

**DIGITAL**  
15-16 JULY CAIRO



**MENTAL  
HEALTH**



**WHAT WORKS .. WHAT'S NEXT?**  
in SWANA

## Catalogue

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# Editorial

**Dear participants and contributors,**

The ILAJNAFSY team warmly welcomes you to the hybrid conference **“Digital Mental Health in SWANA: What Works, What’s Next?”**

To our knowledge, this is the first event of its kind to bring together mental health professionals, researchers and representatives of business organizations and NGOs working in the field of digital mental health in SWANA (Southwest Asia and North Africa).

The roots of this conference go back to the summer of 2005, when the idea of an online writing therapy program in Arabic - later known as ILAJNAFSY and organizer of this conference - was born. Its purpose: to provide professional mental help online for people who suffered with PTSD after the atrocities of the US invasion in Iraq. At the time, it seemed like a far-fetched idea at first. With minimal funding and communicating by telefax, the first therapy letters were exchanged between clients in Iraq and a small team of therapists at Zentrum UEBERLEBEN in Berlin in 2006. The format of writing therapy, which was adapted from the Dutch original “Interapy”, seemed suitable for reaching people across the country who had limited access to local therapy. ILAJNAFSY will celebrate its 20th anniversary next summer. Over the past two decades, the project has significantly deepened its expertise in online writing therapy and counselling for Arabic speaking people, supported by a rich body of scientific evidence and research.

Many of you joining this conference may have a similar story to tell: you may have come up with a pioneering idea to offer therapy or counselling online and overcame many obstacles in the hope of reaching people through low-threshold programs online - especially those who cannot access conventional therapy. The precarious situation of many health systems in the region leaves far too many people without adequate support and ongoing wars and humanitarian crises only increase mental health issues. Starting an online therapy service may have taken courage and persistence - perhaps even convincing others of its value - or it may have simply been born out of necessity, when no other option remained to ease people’s suffering. In many ways, these programs mirror the therapy process itself: sometimes messy, always vulnerable, and ultimately rooted in the belief that facing difficulty is the first step toward healing and strength.

This spirit also guides our conference, which is dedicated to exploring online therapy in all its complexity. It offers unique insights into digital mental health programs, toolkits, and therapeutic approaches from experts across the SWANA region. Day one explores recent developments through keynotes on current research and workshops on innovations like AI and VR in therapy, including a spotlight on Ilajnafsy, the oldest Arabic-language online therapy.

**Day two focuses on staff care in digital settings, with sessions on supervision and digital safety, featuring a workshop on emergency supervision from Gaza.**

**We invite you to explore this conference catalogue to discover the full program, learn about the diverse speakers from across the region, and find out about the many initiatives shaping digital mental health in SWANA. The included glossary highlights different organizations actively working in this field and present at this conference - showcasing how far online mental health support has come and how much is already available.**

**In a time marked by global crises and conflict, digital platforms offer powerful ways to stay close and provide care. Together, we can shape what effective and compassionate support looks like now and in the future.**

**We wish you an inspiring conference experience, whether you are joining us online or in person - and hope this marks the beginning of continued exchange on the question of what works and what's next.**

**On behalf of the ILAJNAFSY team  
Dr. Sophie Clever and Rebekka Muth**

# Conference Program

## Timetable

all times are UTC+3 (Cairo time)

## Day 1: July 15 - Networking and Exchange on Digital Mental Health in SWANA

🕒 9:00-9:45 AM

👤 in-Person Registration, Golden Tulip Flamenco Hotel Zamalek, Cairo

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🕒 10:00 AM 🟡 Hybrid

Opening Remarks

Holger Illi, Head of German Development Cooperation German Embassy Cairo

Dorothee Klueppel, Head of Africa/Middle East Department Misereor

Dr. Yuriy Nesterko / Dr. Maya Böhm, Head of Research Department

Centre UEBERLEBEN

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🕒 10:30 AM 🟡 Hybrid

Keynote 1

What does the latest research say about the acceptability, feasibility, and efficacy of web-based therapeutic interventions (for PTSD and depression) in the Arabic-speaking world?

By Prof. Dr. Maria Böttche, Freie Universität Berlin

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☕ Coffee Break

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🕒 12:00 PM 🟡 Hybrid

Keynote 2

How online therapy works in practice: Insights from a decade of Ilajnafsy

By Majdy Aldoibal, Centre UEBERLEBEN

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🍽️ Lunch Break

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**🕒 2:30 PM** **👤 In-person only**

**Market of Opportunities**

**Opportunity to get to know other actors active in digital mental health**

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**🕒 3:30 PM** **👤 / 🌐 In-person or Online**

**Simultaneous Workshops**

**👤 In-person only:**

**Healing in the Metaverse (VR)? Mental Health in a Virtual World**

**- Yosra Morsy, Therapist with Shezlong, in Arabic**

**Digital Adaptation of PSS Activities for Children: A Practical Toolkit from Crisis Response**

**- Rania Zaatari, Dawaer Foundation Lebanon, in Arabic**

**AI and the Future of Online Mental Health**

**- by Mohamed Alaa, CEO Shezlong, in English**

**🌐 Online:**

**The Role of Digital Mental Health in Addressing the Challenges of Humanitarian Crises: Innovative Applications in Workplaces**

**- Tahani Falfali, Women Now for Development, Syria, in Arabic**

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**☕ Coffee Break**

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**🕒 5:00 PM** **🟡 Format: Hybrid**

**Panel Discussion**

**Panel discussion on the results of the workshops with all workshop leaders**

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**🕒 8:00 PM**

**Conference Dinner**

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## Day 2: July 16 - How to Care for Staff in an Online Setting?

🕒 9:00-9:30 AM

**In-Person Registration and Online Check-in**

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🕒 9:30 AM 📍 Hybrid

**Panel Discussion**

**External Supervision as Part of Quality Development and Staff Care in Mental Health and Psychosocial Support**

**- Dr. Mechthild Wenk-Ansohn**

**Behind the Screen: Concepts and Practices of Staff Care and Well-being in Digital Mental Health Services**

**- Pirko Selmo**

**Q&A Session**

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☕ **Coffee Break**

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🕒 11:15 AM 🧑/🌐 **In-person or Online**

**Simultaneous Workshops**

🧑 **In-person only:**

**Safety and Security of Digital Mental Health Services**

**- Hilda Saab, Lebanese Center for Human Rights (CLDH), in English**

**Can Digital Mental Health Services Help Break the Taboo Surrounding It?**

**- Mira Almoadamani & Doaa Gaafar, Centre UEBERLEBEN, in Arabic**

🌐 **Online:**

**Supervision in Emergency Situations - Insights from Gaza**

**- Yasser Abu Jamei & Rawia Hamam, Gaza Community Mental Health Programme (GCMHP), in Arabic and English**

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🍽️ **Lunch Break**

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🕒 2:30 PM 🧑 **In-person only**

**Working Groups: Exchange on Formats of Online Staff Care**

**For mental health practitioners, managers, and digital safety experts/IT developers**

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## **Coffee Break**

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 **4:00 PM**  **Format: Hybrid**

