"There is no health without mental health."

Zeid Ra'ad Al Hussein UN High Commissioner of the United Nations for Human Rights
MHHRI aims to enhance mental health/psychosocial interventions for individuals exposed to organized violence, war, and severe human rights violations. We achieve this through the development of training materials, teaching, and guidance.

A particular focus is on gender-based violence in war and conflict, with the creation of handbooks for aid work targeting affected women, men, and children. Central to our efforts is our resource database for healthcare professionals assisting individuals affected by human rights violations, war, and conflict in their daily work. The database is built on expertise and field experiences, aiming to be easily accessible.

Key Highlights of 2022

- Launch of the manual for caregivers working with vulnerable boys and men in war, conflict, and migration in Norwegian.
- Completion of a manual for caregivers on culturally sensitive psychosocial support for children exposed to sexual abuse in humanitarian or emergency situations, tested in Nepal.
- Conducted webinars, seminars, and conferences on the manual for caregivers dealing with vulnerable women, children, boys, and men in war, conflict, and displacement.
- Established an Ukraine office as a direct response to the war in Ukraine for collaboration with relevant organisations to provide knowledge on mental support.
- Received support from Bonheur ASA, Fred Olsen & Co, Norad, Stiftelsen Dam, HimalPartner, Forut, and various individuals, businesses, and institutions for the Ukraine project.
Board, Secretariat, and Volunteers

The board in 2022 consisted of the Board Chair, Nora Sveaass, Board Members Mette Neslein, Nina Ringnes, and Merete Nergaard. The Managing Director was Elisabeth Ng Langdal. Doris Drews has the right to attend meetings. During 2022, there was one annual meeting and six board meetings.

Secretariat
Elisabeth Ng Langdal is employed in a full-time position, of which 35% is allocated to the GBV project. Monica Orjuela is employed as an information officer in an 80% project position with additional funding from Norad. With funds from the Dam Foundation, Sara Skilbred Fjeld has been employed in a 50% position in connection with the project on "Boys and men exposed to sexual violence."

Volunteers
The value of our volunteer network cannot be emphasized enough. Involvement from psychologists, psychiatrists, psychology students, and various contributors has empowered us to organise webinars, courses, and group sessions on a substantial scale. This collective effort serves as the expanded foundation of our initiatives.

Shima Harati-Shahriari participated in a six-month work training program in collaboration with NAV Østensjø. With her journalism background, Shima provides valuable support in our information-related endeavors. Furthermore, Sofie Winther Kristiansen, an intern from the University of Oslo's Department of Psychology, took charge of organizing two three-day webinars. These webinars were conducted in collaboration with Psychology Students Without Borders (PUG) and psychology students at Tara Shevchenko University in Kyiv.
MHHRI, as in previous years, has received operational support from: Fred. Olsen Social Engagement Group on behalf of Bonheur ASA. This year, we received additional funding allocated to continue our Information Strategy. A portion is designated for the salary of an information officer to disseminate information about our work, in addition to the GBV work.

The funding from Fred. Olsen Social Engagement Group is fundamental to our organisation, and the importance of this support cannot be emphasised enough. With the freedom provided by core funding, we can think strategically beyond our daily activities. Without this opportunity, seeking funds for other projects, such as those from: Norad and the Dam Foundation, The Norwegian Council for Mental Health, Himalpartner, Forut, ICAR foundation would not have been possible.

**What We Have Achieved**

**The MHHRI website www.mhhri.org**

We are continuously improving, and new solutions are necessary to optimize the user interface. The goal is to be a website where users know they can find quality information, with a high priority on that.

<table>
<thead>
<tr>
<th>English data base increase</th>
<th>Spanish data base increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>595 links to publications</td>
<td>494 links to publications</td>
</tr>
<tr>
<td>221 links to organizations</td>
<td>94 links to organizations</td>
</tr>
<tr>
<td>a slight increase from 2021</td>
<td>by the end of 2022, an increase of 73 links</td>
</tr>
</tbody>
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It's crucial to note that we remove old links and add new, updated ones, meaning the actual number of new links is higher.
Our main visitors are from:
- Colombia, Peru, Argentina, Mexico, and Guatemala.
- South Africa, USA, Great Britain.
- There has been an increased focus on users in Nepal and Ukraine.
- Our peak of visitors is when we send out newsletters. MHHRI sent out approximately 20,000.

