

Detailed Project Budget

Heal Trauma in Eastern DR Congo

Total Budget: USD 15,000

Budget Category	Description	Amount (USD)
1. Individual Mental Health Counseling	Professional counseling sessions for trauma survivors, including psychological assessments and follow-up support.	3,000
2. Group Therapy & Trauma Healing Sessions	Community group therapy, trauma recovery workshops, emotional resilience activities, and peer support groups.	2,500
3. Child Psychosocial Support	Safe spaces, play therapy, art therapy materials, educational games, and psychosocial activities for conflict-affected children.	2,500
4. Community Mental Health Awareness Campaigns	Community dialogues, awareness sessions, radio messages, educational materials, and stigma reduction campaigns.	1,200
5. Capacity Building for Community Counselors	Training local social workers, teachers, community volunteers, and health workers in Psychological First Aid (PFA) and psychosocial support.	2,000
6. Project Staff & Technical Supervision	Project coordinator, psychologist supervision, field facilitators, and monitoring support.	1,600
7. Monitoring, Evaluation & Reporting	Baseline and endline assessments, beneficiary feedback, data collection, project evaluation, and donor reporting.	800
8. Administration & Operational Costs	Office supplies, communication, local transportation, banking fees, and project administration.	900
9. Contingency & Security	Emergency transportation, security measures, and unforeseen operational expenses in conflict-affected areas.	500

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Budget Allocation by Percentage

Budget Category	% of Budget
Individual Mental Health Counseling	20%
Group Therapy & Trauma Healing	16.7%
Child Psychosocial Support	16.7%
Community Awareness	8%
Capacity Building	13.3%
Project Staff & Supervision	10.7%
Monitoring & Evaluation	5.3%

Administration & Operations	6%
Contingency & Security	3.3%
Total	100%

Expected Results with this Budget

- **800** conflict-affected people receive mental health and psychosocial support.
- Hundreds of children participate in structured psychosocial and trauma-healing activities.
- Individual counseling and group therapy improve emotional well-being and resilience.
- Community awareness campaigns reduce stigma around mental health and encourage people to seek support.
- Local counselors, teachers, and community volunteers gain skills to continue providing psychosocial support after the project ends.
- Strong monitoring and evaluation ensure transparency, accountability, and measurable outcomes for donors.