

ANNUAL REPORT

20

A YEAR OF
GROWTH & RESILIENCE

23

embrace

FOREWORD



In preparing our 2023 annual report, marking a decade of activity, we've had the chance to reflect on Embrace's impact on mental health care in Lebanon. From its humble beginnings to becoming a cornerstone of support, Embrace has grown into a steadfast ally for those navigating mental health challenges.

Over the past ten years, I've witnessed Embrace transform from a group of passionate volunteers into an established organization with strong accountability and processes. Yet, through all this growth, one thing has remained constant: our commitment to raising mental health awareness, breaking the stigma, and ensuring access to dignified care for all.

In 2023, amidst economic instability and political uncertainty, Embrace expanded its services to meet the growing needs of our community. We launched the Mobile Mental Health Clinic, a groundbreaking initiative breaking geographical barriers to care. This fully equipped clinic brought essential mental health services to underserved areas, extending our reach to every corner of Lebanon.

The Lifeline, Lebanon's National Suicide Prevention Hotline, continued to play a critical role, with over 11,000 calls answered—an enduring testament to its importance in providing emotional support to those in crisis. Our Community Mental Health Center remained central to our mission, delivering over 4,000 free consultations to 455 new beneficiaries and ensuring mental health care is not a privilege but a right.

But our impact goes far beyond numbers. It is found in the stories of resilience and healing we encounter every day. It is in the voice of the caller who finds solace knowing they are not alone and in the courage of the individual taking their first steps toward recovery within our center's walls.

As we confront today's challenges—including economic and political pressures deepening the mental health crisis—and look toward the opportunities ahead, we remain steadfast in our mission: to advocate for mental health awareness, build local capacity, and empower individuals to seek the care they deserve.

None of this would be possible without the unwavering dedication of our team, the tireless efforts of our volunteers, and the generous support of our partners and donors. Together, we are Embrace, and together, we will continue to make a difference in the lives of those we serve.

Thank you for being part of this journey—one built on compassion, determination, respect, and inclusivity. I am filled with hope for what lies ahead and the impact we can achieve in the next decade.

Let us build on our achievements, fostering a future where mental health is supported, embraced, and understood. With our collective efforts, we can continue to create meaningful change and improve countless lives.

Looking forward to the journey ahead.

Rayan Nahas
Board Member



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Insights Unveiled: Navigating 2023's Impactful Milestones



11,076 calls reached the National Lifeline

63 new operators joined the National Lifeline

49 dispatches of the Mobile Crisis team to 34 individuals in a mental health emergency



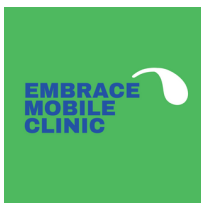
4,080 free mental health consultations

464 new beneficiaries treated at ECMHC

8 graduate Psychology students enrolled and graduated from the Clinical Training Program