Our aim for the database is for visitors to find the knowledge about mental health and human rights violation that they are looking for. Even though it is positive for us when they leave our website to go to the information they seek, our goal is to get more repeating visitors. Thus, it remains important for us to use Google Ads Grant. The acquired free advertisement of our pages on Google is equivalent to 10,000 NOK per month.

The topics of the newsletters have been:
- Being a good helper
- The mental health and psychosocial support to the people of Ukraine
- Mental health and psychosocial support (MHPSS) information for relief workers supporting survivors of the flood in Pakistan.
- Psychological first aid, information for helpers in and around Ukraine.
- Family Reunification, the refugees’ right to family reunification laws, challenges, and mental health effects.

Gender Based Violence GBV website
In creating an additional page addressing gender-based violence (GBV) experienced by boys and men, we took the chance to seamlessly incorporate this new content into our existing layout and icons. This adaptation not only accommodates the introduction of the 2022 manual but also paves the way for forthcoming manuals planned for release in 2023.

Visits to our pages:
- 2020: 54,670
- 2021: 120,000
- 2022: 213,557

This represents an increase of 93,557 visitors from the previous year.
Social media and newsletters serve as important instruments for us, enabling meaningful connections with users who may lack alternative channels for engaging in discussions about our topic.

It is essential to differentiate between the academic articles incorporated into our resource database and the more accessible tone adopted in our newsletters, as well as the content shared on Facebook and Instagram. While our end readers may vary, maintaining accuracy and reliability in our content remains a constant priority.

The increase of followers on Social media 2021 and 2022

Followers increased by 110%, Engagement by 387% and Reach by 755%

We have reached 10,000 followers on Facebook and 313 followers on Instagram
Since the launch of our GBV - women’s manual in 2014, which has since been translated into 8 languages, we have been actively promoting its use through various channels such as courses, conferences, engagements with other organizations, newsletters, and social media.

Our overarching goal is to ensure that more helpers receive information about our manuals, utilize them effectively, and gain access to the knowledge within. This effort is aimed at providing survivors of gender-based violence with the opportunity for a better life.

In 2022, our focus has been strategically divided among the three manuals: one specifically tailored for women, another for boys and men, and a third for children who have experienced sexual violence. This targeted approach allows us to address the unique needs of different demographics and contribute to fostering a more supportive and informed community.

Collaborating with the Nordic Black Theatre, Cliff Moustache contributed by editing some of the manual's texts and orchestrating a compelling dialogue between two survivors, creating a powerful performance that framed the launch event.

To ensure widespread distribution, we dispatched copies to the Regional Centers for Violence, Traumatic Stress, and Suicide Prevention (RVTSene), as well as the leaders of the Nok Centers.

With funding from NORAD, we established a user-friendly website, enhancing accessibility to crucial information. This platform not only facilitated the promotion of awareness surrounding gender-based violence but also provided resources on how to offer assistance, make referrals, and download the manual for free.

The feedback received thus far underscores the importance and demand for this vital information. Recognition of the issue and assistance directed towards survivors in our target group have been vital in dispelling the notion of isolation. Noteworthy achievements include physically delivering 180 Norwegian handbooks directly to caregivers, with 379 downloads of the manual and the distribution of 700 booklets containing information in 12 different languages.

Through a collaboration with HimalPartner, we secured additional funds to adapt the manual for caregivers dealing with boys and men exposed to sexual abuse in war and conflict, translating it into English and Nepali. Our commitment to addressing sexualised gender-based violence is evident in the ongoing development and dissemination of manuals tailored for caregivers encountering boys and men exposed to sexual violence.
The manual "Children Exposed to Sexual Violence in War, Conflict, Humanitarian Crises, and Low-Resource Communities: A Mental Health Manual for Helpers" is specifically written for individuals providing care to children who have been exposed to sexual violence.

Many of these children, living under challenging circumstances, may never receive assistance from established healthcare systems due to their situations and the traumas they have suffered. In various parts of the world, there is a significant absence of specialised support for children exposed to sexual violence.

The purpose of the manual is to equip caregivers engaged with children who have experienced sexual GBV with effective tools for their work. Through active involvement of partners in Nepal throughout the writing process, including feedback and engaging in the translation, we ensure that the manual becomes rooted within the organisations.

