consultations.
- **Impact Goal 3:** Psychoeducation of 2,800 civil society and government agencies.

# CORE MESSAGE

*"The war east of the Democratic Republic of Congo satisfies global demand for blood minerals-choltan, cobalt, tin and tungsten-essential for our cell phones, computers, electric cars, consoles, watches and household appliances. We enjoy these devices every day. Meanwhile, millions of people in Congo are slaughtered, and the survivors suffer physical and psychological wounds that mark their lives forever.*

*Despite the magnitude of this crisis, the international community has remained silent, leaving the victims to face their pain alone.*

*Today, you can change that. Break the silence and act where others have not. Your donation will provide psychological support to victims, offering them a path to healing. **Your help may be their only way to transform horror into hope.**"*



**20 euros:** One psychological therapy session.

**50 euros:** Medication for psychiatric treatment.

**100 euros:** Group support for survivors of sexual violence

**500 euros:** Training of 1 physician in diagnosis of mental disorders **1000**

**euros:** Training of 1 psychologist in trauma

# VISIBLE IMPACT



# COLLABORATIONS

- ***Mental Health Confederation:*** Network of organizations
- ***Companies and partners:*** Opportunities for them to collaborate with the campaign and disseminate it among their audiences.



Your help may be the only path to healing.

