

# Cardiff and Vale University Health Board;

**Cardiff City and South;** Somaliland Mental Health Organisation

**Project Lead; Contact;** Enterprise Unit 3 Loudoun Square Cardiff cf105hw  
[adamyusuf12@gmail.com](mailto:adamyusuf12@gmail.com)

**Rationale;** According to WHO 10% of the world population is affected by some kind of mental distress, increasing to 20% in war torn / conflict areas such as Somalia. Somali's coming from areas of conflict to the UK are at increased risk of being affected by mental health issues.

**Project Details;** Non Profitable mental health organisation aiming to improve and support those who suffer with mental health conditions

**Intended Outcomes;** To support people with mental health needs in the UK through health care training and development programmes. The charity does this by providing essential needs such as medicines and training for health professionals.

To improve the lives and well-being of Somalis suffering from mental health problems in the community and in Somaliland using a joined up, holistic approach.

To advocate for the needs of those with mental health problems

To educate members of the community and those in Somaliland about mental health issues

**Partners;** Charity reliant on public support

**Time-frame;** Ongoing

**Future Development Planned;** Continue to support Somali's with mental health issues and train health professionals

**Commissioning / Funding;** As above

**Evaluation / Reporting;** No information

**Supporting Documentation;**



Somaliland Mental  
Health Organisator

**Acknowledgement;** Lee Virgo, Cardiff and Vale UHB

**Project Status;**

- Equality and Diversity in mental health services event in January 2016
- Grand community event in Cardiff City Hall December 2016
- Primary Mental Health Support Service (PMHSS) trained 14 volunteers for SOMSO in mental health first aid (2017)
- SOMSO trained 15 practitioners from PMHSS in cultural diversity and cross cultural skills (2016)