



SWAZILAND: Mental health is important! On this #WorldMentalHealthDay we want to share how mental health is just one of the many ways that HopeChest holistically cares for the children and young adults we serve.

Ngesikhatsi is a grief and trauma counseling program provided for those in CarePoint communities in Swaziland, which helps them process and move forward from their pain. First, the course is offered to children and their guardians at the CarePoint, and later it is opened up for other members of the community.



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#WORLDMENTALHEALTHDAY