



# NEPAL EARTHQUAKE

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## Chhahari Nepal for Mental Health (CNMH)

### Post Earthquake Response Report

A 7.9 Richter scale earthquake struck Nepal on 25<sup>th</sup> April 2015, causing the greatest destruction the country has ever faced in 80 years. This was followed by a 2<sup>nd</sup> strong shake of 6.9 on the following day and then again 7.3 Richter on 12<sup>th</sup> May. The earthquake affected 8 million people. Communities that were living in poverty even before the earthquake have been hit hard. Men, women, children and people affected by mental health were the most vulnerable at this time of emergency.

CNMH is working in the district of Lalitpur in Kathmandu valley facilitating appropriate support and treatment for homeless and mentally ill people, so that they can be accepted back into society. Before the earthquake, CNMH was working with **91** clients (**50** men and **41** women) on the streets, working closely with **52** of individuals and has located families in **30** cases.

**Chhahari Nepal** went into action on the third day after the disaster struck to investigate and identify our clients' need. The sporadic location of our clients and their displacement since the quake has made it difficult for us to locate them for assessment. However, out of **52** clients who we are working with; at this time we have managed to visit and provide basic help and psychosocial counseling to **45** clients including **10** new clients who were on the streets after the earthquake. Upon certifying the safety of our clients (few had minor injuries), our team started providing relief which included food and non-food items as well as psycho-social counseling to carers as well.

**CNMH** initiated a Post-Earthquake Response Activity Project, which was divided into 3 Phases. In **Phase I**, we emphasised on assessing our clients living condition and to what extent earthquake affected them be it physically, mentally, financially and socially. Likewise, during this phase Chhahari was also involved in distribution of relief materials like food, tarpaulins, blankets, sleeping bags, clothes, hygiene kits, first-aid kits and home prepared hot meals mainly to our clients.

As we worked upon **Phase I**, we identified the need of the development of another phase; and in **Phase II**, we are in the ongoing process of locating new clients and re-connecting them with their family/relatives. Likewise, in this phase we are working in co-ordination with the community in accessing clients' living condition. In this way, as we work towards the implementation of plans for **Phase II**, we extend and build-up the activities for **Phase III**. Under **Phase III**, CNMH plans to provide monetary support to help clients and carers continue with their medication, treatment and temporary shelter with regular follow-up.

The continuous aftershocks are still felt across the nation and have build up fear and stress amongst the people. CNMH team are participating in various psycho-social trainings on stress management, peer support; counseling and community based psychosocial support; to continue to develop in post-earthquake response activities with mentally distressed group. We plan to get more professional help to support our staff, clients, carers and volunteers and built their capacity.