

THE CHALLENGE

For Chhahari Nepal, the immediate challenge is to raise sufficient funds to cover our programme and organisational costs. Reaching our target group requires time, patience and resources. We also need funding that is sufficiently flexible to enable us to respond quickly to diverse and sometimes unexpected needs.

Chhahari Nepal members have worked to raise funds locally, through participating in the 2009 and 2010 Kathmandu Marathon and other activities. This has the double benefit of promoting mental health awareness, through local media, especially TV coverage, as well as raising money.

FUND RAISING



To date, our programme has received much of its funding from individuals and organisations in; Nepal, the Netherlands, Germany, England and Scotland. We welcome additional interest and financial support from any other individuals or organisations who would like to be involved in our work.

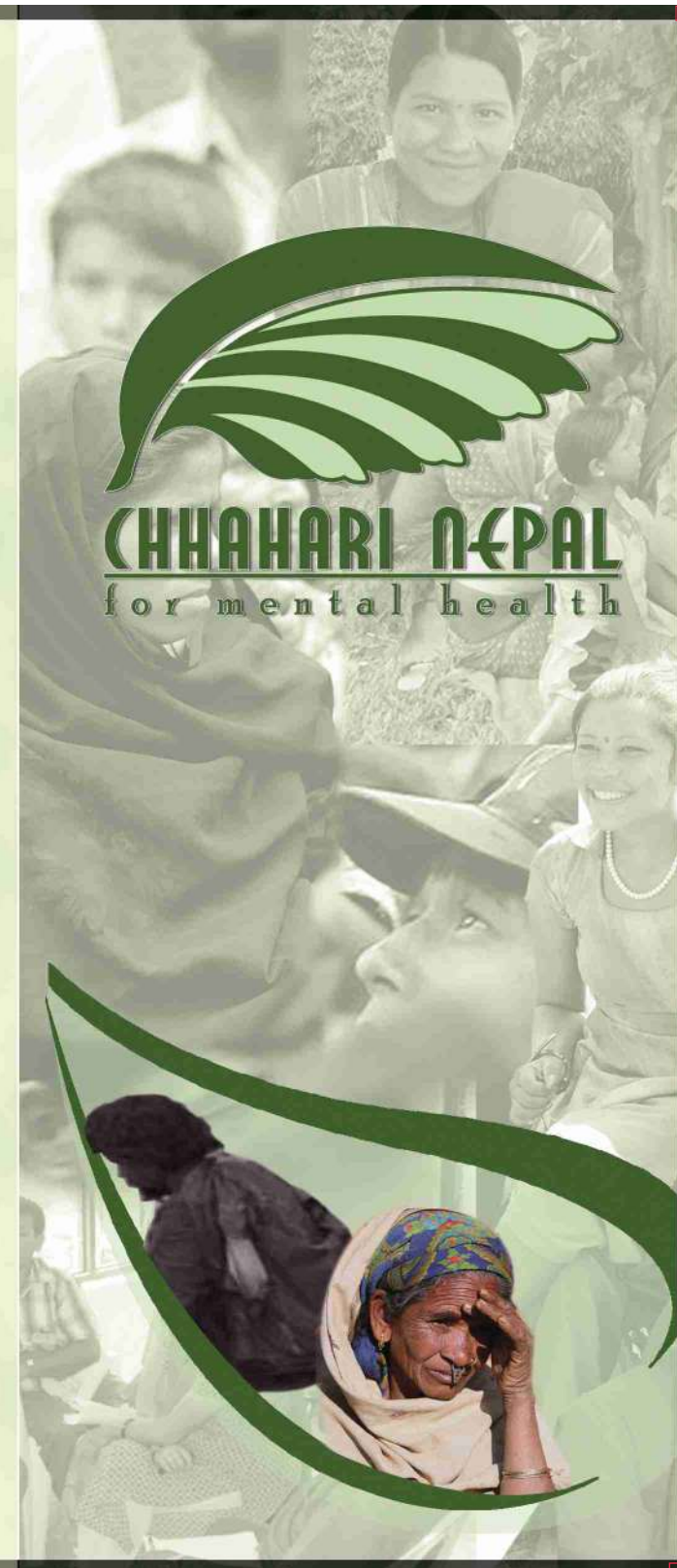


In Nepali, "Chhahari" means shade or shelter. This highlights our commitment, to provide shelter and assistance, wherever a person may be, irrespective of their location.