**Final Panel Discussion - “What Works, What’s Next?”**

**-Dr. Yasser Abu Jamei, GCMHP, Palestine**

**-Jinane Abi Ramia, NMHP-MoPH/Lebanon**

**-Dr. Nawzad Sami, M.Theryapy Iraq**

**-Noor Al Sgher, CVT Jordan**

**-Dr. Maya Böhm, Centre UEBERLEBEN**

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 **5:00 PM**  **Format: Hybrid**

**Closing Remarks and Farewell**

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## Workshop Descriptions

# Workshops Day 1

**Healing in the Metaverse (VR)? Mental Health in a Virtual World**  
by **Dr. Yosra Morsy, Shezlong Egypt**

 **In-person, Arabic**

In this interactive workshop, we will explore the role of the Metaverse and virtual reality technologies in advancing psychotherapy methods, with a focus on supporting recovery from loss and psychological trauma. The discussion will include how to design a virtual therapeutic environment, as well as the ethical and professional challenges associated with using this modern technology.

The workshop aims to provide a comprehensive and up-to-date understanding of the possibilities of psychotherapy in a rapidly evolving digital world, while encouraging participants to think critically and engage actively during the session.

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**Digital Adaptation of PSS Activities for Children: A Practical Toolkit from Crisis Response**  
by **Rania Zaatari, Dawaer Foundation Lebanon**

 **In-person, Arabic**

In this workshop, we share Dawaer's experience in developing and implementing an innovative Psycho-Social Support (PSS) toolkit titled "A Trip to the Island of Safety and Dreams." This toolkit was created to support children's and adolescents' mental health and psychosocial well-being through interactive, creative activities conducted via Zoom and similar platforms. Drawing on our fieldwork, the session will highlight how the toolkit fosters emotional resilience, improves daily functioning, and supports healthy personal development.

## **AI and the Future of Online Mental Health** by **Mohamed Alaa, CEO Shezlong**

### **In-person, English**

**This workshop cuts through the hype to explore the real-world process of implementing AI in mental health. Led by the CEO at Shezlong, this session focuses on the most critical, non-technical first step: defining the right problems to solve. Participants will engage in interactive exercises to map the most promising opportunities for AI to enhance mental healthcare quality and capacity in the SWANA region. Real-life applications, methodologies and approaches will be shared to showcase how AI can be used in mental healthcare service provision. The workshop will also provide a structured forum to voice and address significant ethical concerns,**

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## **The Role of Digital Mental Health in Addressing the Challenges of Humanitarian Crises: Innovative Applications in Workplaces** by **Tahani Falfali, Women Now for Development, Syria**

### **Online, Arabic**

**This workshop explores how digital mental health tools can support frontline professionals working in humanitarian settings. Participants will be introduced to innovative applications designed to enable immediate psychological assessment and support within field environments. The session offers an interactive space to exchange experiences and practical strategies for using technology to enhance mental well-being and reduce professional burnout in the face of acute and ongoing challenges.**

## Workshop Descriptions

# Workshops Day 2

**Safety and Security of Digital Mental Health Services**  
by **Hilda Saab, Lebanese Center for Human Rights (CLDH)**

 **In-person, English**

This interactive workshop explores the safety and security of digital mental health services, with a focus on both vulnerable clients and therapeutic staff. Drawing on field experience, it addresses challenges related to data protection, confidentiality, online boundaries, and staff well-being. Participants will reflect on their own practices and learn practical strategies to ensure safe, ethical, and effective virtual support.

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**Can Digital Mental Health Services Help Break the Taboo Surrounding It?**  
by **Maram Almoadamani & Doaa Gaafar, Centre UEBERLEBEN**

 **In-person, Arabic**

Mental health is still surrounded by stigma and silence. This workshop explores how digital services can offer safe, anonymous, and supportive spaces that help break the taboo around seeking help. The workshop will use the "Sanakun Bikhayr" program for women survivors of harassment and sexual violence as a case study and give room for collective reflection and discussions.

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**Supervision in Emergency Situations - Insights from Gaza**  
by **Dr. Yasser Abu Jamei & Rawia Hamam, Gaza Community Mental Health Programme (GCMHP)**

 **Online, Arabic and English**

During the recent war in Gaza, many international colleagues were called upon to offer supervision and psychosocial support to their Palestinian peers. This workshop will explore the rationale behind that guidance, the challenges encountered, and strategies to address them. Through reflection and discussion, we will also consider how to move forward—building sustainable, respectful support systems for mental health professionals working in crisis contexts.

# Bios Keynote Speaker, Workshop Leaders & Panelists



**Doaa Gaafar** is a psychologist with a Master's degree in Psychology from Liverpool John Moores University, UK, and a graduate of Alexandria University's Faculty of Arts. She began my career at Caritas - Alexandria, working with children at risk and receiving extensive training from Asmae and other international organizations. Over the years, she has worked with refugees, migrants, and victims of violence through partnerships with UNHCR and Doctors Without Borders (MSF), receiving specialized training in trauma and psychological first aid. Since 2014, Doaa has provided online psychotherapy in Arabic through the Ilajnafsy project at Center Überleben Center in Germany, and holds advanced training in CBT, IPT, and other therapeutic approaches. She also delivers psychological support workshops and mindfulness training, with a focus on vulnerable communities and mental health advocacy.

**Hilda Saab** is a public health professional with nearly five years of experience managing mental health and psychosocial support projects. She currently serves as Programs and Nassim Center Coordinator at the Lebanese Center for Human Rights (CLDH), overseeing rehabilitation services for survivors of torture and human rights violations. She holds a BSc in Public Health and Development Sciences and a Master's in Public Health.



**Jinane Abi Ramia** holds a Master of Public Health from the American University of Beirut (2014) and is a PhD candidate at Vrije Universiteit Amsterdam, focusing on the implementation of digital mental health interventions in low-resource settings. As a public health and public mental health expert and the Research and MEAL Unit Coordinator at the National Mental Health Programme (NMHP) in Lebanon, she has spent over a decade working with governmental and non-governmental institutions to reform Lebanon's mental health system. Jinane has played a pivotal role in designing and managing the Step-by-Step (SbS) digital intervention with NMHP, the World Health Organization, and partners contributing to the Ministry of Public Health receiving the 2023 UN Inter-agency Task Force Award on the Prevention and Control of NCDs. Her vision for MHPSS in the Middle East is to build quality, affordable, sustainable, relevant, and evidence-based services that are integrated into national health and social systems. She is particularly drawn to scalable, digital, and community-based interventions that ensure accessibility, efficiency, and long-term impact in low-resource settings.