In Nepal, 55 helpers were trained in the manual, and we anticipate that the impact will extend far beyond these participants. Feedback highlights the practical use of the tools provided. Even if helpers don’t follow the manual from beginning to the end, they often find specific sections valuable for their work. This adaptability demonstrates the manual’s effectiveness in addressing diverse needs, ensuring that valuable tools are used in the field.

The emphasis in this manual is to give knowledge on how to support these vulnerable children with respect and dignity. This is crucial in initiating their healing process in a more caring manner.

The collaborative effort involves partnerships with Himalpartner, FORUT, Early Childhood Education Centre (ECEC), and Pecunia, highlighting the collective commitment to addressing the unique challenges faced by children exposed to sexual violence in diverse and often under-resourced settings.
In partnership with HimalPartner and UMN, we organized a Training of Trainers (ToT) for 26 caregivers in Nepal, focusing on the GBV manual. The goal was to empower these individuals as trainers, significantly enhancing the dissemination of knowledge. Notably, participants have already applied knowledge from the ToT in their organizations.

A key takeaway was the impactful use of the "Butterfly woman" metaphor in supporting survivors hesitant to share their stories. This metaphor proved to be a valuable tool, offering assistance and support without delving into distressing events.

During the training, we emphasized the importance of confidentiality as the foundation for building trust with survivors. Kopila Nepal, a participating organization, secured external funding to conduct GBV training specifically for female politicians in the Pokhara area.

To ensure ongoing utilization of the manual, we conducted a follow-up seminar six months post-training, reinforcing participants' understanding of its content. This approach enhances the long-term impact and effectiveness of the training.
This exchange of knowledge and collaboration proves beneficial for both organizations, serving as a vital component of networking. MHHRI’s participation in the 11th ISHHR conference in Bogota, Colombia, further exemplifies this commitment, with Elisabeth Langdal and Sofia Colorado delivering presentations on the GBV manual for women.

In partnership with the Colombian office of the Norwegian Human Rights Fund, MHHRI effectively organized a two-day training session in Bogota. This session was specifically tailored to the women's manual and involved 25 carefully selected participants from the Fund's network of partners. We also managed to incorporate a session focusing on vulnerable boys and men, a crucial aspect emphasized by the Colombia office, particularly in the context of ongoing peace negotiations and legal proceedings.

Seminars in Romania focusing on refugee women

In collaboration with the ICAR Foundation, our efforts encompassed conducting the introductory research report on GBV among vulnerable refugees in Romania. The project’s primary objective is to promote awareness of Gender-Based Violence (GBV) affecting vulnerable refugees, including young people, women, and the LGBTIQ community.

We further organized awareness workshops in multicultural sessions, engaging young individuals, refugees, and local Romanians. The project also prioritized enhancing the capabilities of two pivotal groups: refugee women/LGBTIQ individuals and specialists from public institutions/civil society. This empowerment initiative aimed to equip them with the skills to identify, intervene, and prevent situations of Violence Based on Gender (VBG).

Moreover, as part of our outreach, a delegation from Romania visited Oslo. During this visit, meaningful discussions took place with various organizations and institutions actively involved in addressing the challenges faced by vulnerable women.
The war in Ukraine has devastating consequences for the mental health of Ukraine's people; consequences that might reverberate for years to come. That is why MHHRI in its commitment to assist people who are working with or assisting survivors of human rights violations and mental health in wars and conflicts, is developing activities to support people in this difficult situation, by providing support to helpers working with those severely affected by the brutality.

Drawing on our past collaborations with the human rights organisation AHALAR in Ukraine, we felt an intensified commitment when the conflict in Ukraine unfolded. Under the guidance of the MHHRI board, our Mental Health project proactively initiated fundraising endeavors to strengthen mental health support for Ukrainians. This collaborative effort involved partnering with the Norwegian Refugee Council and other organisations.

Collaboration with series of webinars

In collaboration with the Psychological Institute at University of Oslo (UiO) and the Faculty of Psychology at Taras Shevchenko National University of Kyiv (TSNUK), MHHRI partook in organised a series of 6 seminars addressing the psychological aspects of war.