If you would like to support Chhahari Nepal, please contact us at:

Chhahari Nepal for Mental Health (CNMH)
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Tel: 00977-1-2114-300
Email: chhaharinepal@wlink.com.np
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Registration in Nepal:
SWC Registration No. 27206
CDO Registration No: 2867/155



INTRODUCTION

Chhahari Nepal for Mental Health is dedicated to the vision of a just and equitable society, where the mental health needs and wellbeing of all women, men and children are addressed. We are a non-profit, Non-Government Organisation (NGO), registered with the Government of Nepal.

Our purpose is to facilitate appropriate support and treatment for homeless and mentally ill people, so that they can be accepted back into society.

Our objectives are to:

- ▲ Support a client focused mental health referral system and services that respect the rights and choices of the individual.
- ▲ Promote a socio-medical model for the management and treatment of mental illness, emphasising holistic care.
- ▲ Advocate and coordinate with other institutions to develop more responsive systems to address the diverse mental health needs and rights of people.
- ▲ Enhance public awareness and understanding of people's mental health needs.
- ▲ Establish Chhahari Nepal for Mental Health as a responsive and learning organisation.



The programme's focus area is Lalitpur, in the Kathmandu Valley. Building on evidence from our experiences and based on the availability of funds, we aim to gradually expand to other areas within the Kathmandu Valley. In the longer term, the goal is to work countrywide.

ACHIEVEMENTS TO DATE

Chhahari Nepal was initiated in 2003 as an informal group, functioning as a project under the St. Xavier's Social Service Centre in 2005 and collaborating with the Social Work Department at St. Xavier's College. In 2006, we signed a memorandum of understanding with Basic Needs UK, an international mental health and development NGO, and established funding support from churches in Scotland. Building on this support, **Chhahari Nepal** has become an established part of the mental health network in Nepal, undertaking a range of activities that have contributed to the knowledge base and collaboration amongst organisations working for mental health in Nepal. These include:

- ▲ Rapid assessment study of mentally distressed homeless people in the Kathmandu Valley, in 2004
- ▲ Referral study on institutions working to support mentally ill people, in 2005
- ▲ Establishment of a working relationship with the Patan Mental Health Hospital, including initiating carer support meetings
- ▲ Coordination of and participation in meetings with other local NGOs, Government of Nepal, and international agencies
- ▲ Advocacy on mental health issues in the media
- ▲ Promotion of dance therapy for positive mental health, in 2010
- ▲ Celebration of World Mental Health Day 2010, with a street drama performance to promote mental health awareness
- ▲ Influencing the Government of Nepal to include mental health in a major new drive for health sector reform, in 2010
- ▲ Supporting the emerging mental health users' voice
- ▲ Initiation and implementation of action research in the form of a Street Project in 2011, linking mentally distressed people to appropriate services. This project is still ongoing and is growing, so that evidence from experiences and observations on the street will inform advocacy on gaps in services and legal provisions



THE NEED

Mental illness impacts, not only the individual concerned, but also the family and even the whole community, because of the emotional stress of dealing with the illness and associated stigma, and the often severe financial repercussions that can result when the earning ability of an individual is reduced or extra medical bills and other costs need to be paid.

Mental illness has long been ignored in Nepal, with little recognition of the causes and issues, and more specifically of the needs of people who are mentally ill. The reasons for this are complex and varied, ranging from cultural belief in spiritual causes, to the stigma associated with having a family member with a mental illness.



There is very limited legal provision for people suffering from mental illness in Nepal, and no law specifically protecting the rights of a mentally ill person. The laws that do exist are open to interpretation, often to the detriment of mentally ill people.

Globally, mental illness accounts for 12.3% of the total burden of disease. Detailed figures for Nepal are not available, but it they are likely to be of a comparable level to the global figures, or even greater.

In recent years, efforts have been made by the Government of Nepal and a number of NGOs to support mentally ill people and their families. However, most organisations work in isolation with little contact or cross referral. In particular there has been no focus on the homeless mentally ill, the most neglected, excluded and hard to reach group in Nepal. **Chhahari Nepal** is determined to bridge this gap by working to address the needs of these severely disadvantaged people.