**M.Sc. in Clinical Psychology, born in 1990 in Syria, lives in Berlin, Germany. He has been working as a therapy coordinator in the Ilajnafsy program at the Center ÜBERLEBEN since 2019. He has extensive experience in the field of e-mental health, particularly in online diagnostics and writing-based interventions for PTSD, depression, and psychological \ counseling. His main areas of focus include the development of digital therapy formats, team coordination, and the implementation of training both online and in person. He also serves as project coordinator for an MHPSS training program for professionals in northern Syria.**

### **Majdy Aldoibal**

**Was born in Damascus, Syria, in 1995. She holds a B.Sc. in Psychology from the University of Ulm and lives in Berlin, Germany. Since October 2024, she has been working as a Project Officer for the Ilajnafsy program at Center ÜBERLEBEN, where she also organizes the "Sanakun Bikhayr" program for women survivors of harassment and sexual violence. Maram has experience in mental health, particularly supporting Arabic-speaking adults with PTSD and depression, gained through her work at treatment centers for torture survivors and with children and youth at Caritas. She is currently planning to start a Master's degree in Clinical Psychology and Psychotherapy.**



### **Maram Almoadamani**



### **Prof. Dr. Maria Böttche**

**is a professor of E-Mental Health and Transcultural Psychology at the Freie Universität Berlin, Germany. She is also a psychological psychotherapist specialising in behavioural therapy. Her research focuses on internet-based therapies, psychotraumatology and transcultural clinical psychology. She is a board member of German-speaking Society of Psychotraumatologie (DeGPT) and of European Society of Trauma Stress Studies (ESTSS).**

**Dr. Mechthild Wenk-Ansohn, born in 1952, is living in Potsdam near Berlin/Germany. She is a medical doctor and psychotherapist and has specialized in psychotrauma-therapy (DeGPT) and supervision (DGSv/EASC).**

**From 1994 to 2018 she was staff member at the Berlin Center for the Treatment of Torture Victims (bzfo, now Center ÜBERLEBEN).**

From 2006 until May 2018, she was head of the outpatient department, for some time also head of the research department and of the department for children and youth of bzfo. Main focus of her work have been: diagnostics, medico-legal reports and psychotherapy with traumatized clients from various cultures, who have experienced torture or violence in wars/civil wars. She is member of the expert-group SBPM which has established standards for Germany for medical-legal expert opinions on psychotrauma for asylum claims and has also been member of an international expert group revising the Istanbul Protocol of the United Nations on documentation of torture and other human rights violations. She has conducted many trainings in the field of psychotraumatology and psychotherapy in intercultural settings and done numerous publications on torture sequelae, violence against women and diagnostics and treatment of trauma-reactive disorders in intercultural settings. After a training in clinical supervision in 2005 she has also been conducting supervisions and, since 2018 as independent expert, trainings in intervision and supervision, especially in the MENA-region including in Egypt, Iraq and, for the German International Cooperation (GIZ) in Turkey for Syrian MHPSS professionals. Currently she is also lecturer on MHPSS at the Akkon University for Applied Human Sciences in Berlin.



**Mohamed Alaa**

is the CEO of Shezlong, the MENA region's first and largest online therapy platform, serving 300,000+ people across 85 countries. A purpose-driven entrepreneur, he is dedicated to reshaping access to mental health, fostering economic collaboration, and empowering underserved communities.

He has empowered 850+ mental health professionals, helped digitize wellness in hospitals and corporations, and is now building AI-powered tools to make mental wellness part of everyday life.

Beyond tech, Mohamed champions economic diplomacy and cross-border collaboration. As Secretary General of the Egyptian-Chinese Businessmen Association, he drives strategic partnerships that strengthen Egypt's global ties.

His bold vision for 2030: a world where no mind is left behind, and nations rise together, not just for trade or technology, but for humanity.



### **Dr Nawzad Sami**

is a specialist Psychiatrist and Scientific Director at M.therapy, a digital mental health Start Up in Iraq Kurdistan. He also serves as Mental Health Coordinator at Duhok Directorate of Health.

is a Tele-mental Health Therapist/Trainer at the Center for Victims of Torture, providing specialized remote mental health support for survivors of war, torture, and gender-based violence. She delivers trauma-informed care and leads training for professionals and organizations across the region, working closely with human rights activists and journalists. Her focus includes self-care, resilience, and emergency response in crisis settings.



### **Noor Abdullah Alsagher**



### **Pirko Selmo**

was born in Syria in 1984, he studied Communication and Media Sciences at the University of Damascus from 2003 to 2007. He then moved to Germany, where he pursued studies in Clinical Psychology and Psychotherapy. In 2023, he received his license as a cognitive behavioral therapist with a focus on Schema Therapy.

Since 2013, he has been working in the field of research and the provision of digital mental health services. Since 2017, he has served as the supervisor of the Ilajnafsy team. He is currently working on his PhD, focusing on cultural adaptation and mechanisms of change in digitally delivered psychotherapy in Arabic.

Is the Chief Executive Officer of Community Health Corps (CHC), the health sector of the Beirut Association for Social Development (BASD), a role she has held since 2023. With over two decades of leadership in social health services, Ms. Zaatari previously served as Social Health Services Manager at the Hariri Foundation for 17 years and as Director of the Makassed Communal Healthcare Bureau from 2017 to 2023. She has also worked as a consultant for various local and international organizations, contributing her expertise to health system strengthening, community development, and policy advisory work.

### **Rania Zaatari**



She is the co-founder and President of "Dawaer," a Lebanese NGO dedicated to empowering children and youth. Her contributions to social cohesion and public health include the publication of two anti-bullying guidelines and the development of a regional toolkit focused on guiding online dialogues, combating hate speech, and fostering respect for diversity.

**Dr. Yasser Abu-Jamei** is the General Director of the **Gaza Mental Health Programme**. A leading Palestinian psychiatrist, he obtained in 2012 MSc in Clinical Neuropsychiatry (with distinction) from Birmingham. In 2015 he received the award of best Alumnus achievement from the Said Foundation on his work in developing mental health sector in Gaza and the GCMHP crisis response plan after the 2014 war on Gaza. Since January 2014, Dr Abu Jamei is the director general of Gaza Community Mental Health Programme, a leading mental health services provider in Palestine. He recently co-authored a few papers that looked into integrating public health and human rights approaches into mental health in the Gazan context. In 2020, with a group of Palestinian mental health professionals he co-founded the Palestine Global Mental Health Network. He is certified as a Trainer of Trainers in the field of supervision and care for caregivers from the Free University of Berlin.

### **Dr. Yosra Morsy**



is a licensed clinical psychologist and a certified trainer from Ain Shams University, as well as an international trainer on the Mindscape Global platform. She also provides psychological therapy services through the Shezlong platform, remotely. She has extensive experience in therapeutic modalities including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Schema Therapy. Dr. Morsy holds a Master's degree in Clinical Psychology (2019) and is currently pursuing a Ph.D. in Clinical and Cognitive Psychology. She is a member of the American Psychological Association (APA), the International Society for Schema Therapy (ISST), and founding member of the Egyptian Inventors Association. Dr. Morsy combines science, training, and innovation to support mental health and promote psychological resilience.

