

## **The Somali Mental Health Foundation visited Mogadishu in partnership with Habeeb Mental Health Centre.**

One of the mandates of The Somali Mental Health Foundation is to establish collaborative working relationships with the medical community and hospitals in Somalia. As such, the foundation's representative and managing Nurse Practitioner, Mr. Abdiqani Abdullahi Askar visited Mogadishu ,July,2013, in order to strength, an already established partnership with Mr. Abdirsaq Ali Habeeb's Mental Health Centres in Mogadishu, Somalia.

Since, the collapsed of Somalia's central government, the country has experienced an increase of mental health, and Mogadishu, which is the capital of the country and the biggest metropolitan were affected the most. This collaboration between The Somali Mental Health Foundation and Habeeb Mental Health Centres is to develop a strong working relationship in order to strength the country's mental health state and to creating community awareness and empowerment in the area of mental health.

To build and operate a viable mental health and treatment in Somalia is having a strong central healthcare system in conjunction with mental health professionals and community. This is the first step to develop, encourage, support, and partner with Somali professionals with mental health expertise to create mutual support, conduct advocacy and influence the policy-making process in Somalia.

Mr. Askar's visit to Mogadishu was to build on the alliance, and to support Mr. Habeeb's Mental Health Centres in order to facilitate much-needed treatments to patients. Mr. Askar received friendly and courteous welcoming to Mogadishu and given a tour to the Habeeb's facilities and the patients.

Habeeb's centres are the only four centres working in Mogadishu with outpatients and inpatients. Mr. Askar met over 350 patients with varies mental health conditions; Bipolar, schizophrenia, acute psychosis, post-traumatic stress, and Depression. Mr. Askar worked with Mr., Habeeb for three days, treated 102 patients, and provided a necessary education and support to the staff. This is the beginning of very fruitful and lasting partnership to enhance and build the shattered Somalia's mental health institutions.

The followings are the breakdown of the diagnosis, and the number of patients treated by Mr. Askar in Mogadishu as well as the picture of Habib's facilities and the patients.

Disease	number
Schizophrenia	40
Acute psychosis and qat use	20
PTSD	20
Depression	22



# Inpatient in Habeeb Hospitals



