

“A team effort”

Improving mental health in Sri Lanka with VSO

Monday 7th July 6-8pm

City and Hackney MIND, 8 -10 Tudor Road,
London E9 7SN, Daly Hunt Room

Map: http://maps.google.co.uk/maps?hl=en&q=London+E9+7SN,+UK&um=1&ie=UTF-8&sa=X&oi=geocode_result&resnum=1&ct=title

**Mental health in Sri Lanka: what are the challenges?
Can ideas be shared across cultures to improve mental health?
How could I contribute?**

Join Kalani Bandara from Nivahana Society of Kandy in Sri Lanka, and Katherine Allen, Senior Mental Health Promotion Officer with Rethink in the Midlands to find out.

Kalani works at Nivahana Society of Kandy to raise awareness and improve mental health services. Kalani calls for change in Sri Lanka as mental health problems face fierce stigma and most services continue with an institutional model of care.

Katherine swapped the Midlands for Kandy with VSO, working for one year with Kalani to strengthen the Society's impact, offering management support, coaching and mentoring. Recently returned, she is keen to encourage other mental health professionals to share their skills in Sri Lanka.

Hear all about Kalani and Katherine's work and find out how you could share your expertise to continue the vital work of VSO volunteers in Sri Lanka.



Explore these issues and enjoy Sri Lankan refreshments for free!
To book your place, simply email Ruth Gearson, ruth.gearson@vso.org.uk

About VSO

VSO is an international development charity working with communities across Africa and Asia. Our vision is a world without poverty in which people work together to fulfil their potential.



VSO is working closely with the Sri Lankan Ministry of Health and community organisations to develop and implement national mental health policy and practices that are rehabilitation focused and client centred. **We urgently need mental health professionals to share their skills in Sri Lanka.**

vso
Sharing skills
Changing lives

Find out more about VSO and our work in Sri Lanka: www.vso.org.uk/srilanka