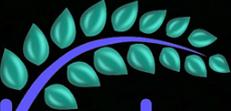




Healing  Kashmir



Healing Kashmir provides integrated psychological care for those suffering from breakdown, depression, and anxiety caused by conflict and bloodshed. Our aim is to break through the stigma that surrounds mental health problems.

Societies existing in states of war and brutality become trapped by the collective psychological damage of violence. Broad-based psychological support can be a strong foundation for political and economic recovery. The Kashmir Valley is a poignantly beautiful Himalayan place that has been deadlocked in turbulence for much of its history, particularly across the past quarter century. We have built our mental health model here on the basis of long experience, research, and cultural integration.

Healing Kashmir's recovery method is based on a three-tier system: a toll-free emergency helpline; strategically located counseling and therapy centres; awareness and education programmes that tap into an effective region-wide, village-level female primary healthcare network, and that also reach out to students in schools and colleges.

Our team of young Kashmiri counselors and psychotherapists has been recruited from across the valley and trained by an international team of mental trauma specialists. The team's local knowledge, combined with their continuous training in the latest conventional and alternative therapies, gives them the ability to provide world class psychological care while connecting with patients at a grassroots level. Our methods are integrative, organic, and built to provide every psychiatric patient the time and care they need to recover, and to find the balance that will enable them to engage again fully with their lives, families, and their communities.

To donate to Healing Kashmir, contact us at info@healingkashmir.org

In the UK, you can donate through JustGiving: www.justgiving.com/healingkashmir

In the US, you can donate through a CAF America Donor Advised Gift – please contact us for details



Mending Minds, Rebuilding Lives

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