

THE NETWORK: TOWARDS UNITY
FOR HEALTH & FACULTAD DE MEDICINA,
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THE NETWORK
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



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"PRIMARY HEALTH CARE: A PATH
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED
RESPONSES TO COVID-19

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TUFH 2020 Abstracts

Title	Mental health Uprising Post Sudanese Revolution
Type	Oral Presentation <i>Working with Underserved Populations towards Community Empowerment</i>
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Content

Introduction : December the 13th Sudan has witnessed the beginning of a history changing revolution .After 8 months of protests and a sit-in strike that lasted over 50 days, Sudan managed to take down a government but that came with a cost. Most Sudanese people were under stress for a very long time. People were arrested, beaten and killed. The final straw was on June the 3rd when the taken down government resolved the sit-in, where they killed and raped people mercilessly. This was a heavy time for Sudan. a country like Sudan where mental health is neglected ,our mission was to help people deal with the traumatic events. Methodology : Collect a team of psychologist and psychiatrists Mental health education : a- Tour Sudan and prepare psychologists to help the affected people b- Health education to Families Make the psychological clinics affordable Train people for psychological first aid Research was conducted and information collected through: a-Questionnaires b-interviews c-observation Results : We educated over 4000 people. We noticed a great improvement in mental health knowledge. Finally we treated, educated and given therapy sessions to over 1500 affected patients. Conclusion and recommendation : Mental health is one of the most neglected topics. There are many issues regarding job description for mental health workers mental health should be covered by health insurance because of high fees ,in a low income country like Sudan it's hard to seek help