5,621 people reached through face to face awareness & outreach activities



31 locations visited in 8 different governates

490 free psychiatric consultations

415 new beneficiaries



Lebanese Republic
Ministry of Public Health
National Mental Health Programme

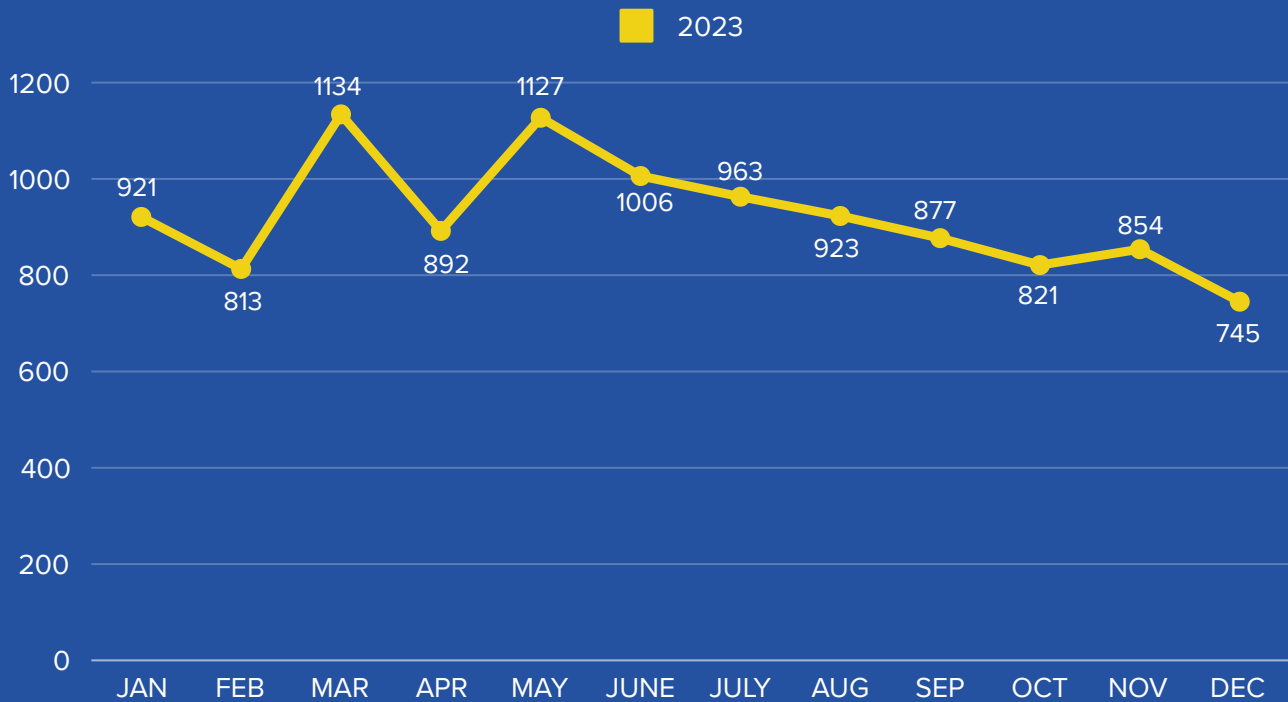
embrace

1564
THE LIFELINE

A year in Review

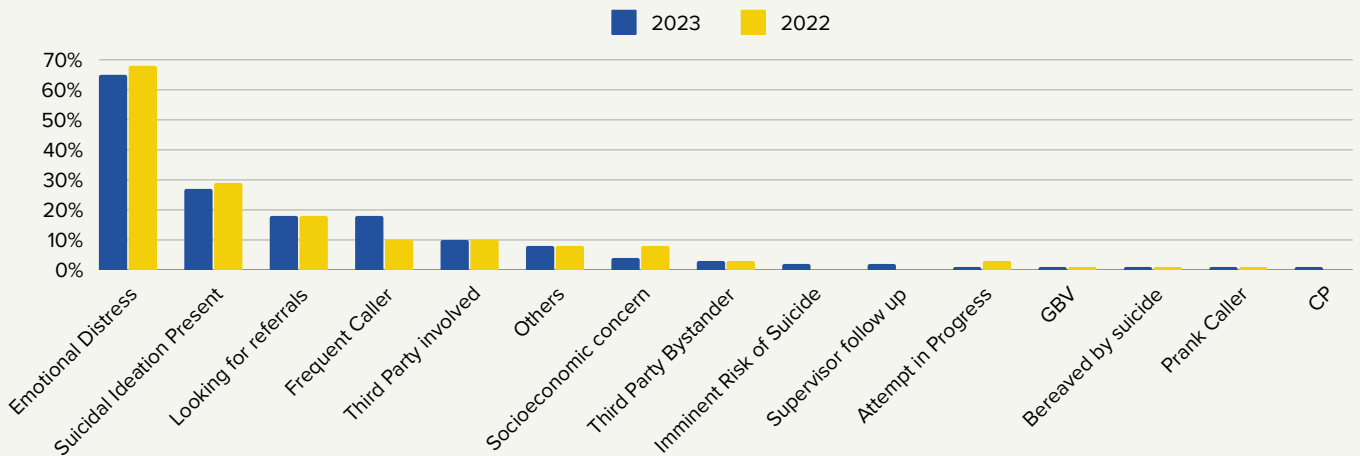
11,076 calls to Lebanon’s National Suicide Helpline were registered in 2023. The majority of callers in 2023, were among the younger population residing in Lebanon with almost 65% of calls received from individuals between the ages of 18 and 34, highlighting the emotional toll and psychological burden that the youth population is experiencing in Lebanon, and with 30% of calls entailing the presence of suicidal thoughts among callers. Distressed individuals in Lebanon continue to report many of the stressors related to daily living that impact their mental health including.

TOTAL REGISTERED CALLS





CALL CHARACTERISTICS



LIFE SAVING IMPACT

During 2023, the Lifeline saved the lives of **200** individuals who were attempting to end their lives when they called the Lifeline.

40% of callers had active thoughts about suicide, putting them at risk of potentially attempting in the future. Individuals at risk of suicide are provided with psychoeducation, a safety plan, and are oriented to specialized resources in the community that can provide the needed professional help to mitigate their mental health crisis.