# Getting to know the Conference Team

This conference is organized by a multidisciplinary and international team from Egypt, Germany and Lebanon working with the Ilajnafsy **project** at Center UEBERLEBEN. While Ilajnafsy is the oldest project at the Research Department, other current projects include online training and supervision for colleagues in Syria and Ukraine, research on mental health of refugees, and addressing racism in nursing.

**Dr. Maya Böhm** and **Dr. Yuriy Nesterko** are heads of the Research Department for Trauma and Transcultural Studies at Center UEBERLEBEN Berlin. Dr. Maya Böhm is a clinical psychologist with a research focus on effects of political violence, dealing with the past and internet-based interventions, working both in Germany and internationally. Dr. Yuriy Nesterko's research focuses on trauma and mental health in different groups of refugees and migrants, conflict-related sexual violence and digital mental health.

**Dr. Sophie Clever** and **Rebekka Muth** are the project coordinators of Ilajnafsy and are leading the planning and organization of the 2025 Digital Mental Health in SWANA Conference.

Dr. Sophie Clever holds a PhD in psychology and has focused her work on the influence of emotions in transcultural conflict interactions online. Before joining Ilajnafsy 12 years ago, she lived in Palestine for several years and offered psychosocial support, and training, for adults and children. Occasionally, she also works as a freelance supervisor, workshop leader and lecturer in trauma sensitivity, conflict resolution and change management.

**Rebekka Muth** is a political scientist and seasoned project manager specializing in digital mental health, gender equity, and community resilience in both the SWANA region and Germany. Alongside her coordination of Ilajnafsy, she also manages Sanakun Bikhayr, a sister project offering an online psychoeducational self-help program for women affected by sexual violence.

**Nicholas Gholam** supported the Ilajnafsy team in designing, curating, and coordinating the 2025 Digital Mental Health in SWANA Conference. He is a sustainable development strategist and creative facilitator specializing in rural development, food systems, and digital innovation across the SWANA region.

**Nagwan Seif** serves as Ilajnafsy's local coordinator in Egypt, where she oversees all on-the-ground logistics for the project and the conference. She has been working in the development field since 2005, beginning with women empowerment programs. She then transitioned to supporting refugees, asylum seekers, and migrants through economic empowerment initiatives.

# Organizational Glossary: Digital Mental Health in SWANA

**This glossary offers an overview of organizations from the SWANA region that are actively engaged in the field of digital mental health or offer some digital mental health services - and who are taking part in this conference either in-person or online.**

**Our focus is on highlighting regionally rooted initiatives, giving space to voices and efforts that are locally grounded. We believe this approach not only showcases the wealth of expertise already present in the region but also invites opportunities for future collaboration.**

**The entries were written by the organizations themselves. Please note that Zentrum ÜBERLEBEN is not responsible for the content or any external links provided.**

# Arab Resource Center for Popular Art (ARCPA), Lebanon

## Who we are:

The Arab Resource Center for Popular Arts (ARCPA), commonly known as AL-JANA, was established in 1990 as a local non-governmental organization registered in Lebanon. ARCPA works with marginalized communities in Lebanon through documenting their enriching experiences and creative contributions and building on them, while at the same time enhancing the capacity of children and youth towards conflict transformation, active learning, and creative expression. Furthermore, the organization specializes in producing educational and cultural resources based on community experiences and creative contributions. Its programs vary to include interventions focusing on community development and social inclusion, resource mobilization, and active memory. ARCPA envisions marginalized communities, empowered by their ability to overcome adversity and cultivate richer societies. From here stems its interventions aimed at promoting harmony and building bridges.

Website: [www.janacenter.org](http://www.janacenter.org)

## What we offer:

Case management, Psychologist,  
Psychosocial support (PSS) ,Education



## What makes us unique:

What distinguishes our approach is our work in the university field of specialization, alongside our social work, particularly through the Positive Parenting Program for Women and Caregivers. We have developed our own approach in this field, based on accumulated experience and field observation.

We also follow up on cases as a case manager and coordinate with the psychologist, which has contributed to enhancing our experience and practical skills.

All of this has allowed us to develop a customized approach that meets the needs of the beneficiaries, contributing to their support and monitoring their development through our sessions and continuous follow-up with them.

In addition to the training and conferences we regularly participate in, which have helped us greatly in improving our skills and expanding our knowledge, as we are always keen to follow up and learn continuously. It is our priority to continue providing support in the best possible ways.

## Contact

✉ [pss.coordinator@al-jana.org](mailto:pss.coordinator@al-jana.org)

# Ayyam Al Masrah, Gaza



## Who we are:

Ayyam Al Masrah/ Theatre Day Productions (TDP) is operating in Gaza as a production company for youth theatre and as a drama school for youth, focused on capacitating future artists and art educators through its drama curriculum and proactive women training program. The socio-economic and political ecosystem in Gaza is continuously deteriorating resulting in a sense of hopelessness and frustration and an increased practice of violence. TDP addresses some of the challenges Gazan youth face and to specifically contribute, through drama, to empowering youth to exercising freedom of expression. More specifically, TDP is working towards building capacities of children, youth and educators in employing drama and creative expression as a tool for change. TDP is enabling and supporting independent innovative and creative youth initiatives. Ultimately, beneficiaries of the project are better equipped to take action to support their personal and social development, addressing their own needs and the needs of society.

Facebook page: <https://www.facebook.com/tdp1995>

## What we offer:

- a. Education: The project supports educational continuity in emergency settings by engaging school-aged children in interactive drama and animation workshops, enhancing learning beyond traditional methods.
- b. Psychosocial Support: Through creative expression, the project addresses trauma and stress from conflict, promoting mental health and social well-being among children and teachers.
- c. Child Protection: Creating safe, supportive spaces within temporary learning centers helps protect children from psychological harm and fosters resilience.
- d. Arts and Creative Expression: Using drama and animation, the project empowers children to express themselves, build confidence, and develop critical thinking skills in a safe environment.

## What makes us unique:

The approach of Ayyam Al Masrah / Theatre Day Productions (TDP) is unique in Gaza due to several interconnected and context-sensitive elements:

Pioneering Role in a Scarce Arts and Culture Sector

Operating in a Conflict Zone with Restricted Freedom

Focus on Vulnerable and Marginalized Groups

Integrated Educational and Psychosocial Model

Youth-Led Innovation and Sustainability

Contact **Mohammed Al Hessi -Acting Executive Director**

☎ Mobile : 00972567102477

📧 Whatsapp : 00972567722391

✉ mohammedhessi.tdp@gmail.com

# Center for Victims of Torture, Jordan

## Who we are:

The Center for Victims of Torture is an international nonprofit founded in 1985, dedicated to healing survivors of torture and violent conflict. We provide specialized trauma rehabilitation services for survivors of torture and war-related violence in both camp and community settings in the US and locations in Africa and the Middle East. We also provide training and capacity building to partners working to heal and prevent torture around the world. Based out of our regional office in Jordan, CVT has been providing interdisciplinary telehealth services to survivors of trauma and civil society actors since 2021. In addition, our New Tactics team provides tailored support to human rights organizations to help them develop more sustainable and effective advocacy work.

