



"After opening up about my feelings and the overwhelming thoughts weighing me down, the suffocating sensation in my chest lifted. I felt lighter and could shift my thinking in a positive direction."

– A client of the CETA Counseling Program

ASSISTANCE ASSOCIATION FOR POLITICAL PRISONERS

Mental Health Assistance Program

MONTHLY ACTIVITY REPORT

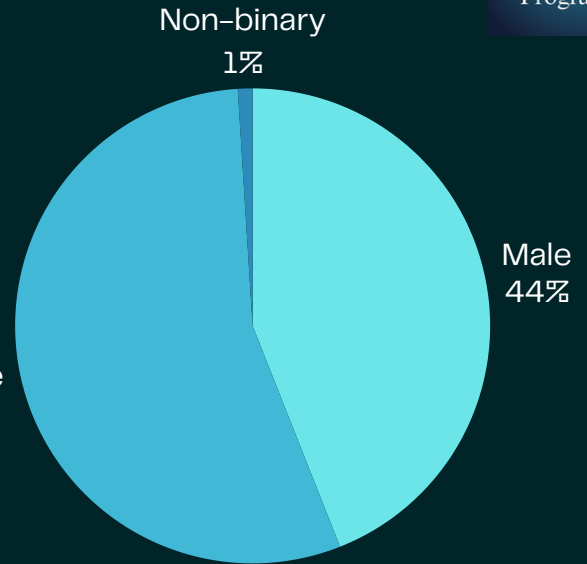
AUGUST

2024

Reaching the Unseen Healing the Unheard



Female
55%



In August 2024, the Mental Health Assistance Program (MHAP) provided support to 247 individuals experiencing psychological distress due to the recent coup. This group included:

- 109 males
- 135 females
- 3 non-binary individuals

The ages of those receiving assistance ranged from 18 to 72 years old.



ONLINE MENTAL HEALTH CONSULTATION PROGRAM

The AAPP's Mental Health Assistance Program (MHAP) has continued to offer online counseling services, a practice that began with the onset of the COVID-19 pandemic. Our counselors received calls from various locations, both within Burma and internationally, providing critical mental health support.

There
is Hope

Our online mental health consultation program provides support to former political prisoners and their families, migrant workers, LGBT individuals, women-led households, NGO staff, company employees, internally displaced persons (IDPs), CDMers, and others in need of mental health services.

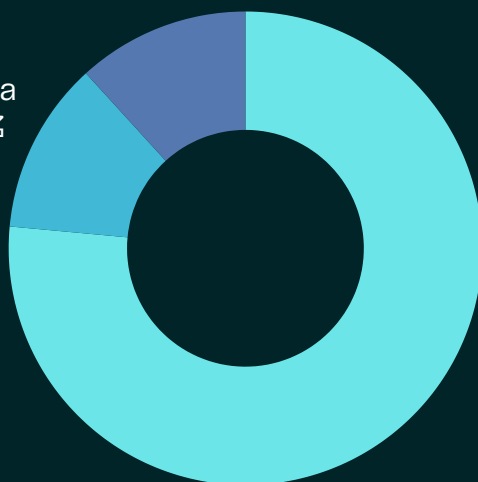
IN-PERSON AND TELE-CETA COUNSELING SERVICES

In August 2024, the AAPP's CETA Counseling Program served 34 individuals, including 26 females, 7 males, and 1 non-binary person. Services were provided through in-person and Tele-CETA sessions, effectively supporting those in remote areas and those who had relocated.



■ Trauma & Depression
■ Trauma ■ Depression
Depression
11.8%

Trauma
11.8%



Trauma & Depression
76.5%





TRAININGS

We successfully organized and delivered two impactful online training sessions for our partner organizations in August. These comprehensive sessions covered a wide range of topics, primarily promoting mental health awareness and self-care, essential coping strategies, understanding mental health challenges, stress management techniques, and strategies for thriving in challenging environments. Participants, who hold pivotal roles in diverse social sectors, actively engaged in substantive discussions and practical exercises, enhancing their understanding and developing essential skills. The sessions provided valuable insights into improving mental health and effective methods for sharing mental health knowledge and self-care practices within their respective communities

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