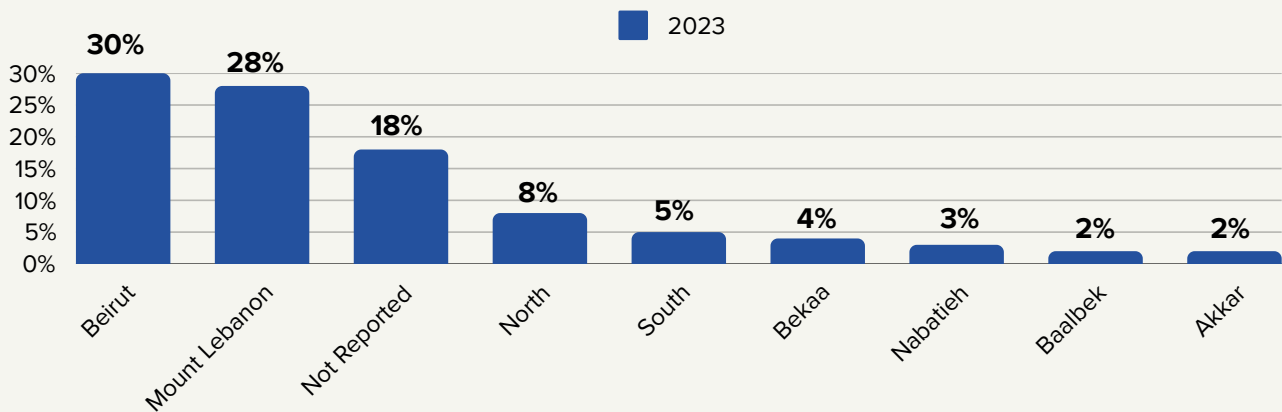


WHERE ARE THE LIFELINE CALLERS REACHING OUT FROM?

2023 witnessed increases in calls received from the North and Akkar regions suggesting growing awareness about the National Lifeline service in these areas.

Beirut and Mount Lebanon continue to account for the regions from which the majority of the callers to the National Lifeline have been reaching out from.

Moving forward, we aim to amplify our communications and outreach efforts in regions with lower access or awareness, such as the South and Bekaa, to ensure that everyone in Lebanon has access to the mental health support they need.

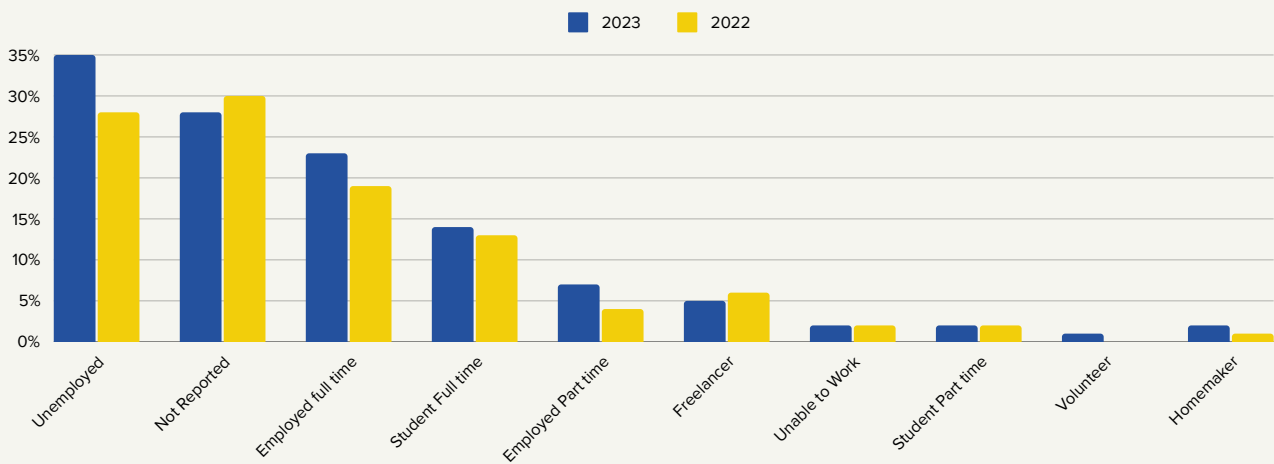


HOW IS THE NATIONAL LIFELINE SUPPORTING ITS CALLERS?

90% of calls in 2023 with available data (3,136 calls) are from individuals who reported feeling better, and a decrease in their level of distress from when they started the call to the Lifeline, to when they ended it.

In 2023, **590** quality assurance calls were conducted with callers to the Lifeline who granted their permission to be contacted again by the National Lifeline Monitoring and Evaluation team, to assess the quality of the service provided to them. On average, callers reported a satisfaction rate of **4.53**.

RISING UNEMPLOYMENT AND EMOTIONAL DISTRESS DRIVE SURGING CALLS TO 1564



2023 witnessed a significant rise in calls from unemployed individuals, with 35% of callers to the National Lifeline reporting to be unemployed.

This marked increase in calls from unemployed individuals serves as a poignant reminder of the profound intersection between economic empowerment and mental health.

As Lebanon grapples with ongoing economic instability, the emotional toll on its citizens, particularly the youth, is undeniable. The Lifeline's essential role in offering support underscores the urgent need for holistic approaches that address not only the psychological but also the economic challenges faced by the population. By fostering economic empowerment, we can mitigate the impact of mental health crises, which are also putting youth at an increased risk of suicide.

THE LIFELINE HOPEMAKERS

A growing volunteering community - despite the hardships

Volunteers applying to the National Lifeline in 2023: **305**

Interviewed applicants: **146**

Applicants accepted for training: **82**

Trained applicants who were enrolled as Lifeline volunteer operators: **63**



LEBANON'S NATIONAL MENTAL HEALTH EMERGENCY RESPONSE MECHANISM – NMHERM

The NMHERM team, composed of a psychiatrist and a registered nurse is dispatched from the National Lifeline 1564 to individuals within Beirut, who meet specific criteria indicating a mental health emergency. This Mobile Crisis Team (MCT) provides on-site support through crisis de-escalation and management and accompanies the individual to the hospital if necessary, and collaborates with other emergency services as needed, such as the Lebanese Red Cross, Civil Defense Services, and Internal Security Forces.