Website: <https://www.cvt.org/>

## What we offer:

- Specialized interdisciplinary trauma rehabilitation for survivors of torture and war-related violence.
- Interdisciplinary telehealth services (psychosocial counseling and physiotherapy) across the MENA region.
- Capacity building training and support focused on trauma-informed approaches.

## What makes us unique:

Our approach to telehealth is unique in that it is interdisciplinary, offering coordinated counselling and physiotherapy. Our specialized trauma-informed approach to this work is provided by Arabic-speaking professionals based in the MENA region.

## Contact

[info@cvt.org](mailto:info@cvt.org)

 Instagram: [@centerforvictimsoftorture](https://www.instagram.com/centerforvictimsoftorture)



The  
CENTER for  
VICTIMS of  
TORTURE

# Centre Libanais Des Droits Humains (CLDH), Lebanon

## Who we are:

The Lebanese centre for human rights is a local non-profit, non-partisan human rights organization. Since 2007, CLDH established Nassim centre to provide rehabilitation services for victims of torture and families of the forcibly disappeared. CLDH launched the legal aid program in 2009 to offer poor and vulnerable persons access to justice. We also monitor the human rights situation in Lebanon and advocate for policy changes. We have also established bridge Centre to share our experience and support institutions and individuals in enhancing their capacity and increasing their legal and human rights knowledge.

Website: [www.cldh-lebanon.org](http://www.cldh-lebanon.org)

## What we offer:

- 1- Rehabilitation
- 2- Legal Assistance
- 3- Advocacy
- 4-Capacity building

## What makes us unique:

We do not only work with victims of torture, but also with their families. We ensure that the needs of all project participants are fully addressed. Our work goes beyond support - we advocate for change, provide training not only to NGOs but also to the relevant authorities, and actively involve them in the transformation we aim to bring to society.

## Contact

Bakhos Center, 7th Floor,  
St. Joseph Hospital Street,  
Dora, Lebanon

 Tel: (+961) 01 24 00 23

# Dawaer Foundation, Lebanon

## Who we are:

Dawaer foundation is a nongovernmental, nonprofit and nonpartisan organization established in 2015 by a team of dedicated activists who build on their extensive and diverse experience to achieve a democratic peaceful society, respectful of human rights. Dawaer envisions a society where youth and children are valued, resilient and protected from violence and abuse whilst supported to reach their goals and thrive.

Dawaer is committed to strengthen the resilience of children and youth and inspire their independent thinking and critical analysis to ensure their protection from violence to become agents of change. To pursue its mission, Dawaer focuses its programming to enhance social stability and inclusion among and between communities, implement protection mechanisms targeting children and youth and lead on educational activities, mental health interventions and media literacy programs.

Website: <https://www.dawaerfoundation.org/>



## What we offer:

**Peace building and Human Rights:** The Program aims to support communities in developing conflict and gender sensitive strategies that promote dialogue and meeting spaces and enhance social stability.

**Media Literacy:** The media literacy program develops the capacities of children, youth, young journalists, educators and caregivers to analyze and think critically about information and media messages they encounter.

## Protection:

--**Mental Health & Psychosocial Wellbeing:** Dawaer offers mental health and psychosocial support to children and adolescents in a creative and participatory manner that relies on games and art therapy.

--**Positive parenting:** The parenting counseling intervention is designed to enhance positive communication between parents and children, prevent and respond to emotional, behavioral and developmental challenges among youngsters.

--**Anti-bullying:** The program is based on child development research and the need to create a safe and healthy environment for children and youth. Our strategies focus on promoting inclusion and acceptance, preventing and responding to bullying and cyber-bullying through working with educational institutions, parents, children and communities.

### **What makes us unique:**

**The future of Dawaer lies in deepening our role as catalysts of inclusive change – placing youth at the center of social transformation, not only as beneficiaries but as co-creators of solutions. We see the future in grassroots leadership that rises from diversity, in communities that choose dialogue over division, and in collective action that confronts disinformation, polarization, and exclusion.**

### **Contact**

 **Email: [lama@dawaerfoundation.org](mailto:lama@dawaerfoundation.org)**

 **Phone: +9613159027**

**Lama El Awad**

**Executive Director**

# Ethiopian Refugees Community in Egypt

## Who we are:

ERCIE RLO was established in 2011. Our vision is to build a thriving, self-reliant refugee community in Cairo—one where refugees, asylum seekers, and vulnerable migrants, particularly Ethiopians and single mothers, experience lasting empowerment, dignity, and meaningful integration, paving the way for a better future for all.

Our mission is to empower refugees, asylum seekers, and vulnerable migrants in Cairo—especially Ethiopians and single mothers—by providing comprehensive advocacy, educational opportunities, and holistic support services. We are committed to uplifting these communities through inclusive, culturally sensitive, and community-driven assistance.

## What we offer:

- Legal Services - Providing legal support and guidance to help refugees and migrants navigate their rights and asylum processes.
- Psychosocial Services - Offering mental health and emotional support to individuals coping with trauma, displacement, and daily stressors.
- Education - Delivering access to learning opportunities for children and adults, including language classes, literacy programs, and skills development.
- Primary Beneficiaries - Most of our beneficiaries are single mothers, who face compounded challenges and are at greater risk of vulnerability.

## What makes us unique:

Working with displaced people is emotionally challenging, especially when listening to their traumatic experiences. Many have endured severe hardships, including violence, loss, and forced separation from their families. Providing support requires empathy, resilience, and a trauma-informed approach.

Our services are inclusive and open to all nationalities across Greater Cairo. While we have a strong focus on the Ethiopian community and single mothers, we are committed to serving refugees, asylum seekers, and vulnerable migrants from diverse backgrounds, ensuring equal access to assistance and support.

## Contact

+20 1156332328



# Hand in Hand for Aid and Development, Syria

## Who we are:

"Saving Lives. Rebuilding Futures." Hand in Hand for Aid and Development (HIHFAD) is a humanitarian organization dedicated to supporting vulnerable communities affected by conflict and displacement in Syria and neighbouring regions. Since its establishment, HIHFAD has delivered life-saving assistance and sustainable recovery programs across health, nutrition, MHPSS, protection, education, WASH, and livelihoods. In 2024, HIHFAD expanded its impact through 15 healthcare facilities, shelter rehabilitation, and agricultural support, reaching hundreds of thousands of beneficiaries. Recognized by the WHO and the Turkish government for its innovative advocacy and service delivery, HIHFAD prioritizes community empowerment, accountability, and resilience. With strategic partnerships in the Gulf and Europe, HIHFAD continues to bridge emergency response with long-term development, ensuring dignity and hope for displaced families.

Website: <https://hihfad.org/>



## What we offer:

**Health & Nutrition:** Providing lifesaving medical care, primary health services, and malnutrition treatment with special focus on the integration of MHPSS services, including specialized support for women, children, and persons with disabilities.

**Protection & Empowerment:** Delivering child protection, gender-based violence (GBV) response, and psychosocial support, while empowering communities through participatory advocacy and capacity-building programs.