With assistance from our Ukrainian partners we translated lectures and webinars, added Ukrainian and Polish subtitles, encompassing introductions and post-event questions. You can access all the videos here:

- Opening session introducing the series by Bjørn Lau, UiO, and Svitlana Paschenko, Taras Shevchenko National University of Kyiv.
- Mental health and psychosocial support (MHPSS) in humanitarian emergencies by Ragnhild Dybdahl, FHI.
- MHPSS in humanitarian emergencies by Nora Sveaass, UiO.
- Support for pregnant women, parents, infants, and young children facing war, insecurity, and trauma by Helen Suizu Norheim, UiO.
- Understanding and supporting trauma-exposed children by Tine Jensen, UiO.
- Addressing sexual violence by Anette Bringedal Houge, UiO.
- Forced migration and trauma by Marianne Opaas, NKVTS.
In response to the urgent need, MHHRI quickly engaged in supporting organisations in and around Ukraine, offering expertise in psychological first aid. In May, we welcomed Anna Fedina, a newly arrived refugee from southern Ukraine, to our team. With her valuable contributions, we established a Ukraine office in location to our office in Oslo.

Intern Sofie Winter Kristiansen played a key role in facilitating a successful collaboration with Psychologists Without Borders (PUG) for online courses at Taras Shevchenko National University of Kyiv's Faculty of Psychology. Thirty participants engaged in a 3-day course, with another session a month later, marking a fruitful partnership UiO aims to continue in 2023.

Additionally, ongoing collaboration with AHALAR involves weekly discussions, follow-ups, and support for psychological follow-up and webinars. Doris Drews delivered online lectures on trauma during AHALAR retreats in the Carpathian Mountains. Efforts are directed towards supporting helpers in Chernihiv, north of Kyiv.

In partnership with MART, a Ukrainian organisation based at the Human Rights House in Ukraine, we held webinars for helpers and teachers. With Anna Fedina as translator, we also presented the "Teaching Recovery Manual (TRT)" online training organized by the Children and War Foundation in Bergen.

The MART organization, led by Ruslana Burova now located in Bø in Telemark, mobilizes her network in Ukraine for various courses, contributing to the collective effort in providing aid and support for Ukrainian helpers.

Other topics presented are

- "Assisting Children in Crisis" - by Clinical Psychologist Helen Christie, Anna Fedina, Elisabeth Ng Langdal (22 participants).
- "Child Development and Trauma Regulation (Ages 3-12)" - Helen Christie, Anna Fedina, Elisabeth Ng Langdal (22 participants).
- "Trauma Processing" – by Clinical Psychologist Mari K Bræin, Helen Christie, Anna Fedina, Elisabeth Langdal (21 participants).
Cooperation with the Norwegian Refugee Council (NRC)

MHHRI collaborates closely with the Norwegian Refugee Council (NRC) in Ukraine by delivering direct training, supervision, and support to volunteers, staff, and professionals at refugee reception centers in Lviv, Dnipro, Kharkiv, and potentially Kyiv. The NRC specifically seeks digital support and supervision, prioritizing Ukrainian-speaking professionals.

In terms of regular training, we have created videos and lectures, including a comprehensive two-hour introduction webinar for online supervisors. Our collaboration extends to the production of five films, each lasting 30 to 45 minutes, featuring experts such as Nora Sveaass, Helen Christie, Doris Drews, Mari Bræin, and Jon-Håkon Schultz. These films have been translated into Ukrainian with subtitles.

Additionally, we have recorded short lectures for webinars with local groups collaborating with the NRC in Ukraine and surrounding areas.

These webinars address various themes, including supporting helpers dealing with survivors of gender-based violence, providing psychological first aid to children and training for adult caretakers, offering training modules for teachers working with war-affected children, and providing mental health support for helpers and teachers. The selection of these themes is based on discussions with local organizations and NRC volunteers.

Numerous meetings with NRC volunteers in Ternopil have formed our approach, addressing their working situations, needs as helpers working with children, and personal requirements. We are eager to continue this meaningful collaboration, and most of the webinars feature our experts delivering direct online lectures with Q&A as part of the two-hour session.
The "Supporting the Helpers" initiative involves four experienced Ukrainian psychologists leading online support groups for employees and volunteers of the Norwegian Refugee Council stationed in refugee reception centers. These sessions aim to address the impact of their work on staff members and discuss specific work-related queries. Topics include navigating diverse situations and overcoming challenges encountered in their roles.

Webinars with the staff of NRC from different offices

With about 50 participants we conducted different webinars.

Among topics raised in the films and webinar were "Sexual Violence in War: A Crime Against Humanity" – by Clinical Psychologist and Prof. Nora Sveaass (30 mins).