The MCT was dispatched 49 times in 2023, assisting 34 beneficiaries facing mental health or suicide emergencies in the Beirut Governorate and covering the financial costs of hospitalization for 31 beneficiaries.

BUILDING CAPACITY AND WORKING JOINTLY WITH THE LEBANESE CIVIL DEFENSE TO RESPOND TO MENTAL HEALTH EMERGENCIES

"As a doctor working with the National Mobile Crisis Team for Mental Health Emergencies, I have been grateful for the smooth collaboration and partnership with third-party organizations, especially the Civil Defense. The training provided by Embrace to their volunteers has equipped them with essential resources needed to intervene in mental health and suicide emergencies."

Dr. Tarek Takkoush

MENTAL HEALTH CARE: A BASIC HUMAN RIGHT FOR ALL





MENTAL HEALTH CARE: A BASIC HUMAN RIGHT FOR ALL

The Embrace Community Mental Health Center (ECMHC) marked its third anniversary in 2023 by making significant strides in accessibility and professional training. Serving as both a free community center and a training site for graduate psychology students, the ECMHC launched the **Mobile Mental Health Clinic (MMHC)** in May of 2023, expanding its reach across Lebanon to offer free psychiatric consultations and medication. This year also saw dedicated efforts to enhance team capacity, foster continuous mentoring, and support professional development, resulting in a highly proficient and empowered team that improved service quality and accessibility, especially in underserved areas.

4570

consultations sessions, including individual consultations with psychiatrists, psychologists, psychologists in training, social workers, and nurses.

884

total beneficiaries, with 604 new beneficiaries seen in 2023.

381

Average number of sessions per month

COSTS OF MEDS/HOSPITALIZATION COVERED:

ECMHC supported 156 beneficiaries with free psychiatric medication, and supported YMCA with psychiatric medications in the amount of USD 11,654.35 and covered hospitalization for 6 beneficiaries amounting to USD 5,730.



ECMHC IMPACT IN NUMBERS

INDIVIDUAL SESSIONS

3837

Psychiatrist consultations

1359

- ECMHC
- MMHC

869

490

Psychologist consultations

1145

Psychologist in Training consultations

1333

NURSING SESSIONS

557

ECMHC beneficiaries

542

MMHC beneficiaries

15

SOCIAL WORK SESSIONS

126

ECMHC beneficiaries

110

MMHC beneficiaries

16

FAMILY SESSIONS

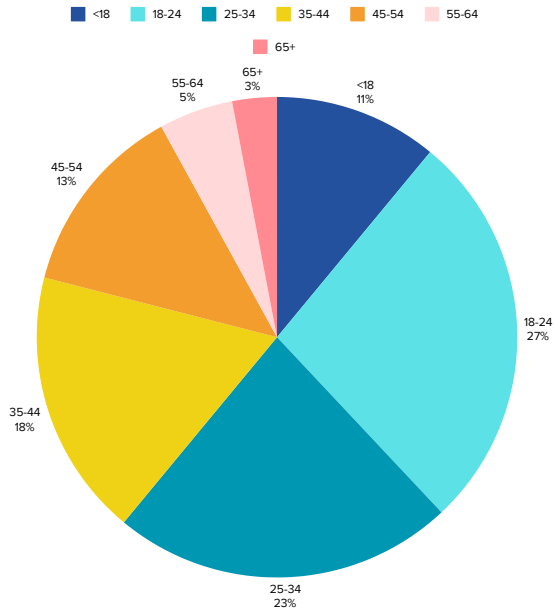
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All family sessions were led by psychologists. On average, there were around 6 participants/family sessions.

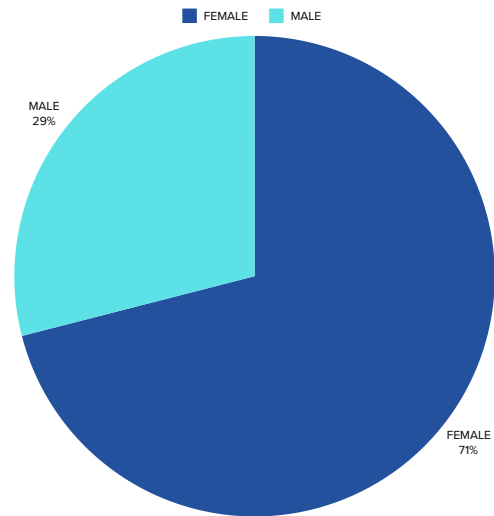


ECMHC IMPACT IN NUMBERS

Age groups distribution



Sex distribution

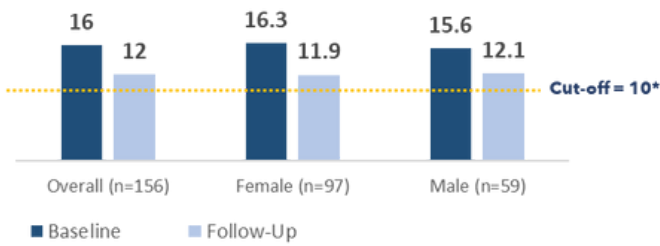


Mean age of beneficiaries seen at the ECMHC and MMHC was 36 years.