**Sustainable Recovery:** Rehabilitating shelters, schools, and water systems, and creating livelihoods through agriculture and vocational training to foster long-term resilience.

## What makes us unique:

HIHFAD's adoption of the MHPSS integration services approach in humanitarian settings is unique due to a confluence of factors inherent to crisis environments. It goes beyond mere collaboration or coordination, aiming for a seamless delivery of complementary services, especially by enhancing the access of the most needed individuals.

## Contact

✉ [Info@hihfad.org](mailto:Info@hihfad.org)

Hand in Hand for Aid and Development (@hihfad) | AllMyLinks

# How of What, Lebanon

## Who we are:

We are a trauma informed specialized center that aims to help people find their way in times of crisis.

**Website:** [Howofwhat.com](http://Howofwhat.com)

## What we offer:

We empower people of all ages to deal with trauma. We train educators and schools administrators to recognize and teach traumatized learners, learners with special needs and emotional behavioral problems, and regular learners. We also train workers in the medical and social working fields for a better accompaniment of the sick and their caregivers.

## What makes us unique:

Our approach is unique as:

- 1) We use an interdisciplinary approach and holistic way to deal with wellbeing.
- 2) Our digital services are confidential.
- 3) We do not ask people to put their testimonial on our social media in order to keep their identity confidential, and keep them comfortable while receiving our services without exposing them to the public.
- 4) We don't use marketing strategies.

## Contact

Samar Sahyoun Founder |  Phone: 0096170121408 |

 Email: [ssahyoun@howofwhat.com](mailto:ssahyoun@howofwhat.com) & [samarsahyoun2022@gmail.com](mailto:samarsahyoun2022@gmail.com)

# Ilajnafsy Online Psychotherapy, across SWANA

## Who we are:

Ilajnafsy is a free, web-based mental health program designed for Arabic-speaking individuals experiencing depression, trauma, or related challenges. Since 2008, we have offered evidence-based online writing therapy, grounded in cognitive-behavioral methods and supported by scientific research. At the heart of our approach is Interapy—a writing-based therapeutic model that has been carefully translated and culturally adapted for Arabic-speaking communities.

Research has shown that over 80% of participants report significant symptom improvement or full relief. Each program begins with a thorough diagnostic process—including questionnaires and interviews—to ensure online therapy is suitable. Our services are delivered entirely online via a secure portal, free of charge, helping to remove common barriers to support. In addition to therapy for depression and PTSD, Ilajnafsy also offers a structured counseling program for everyday challenges, and a psychoeducational self-help program specifically for women affected by sexual violence.

Ilajnafsy is part of Center ÜBERLEBEN, a Berlin-based organization providing psychosocial support to people affected by war, displacement, and trauma.

**Website:** <https://ilajnafsy.bzfo.de/portal/en/>

## What we offer:

- Writing therapy for depression and PTSD: A structured writing-therapy course helping patients understand their symptoms, process traumatic events and build coping strategies.
- Writing-based Counseling: Our program helps clients navigate daily life problems. Together with a counselor, they work through a 5-step process, shifting the perspective on the problem and finding their own solutions.
- Empowerment Programme for women: An anonymous self-help and live session program for Arabic-speaking women affected by harassment or sexual violence

## What makes us unique:

What makes Ilajnafsy unique is its combination of scientific research and practical support—offering free, secure, and accessible writing therapy in Arabic. Our writing-based approach, carefully developed and scientifically researched over more than a decade, provides a structured and effective way for people to find support at their own pace.

## Contact

✉ [support-ilajnafsy@ueberleben.org](mailto:support-ilajnafsy@ueberleben.org)

علاج نفسي عبر الانترنت   
Ilajnafsy | Online Psychotherapy

# Lebanese Healthcare Management Association (LHMA), Lebanon

## Who we are:

The Lebanese Healthcare Management Association (LHMA) was founded in 2006. It is a non-governmental, non-profit Association. It does not do any political activity, nor is it affiliated with any political party. It can open branches in Lebanon and abroad.

It connects professionals to lead initiatives for advancing population health, healthcare management & technology innovation through education, collaborations, consultations, conferences, publications and focus groups. Its group (HTMA) aims to lead innovative healthcare technology management, assessment and advancement of solutions and initiatives for safe quality healthcare, education and research through the development of professionals, standards, systems, and technologies in Lebanon and the region.

**Website:** [www.lb-hma.org](http://www.lb-hma.org)

## What we offer:

Advance population health, Innovation, Development of professionals

## What makes us unique:

Our approach is multidisciplinary and multi-dimensional.

**Contact:** Via website

# M.Thery, Kurdistan

## Who we are:

M.Thery is the first startup in the Kurdistan Region dedicated to raising mental health awareness. It offers specialized therapy technique courses for professionals. Also, it provides mental health-related courses for the general public. Besides that, it runs various mental health awareness campaigns online and on the ground.

**Website:** <https://www.mtherapy.life/>

## What we offer:

Therapy techniques courses for mental health professionals. General mental health courses for the public. Mental health Awareness through podcasts and different campaigns.

## What makes us unique:

Our goal for the future is making mental health education and services accessible to everyone.

## Contact

 WhatsApp +9647502205383

 mitoyaaa99@gmail.com

 Contact@mtherapy.life



M.Thery

# National Mental Health Programme of the Ministry of Public Health, Lebanon

## Who we are:

The National Mental Health Programme is working on improving mental health in Lebanon through reforming the system in line with the below vision and mission.

**VISION:** All people living in Lebanon will have the opportunity to enjoy the best possible mental health and well-being.

**MISSION:** To ensure the development of a sustainable mental health system that guarantees the provision of and universal accessibility to high quality, safe, integrated, people-centered mental health preventive, and curative services, with an emphasis on recovery, human rights and alignment with scientific evidence.

## Websites:

<https://www.moph.gov.lb/en/Pages/6/553/the-national-mental-health-program>  
<https://resources.nmhp-lb.com/>

## What do we offer:

Leadership and governance  
Community-based mental health services  
Promotion and prevention  
Information, evidence, and research



## What makes us unique:

Before the National Mental Health Programme, there was no governing body for the mental health system in Lebanon, no coordination mechanism and no strategy. The national mental health strategy aims to create a comprehensive, accessible, and responsive mental health system that caters to the diverse needs of all people living in Lebanon.

- The NMHP supported the creation of the first Service-user association.
- Step by Step application was designed following support groups with persons from the community including persons with mental health lived experience. The NMHP is also involved in the process of evaluation of the application.
- The WHO QualityRights assessors included service users as part of the national team.
- Persons with lived experience are part of the steering committees of all the research projects.

## Contact

✉ Email: [mh.moph@nmhp-lb.com](mailto:mh.moph@nmhp-lb.com)

☎ Phone: Ms. Perrine Posbic, Operations Manager, 00961 3 262 267

# Shezlong, Egypt

## Who we are:



**Shezlong**

You Talk.. We Help

Shezlong is the leading online mental health platform in the MENA and Africa. At the heart of Shezlong beats a singular mission: to tear down the barriers of stigma, affordability, and accessibility, bringing therapy to millions who were once invisible to the healthcare system.