"Assisting Children and Youth in War and Crisis" - by Clinical Psychologist Helen Christie, (2 hrs 22 mins).

"Psychosocial Support for Children (6-12 years) in War" – by Child Clinical Psychologist Mari Kjølseth Bræin, (1 hr 6 mins).

"Mental Health, Trauma, and Stabilization Techniques" – by Senior Psychiatrist Doris Drews, (29 mins).

"Assisting Children in War and Crisis" - by Prof. Jon-Håkon Schultz, PhD in Special Needs Education and Medical Anthropology (26 mins).
Other activities and collaborations

Students' and Academics' International Assistance Fund (SAIH) invited us to present at their weekend seminar for 'Students at risk.' In collaboration with SAIH, 30 international students, facing persecution or danger due to their student status, are placed at various universities in Norway.

Alba Banoun, a psychology student, volunteering with MHHRI, partnered with PUG Bergen to conduct a course on psychological understanding of trauma and trauma reactions. SAIH and University of Bergen (UiB) expressed satisfaction and are contemplating the potential for future collaborations, particularly in providing psychological introductions for students at risk.

Nordic Conference on Mental Health and Psychosocial Support (MHPSS) in Fragile and Humanitarian Settings

In August 2022, Copenhagen hosted the first Nordic Conference on MHPSS in Fragile and Humanitarian Settings. Co-hosted by the Ministry of Foreign Affairs of Denmark and the Danish Red Cross, the event brought together 120 delegates representing over 60 entities from governments, civil society, UN agencies, academia, private foundations, institutional and government donors, and youth organizations.

The conference facilitated the exchange of ideas, formation of partnerships, and inspiration for innovative approaches to achieve common goals and uphold shared values in the region. Elisabeth were in charge of a break-out room during the conference where she presented the MHHRI manual on vulnerable boys and men.

RVTS North collaboration

Regional Center for Violence and Traumatic Stress (RVTS) North, in collaboration with us, has shared manuals and segments of training videos on their website concerning Gender based violence and the war in Ukraine. They've established a dedicated resource page that incorporates our work and the translated manual in Ukrainian. This resource proves invaluable for all RVTS centers, offering support to professionals working with issues related to gender-based violence, trauma, migration, and suicide prevention.

For more information, visit their resource page at: RVTS Resource Page. Additionally, RVTS North has expressed interest in utilizing our resources, particularly the Gender-Based Violence (GBV) manual, for their initiatives aimed at assisting Ukrainian women who have experienced GBV. Check out the resource page for further details.
Help That Matters

MHHRI has been invited to provide information about the male manual in the ‘Help That Matters’ network led by Karin Holt. This is a network for helpers who encounter refugees, with 40 participants.

Migration Network

The Migration Network serves as a collaborative platform for information exchange among diverse stakeholders involved in migration and integration efforts in Oslo. MHHRI was invited to present the Gender-Based Violence (GBV) male manual in this network for healthcare workers, with Doris Drews as the presenter. The session drew participation from approximately 40 individuals.

HUMAN IDFF

Collaborating with the Norwegian Human Rights Fund, we organized a panel discussion at the Human Rights Human Wrongs Documentary Film Festival (IDFF). The session focused on environmental human rights defenders who are making a global impact, featuring participants from Colombia, Indonesia, and Norway. Nora Sveaass played a key role as part of the panel.
At the core of our work lies a commitment to engage with helpers, healthcare professionals and experts navigating the complex interplay of mental health, human rights violations, and conflict. Building a robust network is fundamental to our endeavors.

Our established network acts as a vital platform for exchanging valuable information, and we are proactively expanding our connections to amplify MHHRI's presence within various organizations and among users.

Additionally, creating links with external websites is crucial, and personal recommendations play a vital role in raising awareness about our work and resources. This not only allows us to demonstrate the functionality of our website but also provides an excellent opportunity to gather suggestions for new article topics and additional links to enrich our database.

Key organizations and networks contributing to MHHRI's information dissemination:

- Human Rights House – Oslo - a shared office space with 6 different organizations working national and internationally on human rights.

- Forum 1325 Norway - a network of organizations in Norway working internationally with a focus on Resolution 1325 – women, peace, and security. A good environment for sharing knowledge about the GBV manuals.

- HUMAN - Human Rights Human Wrongs Documentary film festival

- IDFF - A collaboration between various organizations and Oslo Documentary Film, focusing on human rights violations, nationally and internationally.