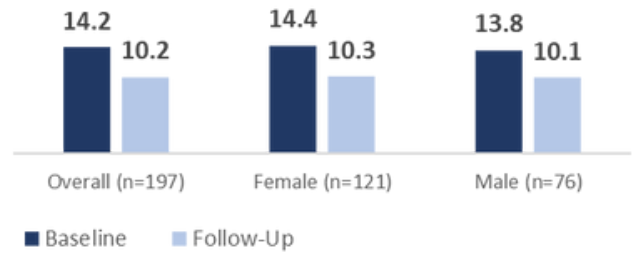
IMPACT OF ECMHC SERVICES ON TREATMENT OUTCOMES

Levels of Depression Reported Pre and Post Treatment | PHQ-9 Scores



69% of beneficiaries reported improvements in severity of depression. *Among those, 42% showed clinically significant improvements. There was a **statistically significant reduction in PHQ-9 score** from baseline to the last complete survey (P value <0.001).

Levels of Anxiety Reported Pre and Post Treatment | GAD-7 Scores



67% of beneficiaries reported improvements in severity of anxiety. *Among those, 56% showed clinically significant improvements. There was a **statistically significant reduction in GAD-7 score** from baseline to the last complete survey (P value <0.001).

In December 2023, the first Focus Group Discussion was held to gather feedback from the EMHC beneficiaries on the quality of services at the Embrace Mental Health Center (EMHC). Participants discussed accessibility, satisfaction, treatment methods, staff interactions, and challenges. High satisfaction levels were reported, highlighting personalized attention and supportive staff and a unique center environment that fosters mental health growth. Significant improvements such as reduced anxiety and overcoming alcoholism were noted.



IN 2023, THE ECMHC INTRODUCED SEVERAL NEW INITIATIVES TO MEET OUR COMMUNITY'S CHANGING NEEDS AND IMPROVE THE QUALITY OF OUR SERVICES:

- **Patient Flow Volunteer Program** - A three-month project involving volunteers to help manage patient flow, improve service efficiency, and increase beneficiary satisfaction.
- **Integrity Officer for Protection** - A new role dedicated to ensuring ethical standards, promoting accountability, and protecting the rights and wellbeing of everyone we serve.
- **Employee Satisfaction Program** - Focused efforts to boost employee performance and satisfaction resulted in a 100% renewal rate for yearly contracts.
- **Enhanced Accountability and Feedback** - The ECMHC upgraded its feedback system, making it more accessible through our website and WhatsApp. Focus groups with beneficiaries were also held to gather valuable feedback for ongoing improvements.

Through these initiatives, the ECMHC remains committed to delivering high-quality care, maintaining ethical standards, and continuously improving the experiences of beneficiaries and staff.



TESTIMONIALS FROM BENEFICIARIES

"Just continue doing your work as it's much needed in Lebanon!"

**Anonymous Female,
21 years old**

"Perfect treatment and service, especially from therapy in personal cases where it showed much improvement. Much appreciated for all the work you do."

**Anonymous Male,
26 years old**

"You are introducing your services and therapy in a very professional way. I am glad because I am in the right place. I hope all the best for all your team. Thank you."

**Anonymous Male,
51 years old**



BREAKING BARRIERS AND BUILDING BRIDGES

Read through the next pages on how we are...

Breaking **geographical barriers**

Breaking the **stigma around men's mental health**

Building **bridges with youth**

BREAKING BARRIERS AND BUILDING BRIDGES

BREAKING GEOGRAPHICAL BARRIERS PSYCHIATRIC SERVICES WITHOUT BARRIERS

Embrace's Mobile Mental health Clinic

In May 2023, Embrace proudly launched the first Mobile Mental Health Clinic (MMHC) in Lebanon, a groundbreaking initiative aimed at breaking geographical barriers to mental health care in Lebanon.

The MMHC is a fully equipped clinic on wheels, ready to provide vital mental health services to underserved regions. In Lebanon, where mental health challenges loom large, exacerbated by cultural taboos, societal stigmas, and ongoing socio-economic and political crises, the need for accessible and stigma-free mental health services has never been more pressing. **With 1 suicide occurring on average every 2.1 days and 1 in 4 adults requiring mental health treatment,** Embrace recognized the urgency to bridge the gap.

The MMHC's mission is to offer essential and free mental health consultations, raise awareness, and link beneficiaries to primary health care centers (PHCCs) for ongoing support and treatment. The MMHC aims to empower communities, reduce stigma, and improve mental health outcomes across Lebanon. Through outreach, consultation, and medication support, the MMHC is not only delivering care but also fostering hope and resilience in the face of adversity.