We operate a technology-powered, human-centered platform that connects individuals to a vast network of licensed therapists through an affordable, culturally sensitive, and seamless digital experience. From young individuals and expatriates to corporates and communities historically excluded from traditional healthcare, Shezlong redefines the shaping of the future of mental health—one session, one story, one society at a time.

We are the future of mental wellness in the emerging world. What sets us apart is not just our expertise but our commitment to understanding each client's unique DNA.

**Website:** <https://www.shezlong.com/en>

## What we offer:

- 1. Online Therapy and Psychiatry:** Providing accessible, confidential mental health services via a secure, user-friendly digital platform.
- 2. Corporate Mental Health Solutions:** Tailored employee wellness programs integrating therapy and mental health support into workplace cultures.
- 3. SaaS Solutions for Hospitals and Clinics:** Offering a customizable, white-label digital platform enabling healthcare providers to seamlessly deliver remote mental health care and manage therapy sessions efficiently.

## What makes us unique:

- 1. Scalable AI-Powered Healing Companion:** Shezlong offers the region's first AI-powered therapy assistant, acting as a healing companion that supports users through daily emotional check-ins, smart triage, and personalized care. Unlike others who rely solely on therapist availability, our AI enables scalable mental health access reaching more than a million users concurrently, even in low-resource settings.
- 2. Affordable, Localized, Multilingual Therapy:** We provide affordable therapy in local languages and dialects, tailored to cultural contexts across Africa and MENA. While competitors focus on premium or urban markets, Shezlong bridges gaps by offering diverse price points, therapists from various backgrounds, and accessible care for underserved communities making therapy both inclusive and regionally relevant.
- 3. Deep Public and NGO Integration:** Shezlong works closely with governments, UN agencies, and NGOs to integrate mental health into national and community programs. Unlike general wellness apps, we design socially impactful solutions including trauma support for refugees and workforce programs aligning with SDGs and ensuring our model serves both individuals and systems.

## Contact

✉ [Dr. Mohamed Elsheikh / mohamed.elsheikh@shezlong.com](mailto:mohamed.elsheikh@shezlong.com)

# Shomoa Clinics, Egypt

## Who we are:

Shomoa Clinics is a multidisciplinary mental health center founded in 2020 by clinical psychologist and psychotherapist Shomoa Sabry. Located in Cairo, Egypt, the clinic offers a wide range of psychological services including individual and group therapy, psychological assessments, integrative approaches, and community-based mental health programs. The clinic is staffed by a diverse team of licensed psychologists, psychotherapists, and psychiatrists trained in evidence-based modalities such as CBT, DBT, ACT, schema therapy, and EMDR. Shomoa Clinics strictly adheres to the ethical code of the American Psychological Association and is dedicated to providing accessible, high-quality care tailored to the unique needs of each client. The clinic also promotes mental health awareness through workshops, support groups, and public education initiatives. With a strong commitment to trauma-informed care and cultural sensitivity, Shomoa Clinics serves individuals across the lifespan, including children, adolescents, adults, and families.

**LinkedIn:** <https://www.linkedin.com/in/shomoa-sabry-1b72b314b/>

## What we offer:

-Individual sessions - group therapy - community based membership

The future of our work lies in: expanding access to mental health services through digital innovation. We are currently developing a mobile application and an interactive website that will serve as platforms for therapy, psychoeducation, and community engagement. These tools will enable clients to book sessions, access mental health resources, join support groups, and engage in daily therapeutic practices like mindfulness—all from the comfort of their homes.

## Contact

+201146657288



# Success Makers, Egypt

## Who we are:

The "Success Makers" initiative is a women's humanitarian initiative launched by a group of Eritrean women residing in Egypt, with the aim of supporting and empowering refugees and vulnerable communities, especially in the wake of the COVID-19 pandemic. The initiative began with relief activities through fundraising, food supplies, and basic aid, and has since evolved to include education, psychological support, vocational training, and community capacity building. The initiative seeks to promote social inclusion through literacy programs, workshops, and income-generating projects, with a focus on human values such as dignity, equality, and respect. Operating in multiple areas, including Cairo and Giza, the initiative aspires to expand its impact by collaborating with local and international partners.

Facebook: <https://2u.pw/1CqDg>

## What we offer:

Providing humanitarian assistance (food, psychological support, shelter, healthcare)

Education and training (literacy, awareness-raising, skills building)

Supporting economic empowerment projects for women and refugees

## What makes us unique:

The "Success Makers" initiative's approach is characterized by its community-based approach, based on the direct participation of refugee women experiencing similar challenges, enhancing the effectiveness of its response to community needs. It also features flexibility in its crisis response and comprehensive services that provide psychological, social, and economic support, while respecting the privacy and culture of beneficiaries.

## Contact

✉ [successmakers635@gmail.com](mailto:successmakers635@gmail.com)



مبادرة صنّاع النّجاح

Success Makers

# Syria al Gad Foundation, Egypt

## Who we are:

Syria al Gad Foundation in Egypt is a registered non-governmental organization since 2013 - under registration number (4846) - dedicated to supporting refugees and displaced persons, primarily focusing on humanitarian aid & emergency, health and mental health, education, and livelihood development. Established to address the multifaceted challenges faced by Syrians affected by the conflict, later on expanded its activities to support other refugees and displaced populations in Egypt. The foundation aims to foster self-reliance and socio-economic resilience within these communities. Its operations in Egypt are crucial given the significant refugee population residing there.

The Syria al Gad Foundation's core mission revolves around empowering individuals and communities to rebuild their lives and contribute to their host societies. Its primary strengths lie in its deep understanding of the refugee context and their specific needs and displaced persons, coupled with a strong commitment to community-led initiatives.

**Website:** <https://www.syria-algad.org/>

## What we offer:

Health and Mental health, Education, Livelihood, Humanitarian and Emergency Response

## What makes us unique:

We are using a holistic approach. The Foundation and its offices are located in the highly populated areas of refugees and provide them with all the needed services to foster their self resilience. Its deep understanding of the refugees' context and their specific needs came as a result of being part of the refugees community.

## Contact

- ✉ [Info@syria\\_algad.org](mailto:Info@syria_algad.org)
- ✉ [eman.motawi@syria-algad.org](mailto:eman.motawi@syria-algad.org)



مؤسسة سوريا الغد للإغاثة  
Syria Al Gad Relief Foundation

# The Community Hub (TCH), Egypt & UAE

## Who we are:

The Community Hub (TCH) is a consulting agency based in Egypt and UAE with a vision to see thriving communities who have access to resources and good quality of lives. This is through offering influencing activities, monitoring and evaluation and community assessments, and building the capacity of organizations to find solutions to social problems based on evidence-based and innovative methods and tools. TCH was founded in March 2019 by two community psychologists, Farah Shash and Hana Fahmy, who have years of experience in community development, issues of Gender Based Violence (GBV), Monitoring and Evaluation (M&E), Psychosocial Support Supervision, and have worked with different populations such as youth, refugees, youth in alternative care, and women survivors of violence.