- Network for Global Mental Health - stakeholders engaged in mental health in humanitarian aid can connect and have a forum for sharing information.

- Sudan Network - a group of individuals and organizations working in Sudan.

- Nepal Network - a group of individuals and organizations working in Nepal.
Key organizations and networks contributing to MHHRI's information dissemination:

Colombia Network - a group of individuals and organizations working in Colombia.

Himalpartner works in partnership with carefully selected partners in Nepal and Tibetan areas in China. They support work in mental health, education, livelihoods, and the environment.


Network for organisations working with exposed boys and men - Initiator together with NOK Oslo and DIXI.

GBV Area of Responsibility Network of organizations working on GBV internationally and within the UN system.

We see direct results in the importance of participating in these various networks, both in sharing information and collaborating on various relevant topics, as well as being invited to relevant conferences and meetings.

Relevant links

For more information, see the interview with Nora Sveaass on "Nyhetsmorgen" regarding the war in Ukraine.

Nora Sveaass speaks at 41.20 minutes into the broadcast, and Nora Sveaass on URIX.

Nora Sveaas speaks 22.52 minutes into the broadcast. Moreover, it is advisable to watch the entire broadcast, even though it might be difficult to watch.

Monica Orjuela has written an article "Men are also raped in war and conflict. Now, more men are breaking the silence."

We have created a booklet about vulnerable boys and men in 12 languages.
MHHRI, in collaboration with NOK Oslo and Dixi, organized a networking meeting with organizations working with vulnerable boys and men. The purpose of this network is to learn about each other's work, collaborate, and provide support where possible. Three meetings have already taken place.


All three animated films are completed, and we aim to use them as an introduction when discussing the topic of vulnerable boys and men. The first film was shown at the networking event with NOK and Dixi.

We applied for and received funding from International Forum for Understanding (IFOUND) to translate the manual into English. It is expected to be completed in early 2023.

MHHRI has given lectures on the Man Manual for the Global Mental Health Network (GMHN), a network for all organizations in Norway working with mental health globally.

February: Hidden Scars theater play and launch of the man manual. Received positive feedback.

April: Another showing of Hidden Scars at Teatercafeen, presenting GBV and distributing flyers (GBV boys and men).

Monica Orjuela wrote an article in Aftenposten (July 9, 2022) about 81 ex-combatants who submitted a report to the Colombian Special Court about sexual abuses they endured during the conflict.

Due to collaboration with GMHN, we have been invited by Himalpartner to conduct a pilot on the man manual in Nepal with local partners, with the participation of five organizations.
Doris Drews
Senior psychiatrist, with extensive experience in treating severely traumatized clients. Currently serving as the head of the emergency unit at a psychiatric outpatient clinic in Oslo.

Helen Christie
Clinical psychologist and special advisor at the Regional Centre for Children and Adolescent Mental Health, East and South (R-BUP). Helen has significant experience in working with sexual abuse of children, trauma, and has contributed to manuals on trauma and gender-based violence.

Harald Bækkelund
Clinical psychologist and researcher affiliated with the Norwegian Center for Violence and Traumatic Stress Studies (NKVTS) and Modum Bad. Specializes in trauma treatment and has provided training and supervision, including for helpers working with survivors of sexual violence in the Democratic Republic of Congo.

Ragnhild Dybdahl
Associate Professor of psychology at Oslo MET University College for Applied Sciences. Her main interests include global mental health and early childhood development. Ragnhild has clinical experience with refugees in Norway and has worked in international development cooperation in various countries.

Mari Kjølseth Bræin
Clinical psychologist with 25 years of experience working with children, youth, and families exposed to stressors, both in Norway and internationally, including with UNICEF. Involved in leading professional development and competence enhancement in the trauma field in Norway through work at RVTS East.

Lise Ulvestrand
Worked for many years in Latin America in international cooperation with indigenous peoples and minority groups, focusing on participation, social inclusion, education, and mental health. Experienced in social work within the social security system and as a private practitioner psychotherapist in Norway.

Alba Banoun
Clinical experience from specialist health services and the University of Bergen's outpatient clinic. Certified trainer for trauma management courses for Mental Health and Human Rights Info and Children and War Foundation. Also experienced in psychosocial work environment, workplace mental health, stress management, and psychological safety.

These professionals contribute their expertise voluntarily to MHHRI's initiatives.