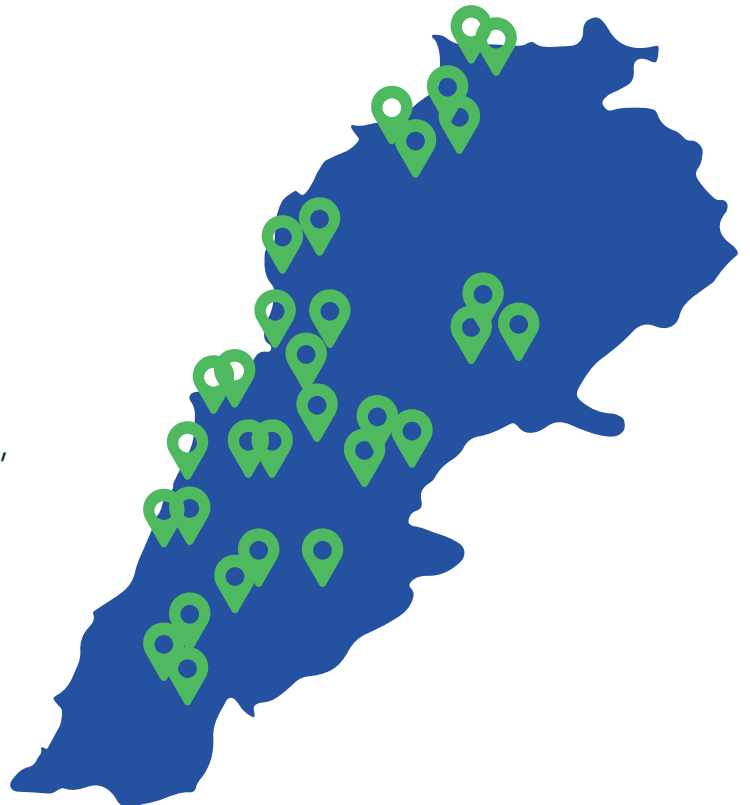
In 2023 (June-Dec), the Mobile Mental Health Clinic

Visited 31 locations in 8 different Governates around Lebanon

Provided 490 free psychiatric consultations for 415 unique beneficiaries

Collaborated with 18 NGOs, PHCCs, and Municipalities.

Distributed 3,108 medication boxes through coordination with YMCA, supporting Primary Health Care Centers across Lebanon in meeting the mental health needs of their beneficiaries.



In 2023, the MMHC was made possible through the generous support and collaboration of H.E. Magoshi Masayuki, Ambassador of Japan to Lebanon and MEDGLOBAL.

BREAKING BARRIERS AND BUILDING BRIDGES

BREAKING GEOGRAPHICAL BARRIERS NATIONAL BILLBOARDS ACROSS SOUTH, NORTH AND BEKAA



Embrace and the National Mental Health Programme coordinated a Lifeline outdoor billboard campaign, strategically placing over 100 visually striking displays across various regions of Lebanon, including the South, North, and the Bekaa. Over a three-week period, the campaign successfully reached segments of the population previously unfamiliar with Lifeline 1564, increasing awareness of this national service among wider audiences.

This campaign was made possible through the support of the Lebanon Humanitarian Fund.



WAEEL ARAKJI



JAD EL HAJJ

BREAKING THE STIGMA AROUND MEN'S MENTAL HEALTH



HAYK GYOKCHYAN

BREAKING THE STIGMA AROUND MEN'S MENTAL HEALTH



Breaking the stigma ... | الصحة النفسية عند الرجال | #احكي_تما_تطلع_بصحتك

Share



Embrace teamed up with members of the Lebanese National Basketball team to start the conversation around men's mental health in Lebanon. In a short film directed by Elie Fahed, members of the national basketball team Jad El Hajj, Wael Arakji, Sergio El Darwish, Hayk Gyokchyan, Ali Mansour and Elie Chamoun share their personal stories about their own struggles. This campaign aimed to de-stigmatize and normalize men's mental health, to start a conversation around men's mental health, and send a message of hope, a reminder that our challenges can be overcome and to encourage men to express themselves and seek support.

BREAKING BARRIERS AND BUILDING BRIDGES

BUILDING BRIDGES WITH YOUTH



In 2023, Embrace partnered with ACS to raise mental health awareness within the school community, engaging students, educators, and parents. Over the course of few weeks Embrace delivered awareness sessions to **elementary, middle and high school students, along with dedicated sessions for parents and teachers. Embrace also collaborated with ACS and designed a school wide suicide prevention policy and delivered a 2 day training for the school's counselors on the detection and intervention in suicidal crises among students.** This collaboration is a first of its kind with schools in Lebanon as Embrace works towards comprehensive mental health awareness targeting students, parents and teachers.



