

A report from Georgia Roberts

While in Sri Lanka I spent time working with the community to teach English and running therapeutic sessions for individuals with special needs and mental health issues. While doing this I found that Sri Lanka had a lack of resources including only having 103 psychiatrists and a lack of funding to implement psychological therapies meaning medication and traditional therapies are heavily relied on. There is also still a huge stigma around mental health with these individuals often being segregated in hospitals, however, this is slowly improving with families being more involved in the treatment of these individuals. My aim as a volunteer was to bolster the widespread lack of resources and staff at mental health institutions and hospitals by offering my skills, knowledge, and experience and engaging with patients one-to-one. This often involved creative therapy improving these individuals' communication and team work skills while creating a social and enjoyable environment. Sri Lanka is definitely making improvements towards the positive acceptance and treatment of mental health and I aim to go back one day to carry on helping reducing the stigma.

Thank you so much for your generous contribution, this trip would not have been possible without your help.