Website: <https://www.thecommunity-hub.com/>



## What we offer:

There are 5 main focus areas: Entrepreneurship, Monitoring and Evaluation and Impact Management, Gender Issues, Psychosocial Support Supervision, and Child and Family Well-being.

We offer a list of services to fulfill its mission such as designing influencing and promotion strategies, including campaigns, roundtable discussions and policy briefs, panel discussions, and promotional events for different target groups. Other services include training and workshop delivery, and designing manuals, handbooks, and guides in different focus areas, and finally, monitoring and evaluation framework and systems, baseline studies, mid-term evaluation, end-line studies, community mapping and needs assessment.

## What makes us unique:

Our approach to mental health is rooted in a community psychology perspective, allowing us to address the intricate, multilayered root causes of issues. We utilize an ecological framework, examining social problems from individual to macrosystem levels, and adopt a strength and asset-based approach to leverage existing community resources effectively. Furthermore, our commitment to a participatory methodology ensures that interventions are co-designed with individuals and communities, prioritizing their unique needs and aspirations. By focusing on a community-level rather than an individualistic approach, we collaborate extensively with service providers and marginalized communities themselves, aiming to enhance mental health services for those most vulnerable. This dedication to quality and impact is central to everything we do.

## Contact

✉ Email: [info@thecommunity-hub.com](mailto:info@thecommunity-hub.com)

Address: Arabella Plaza, Fifth Settlement, Cairo, Egypt

# Women Now Organization, Syria & Lebanon

## Who we are:

Women Now is an organization that aims to create a society governed by democracy, freedom, and justice—a society in which women play a meaningful role in daily life in Syria.

The organization's mission is to launch programs led by Syrian women that protect Syrian women and children from all socioeconomic backgrounds and enable women to find their political voice and participate in building a new, peaceful Syria that respects and protects the equal rights of all its citizens. Women Now believes that the struggle for women's rights is a broad, multi-layered, and gradual process, especially in the context of war and atrocities. Furthermore, it believes that the struggle for women's rights cannot be separated from the struggle for peace and democracy.

It believes that the process must include men and youth, be based on a needs-based and rights-based approach, and start from the grassroots, especially the most vulnerable and invisible women.

Facebook: <https://www.facebook.com/share/1EwN4KGWRi/>

## What we offer:

Empowerment

Participation

Research and Advocacy

## What makes us unique:

The approach is a needs-based and rights-based approach for the most vulnerable groups.

## Contact

Address: 9, Villa d'Orient, Paris, 75013, France

Phone: 017684898192

Email: [info@women-now.org](mailto:info@women-now.org)

Website: <https://www.women-now.org>



النساء الآن  
WOMEN NOW  
FOR DEVELOPMENT

# Wojood Community Initiative, Egypt

## Who we are:

Founded in 2019, Wojood Community supports refugees and immigrants in Egypt. Wojood Community achieves its mission through three dedicated departments and provides free services to all, regardless of nationality.

A comprehensive range of psychological, medical, and social support services targets children, women, and men of all ages. The goal is to improve their mental and emotional well-being, enhance their ability to cope with current circumstances, reduce stress and anxiety, address psychological trauma, and strengthen social support networks.

The services include individual and group psychosocial support sessions, specialized workshops, recreational activities, safe space sessions, and family support. In addition, financial assistance is provided (such as rent payments, food baskets, medications, and support for surgical procedures), and complex cases are referred to specialized entities.

**Legal Department:** This department provides legal support sessions, consultations, and referrals to other service providers for those facing legal challenges.

**Education Department:** Offers courses and educational workshops to empower beneficiaries with knowledge and skills.

Wojood strengthens its impact through the United Refugee Network (URN) for collaboration and resource sharing. The organization's leader also serves as the executive director of the Community Empowerment Network (CEMC), fostering stronger connections between refugees and local support structures. Through dedicated departments—Psychosocial, Medical, Legal, and Education—Wojood empowers refugees with vital skills and resources.

**Facebook page:** <https://www.facebook.com/Wojood.Community>

## What we offer:

We have 3 sections: 1. Medical, social, and psychological support. 2. Education. 3. Legal.

## What makes us unique:

What makes Wojood's approach unique is its holistic and integrated model of support. The organization addresses the diverse needs of refugees and migrants through a comprehensive range of psychosocial, medical, legal, and educational services, all provided free of charge and without discrimination. Rather than focusing solely on short-term relief, Wojood emphasizes empowerment, helping individuals build resilience, regain control over their lives, and develop skills that support long-term well-being and integration.



**In addition, Wofood strengthens its impact through strategic partnerships, such as its active role in the United Refugees Network (URN) and leadership within the Community Empowerment Network (CEMC).**

**These collaborations enhance knowledge-sharing, resource coordination, and advocacy efforts - making Wofood's approach not only service-oriented but also community-driven and sustainable.**

#### **Contact**

 **Dr. Ahlam +201080591421**

 **Mr. Waleed +201120381732**

# Zaghawa Community Base Organization, Egypt

## Who we are:

We believe that every refugee deserves safety, dignity, and a future full of hope. Guided by our vision, we work with the Zaghawa and other refugee communities in Egypt to build solidarity and empowerment.

Through education, awareness sessions, capacity building, and in collaboration with volunteers, CBOs, RLOs, and NGOs, we offer life-changing services.

Thousands have received psychosocial support with medical aid, counseling, and GBV safe spaces. Our legal assistance helps refugees know their rights, advocate for themselves, and navigate UNHCR processes.

Our education programs ignite a love of learning, improving literacy for hundreds of children. With the support of passionate volunteers, we continue to bring hope and opportunity to those who need it most.

Facebook: <https://www.facebook.com/share/1ATJAbwSd1/>

## What we offer:

### Focus Areas:

- **Psychosocial Support:** Providing medical grants, psychological counseling, emotional support, and training on gender-based violence (GBV) prevention.
- **Legal Empowerment:** Equipping refugees with knowledge of their rights, legal procedures, and advocacy skills to navigate UNHCR and protection systems.
- **Education & Capacity Building:** Improving literacy, learning outcomes, and personal development through educational programs and community-based training.

## What makes us unique:

Our approach is community-driven, inclusive, and empowering. We work hand-in-hand with refugees, especially the Zaghawa and other vulnerable groups, ensuring their voices lead the process. By collaborating closely with volunteers, community-based Organisations (CBOs), refugee-led organisations (RLOs), and NGOs, we build trust and sustainability. Our integrated services combine psycho social care, legal empowerment, and education, addressing both urgent needs and long-term resilience. We focus not only on providing services but also on equipping individuals with the knowledge and skills to advocate for themselves, create safe spaces, and build stronger, self-reliant communities.

## Contact

✉ [info.zaghawaegypt@gmail.com](mailto:info.zaghawaegypt@gmail.com)

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