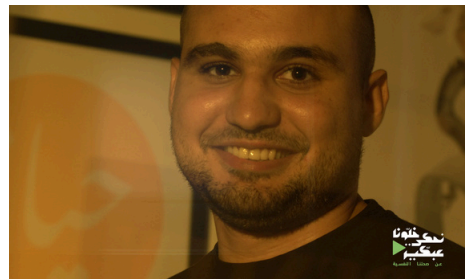
BREAKING BARRIERS AND BUILDING BRIDGES

BUILDING BRIDGES WITH YOUTH

On December 14th, 2023, 7 youths spoke up, perhaps publicly and to the world, for the first time, about the mental health struggles they are navigating through these challenging times, and the profound impact of these challenges on their future. In a short film that stands as a beacon of hope for the youth of Lebanon, this campaign aimed to raise awareness among the youth of Lebanon about the importance of early detection and treatment of mental health conditions affecting adolescents and young adults in Lebanon, and to foster a culture where seeking help is not only accepted but encouraged.

Meet these courageous youth Anna Chrsitie, Khaled, Christine, Sana, Samir, Hadi, and Elissa who are using their voice and their raw experiences to encourage more youth around them to seek mental health support.

Watch the campaign for a heartwarming transformative experience showcasing the positive impact of talking and seeking help.



This campaign was released in collaboration with UNICEF, and with the generous funding of the Government of the Netherlands.

BREAKING BARRIERS AND BUILDING BRIDGES

BUILDING BRIDGES WITH YOUTH

In 2023, Embrace successfully reached **5621** youth between the ages of 14 and 22 through various initiatives and partnerships aimed at raising awareness and building the capacity of adolescents and youth in Lebanon.

These youth were reached in various areas including

- Akkar (509 youth reached)
- North (751 youth reached)
- Beirut (342 youth reached)
- Mount Lebanon (2,570 youth reached)
- Baalbeck (437 youth reached)
- Beqaa (618 youth reached)
- Nabatieh (394 youth reached)



IMPACT OF SESSIONS

- Over 90% of participants found the sessions useful, engaging, and well-organized
- 57% reported they learned where to get mental health support
- 48% stated they understood how to support others
- 54% appreciated the comfortable ambiance created by the facilitators

BREAKING BARRIERS AND BUILDING BRIDGES

TOWNHALLS AROUND LEBANON (YOUTH PROJECT)

301 youths

actively participated in town hall sessions held in Akkar and Baalbeck, engaging in crucial discussions about mental health and empowering young individuals to address mental health concerns and foster supportive communities.

BUILDING BRIDGES WITH YOUTH





Mental Health Day



In celebration of World Mental Health Day 2023, Embrace, Skoun, and Medecins du Monde volunteers joined forces to host a vibrant event at The Renee Mouawad Garden in Sanayeh, Beirut. Participants of all ages engaged in interactive activities aimed at raising awareness about mental health and well-being. This gathering epitomized our collective commitment to fostering a community that embraces, understands, and supports mental health. Through partnership with Agence Française de Développement, we continue to advocate for mental health awareness and inclusivity, paving the way for positive change in our society.



Into the Dawn Walk

In 2023, Embrace, in partnership with Médecins du Monde and Skoun, and with the support of Agence Française de Développement, continued its annual Into the Dawn Walk on **World Suicide Prevention Day**. This yearly event brings communities together to raise awareness about suicide prevention, encourage open conversations, and support those affected by suicide and mental health challenges across Lebanon. Embrace is committed to holding the Dawn Walk each year as a powerful reminder of our dedication to breaking the stigma around suicide and raise awareness about the National Lifeline for Suicide Prevention (1564).

TRANSFORMATIVE ART THERAPY FOR SUICIDE PREVENTION



Embrace spearheaded a transformative art therapy project aimed at suicide prevention through creative expression, as part of the Wojodi-Amal initiative (www.wojodi-amal.org).

Nine individuals struggling with suicidal ideation engaged in a series of creative art workshops throughout 3 months which culminated in a powerful exhibition showcasing their artwork, through various art forms. These workshops served as channels for self-reflection and the sharing of personal experiences, providing an alternative avenue for mental health support and suicide prevention. This exhibition not only highlighted the therapeutic potential of art but also underscored the importance of community engagement and solidarity in addressing mental health challenges.

This project was supported by German Federal Ministry for Economic Cooperation and Development (BMZ) through its implementing partner, the Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ).

LOCAL ADVOCACY IS THE BACKBONE OF EMBRACE'S MISSION



Press Conference with the Ministry of Public Health & Ministry of Information

Embrace actively participated in a press conference alongside the Ministry of Public Health and the Ministry of Information. This collaborative effort aimed to heighten awareness among media professionals regarding their critical role in shaping public perceptions and attitudes towards suicide. Through constructive dialogue and engagement, we emphasized the importance of adopting ethical reporting practices. By fostering a culture of sensitivity, accuracy, and responsibility in media coverage, we can mitigate the risk of suicide contagion and promote positive narratives surrounding mental health and help-seeking behaviors. The joint efforts of Embrace and its governmental partners underscore a collective commitment towards safeguarding the well-being of our community and fostering a supportive environment for those in distress.



LOCAL ADVOCACY IS THE BACKBONE OF EMBRACE'S MISSION

Embrace's advocacy work extends far beyond establishing Lebanon's first national emotional support and suicide hotline. Through persistent advocacy efforts, Embrace has and continues to shed light on the critical link between social, economic and political determinants of mental wellbeing, advocating for the need for ongoing investment and prioritization of the local needs and gaps in mental health care in Lebanon. Its annual campaigns to raise awareness on mental health and suicide have impacted the lives of many people and have contributed to pushing forward, and prioritizing the mental health agenda in Lebanon.

In the wake of the Beirut Blast, Embrace championed justice as a cornerstone for healing and recovery, and throughout the years, we have built strong and close collaborations with national stakeholders to foster ethical media portrayal surrounding mental health and suicide.

These efforts culminated in 2023 with the publication of a policy brief with the Issam Fares Institute, followed swiftly by the first-ever press conference on media's role in suicide prevention, co-hosted with the Ministries of Public Health and Information. This relentless local advocacy which is the backbone of Embrace's mission continues to pave the way for lasting change in Lebanon's mental health landscape.

AMERICAN UNIVERSITY OF BEIRUT
ISSAM FARES INSTITUTE FOR PUBLIC POLICY & INTERNATIONAL AFFAIRS
معهد عصام فارس للسياسات العامة والشؤون الدولية

SHAPING A LIFELINE: HARNESSING THE POWER OF LEBANESE MEDIA TO COMBAT SUICIDE IN LEBANON

Mia Atoui Zeina Akiki Nour El Achi

POLICY BRIEF



GOVERNANCE

In tandem with this growth, Embrace has fortified its governance structures, focusing on internal policies to uphold financial transparency and accountability while actively combating fraud and corruption. The organization has implemented comprehensive feedback mechanisms, enhanced its internal policies, conducted performance appraisals, and elevated its data security and monitoring and evaluation processes. Embrace has invested in cutting-edge software solutions, including Microsoft Dynamics for accounting, with plans initiated at the end of 2023 to incorporate a human resources module, to be completed in the first quarter of 2024.

Embrace's commitment to excellence is reflected in its strategic expansion of the finance and accounting department from one personnel to three in 2023. The organization is currently in the process of expanding its human resources department, reinforcing the segregation of duties to ensure operational efficiency and compliance.

This holistic approach underscores Embrace's dedication to providing high-quality mental health services while maintaining the highest standards of governance and organizational integrity.

SUSTAINABILITY

CLINICAL TRAINING PROGRAM



The Clinical Training Program at the ECMHC aims to train competent, ethical, and reflective psychologists through the development of fundamental knowledge and skills, as well as gaining hands-on experience that contribute to professional development.



This year marked the 3rd year of the training program at the ECMHC, graduating a total of 8 graduate psychology students.



Over the course of an 11 months program, psychologists in training conducted over 600 hours of training, didactics, observation, individual and group supervision, and direct hours of provision of therapy services. Psychologists in training also participated in weekly case management meetings attended by the ECMHC multidisciplinary team.

SUSTAINABILITY

MENTAL HEALTH IN THE WORKPLACE



In 2023, Embrace successfully provided tailored mental health programs to over 30 workplaces, including businesses, organizations, and NGOs. These customized programs aimed to enhance employee wellbeing and create supportive work environments. The feedback from both employees and management has been overwhelmingly positive, highlighting the effectiveness and impact of these initiatives.

By promoting mental health and wellbeing in the workplace, these programs not only improve the quality of life for employees but also contribute to the sustainability of Embrace's mission. The revenue generated from these workplace programs supports Embrace's free services, allowing us to continue offering free mental health services to those in need across Lebanon. This synergy between workplace wellbeing and community support underscores our commitment to fostering a healthier and more resilient society.



Revenue	\$1,471,000
Grants & Restricted Funds*	\$1,402,000
Training & Workshop Revenue.	\$44,000
Unrestricted Donations	\$25,000
Expenses	\$1,435,000
Salaries and Related Charges	\$592,000
Projects and Supporting Services**	\$345,000
External Lifeline & Clinic Personnel	\$192,000
Rent and Related Charges	\$60,000
Training Costs	\$45,000
Campaigns & Marketing	\$38,000
Telecommunications	\$23,000
Maintenance, Repairs, & IT	\$17,000
Other Operating Expenses	\$66,000
Non-operating Expenses	\$79,000
Net Foreign Exchange Gain	\$(22,000)
Net returns	\$36,000










FINANCIAL SUMMARY

*Excludes grants awarded but not deployed in 2023 (to be allocated in future years).

**Includes mobile crisis and step-by-step programs, medical expenses, and awareness activities.

PROJECT SUPPORT BY OUR PARTNERS

Embrace’s mission could not have been achieved without the trust and support of its donors and partners.

PARTNERS	ECMHC & Clinical Training Program	Lifeline	National Mental Health Emergency response Mechanism	Research	Mobile Mental Health Clinic	Awareness & Outreach-Capacity Building & Advocacy	Operational Support & Organisational Development
		X	X	X			X
	X	X		X		X	X
	X			X			X
		X		X			X
				X	X		X
	X						X
					X		
		X					
	X	X		X			X
Individual Donors	X						X