About CBM

CBM is a leading international Christian non-government development organisation working towards empowerment and inclusion of people with disabilities in community life, focusing on the poorest countries in the world. CBM provides technical and financial support to a global network of over 750 disability-related projects in 81 countries. CBM supports the work of these projects for people with all forms of impairment – motor, sensory, intellectual and psychological, working with local partners to provide medical, educational, social and livelihood interventions, and promoting inclusion and human rights.

We have a strong philosophy of ‘nothing about us without us’, and promote empowerment of organisations of people with disabilities so that they can advocate effectively for their own needs.

CBM’s Fields of Work

- Community-based Rehabilitation
- Medical Eye Care and Low Vision Services
- Community Mental Health and Psychosocial Care
- Skills Training and Livelihood Development
- Inclusive and Integrated Education of Children with Disabilities
- Medical Ear Work, Audiology and Speech Therapy
- Orthopaedic Surgery, Physical Therapy and Rehabilitation, Assistive Devices
- Maxillo-facial Surgery, Fistula Repair and Rehabilitation
- Advocacy for Inclusion and Empowerment
- Child Protection

CBM’s Global Community Mental Health Work

Africa: Benin, Burkina Faso, Burundi, Cameroon, D.R. Congo, Ethiopia, Ghana, Kenya, Niger, Nigeria, Rwanda, Sierra Leone, Tanzania, Togo, Zimbabwe

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Middle East: Israel, Gaza, West Bank

To learn more about CBM and its work, visit our website: [www.cbm.org](http://www.cbm.org)

CBM’s vision

“an inclusive world in which all people with disabilities enjoy their human rights and achieve their full potential”
**Why Community Mental Health?**

CBM has long recognised the global neglect and low priority of mental health needs. In 2003, a working group was convened to consider CBM’s response, and developed a policy consistent with our principles of inclusive development, and with the mental health policies and practices of recognized authorities in the field, including the World Health Organisation (WHO). We have worked closely with their mhGAP programme in materials development and implementation of best practice.

Our focus is on helping people to participate fully in community life, protect their human rights, and ensure that they have equal access to services.

We aim to:
- **reduce disability through advocacy, health promotion, and public awareness**
- **reduce psychosocial disability through promotion of good mental health, coping skills, and healthy lifestyles as well as peer support**
- **make available better, more appropriate, accessible and affordable treatment involving the family and the community**

A major change in thinking has taken place in the field of global mental health. We seek to promote evidence-based interventions, using community-based methods to improve quality of life among the most vulnerable and neglected people. We will do this by supporting local partners, and working at government level to promote good policy, and effective implementation. We are proud to work closely with service users in development, implementation and reviews of our programmes.

**100 years young!**

CBM looks back at over 100 years of service. CBM’s founder was the German pastor Ernst Jakob Christoffel, who built homes for blind children, orphans, physically disabled, and deaf persons in Turkey and Iran, starting in 1908. His vision and dedication laid the foundation for an organisation that is today one of the leading international development organisations for persons with disabilities worldwide. Today, CBM works with people with all kinds of impairment, with an emphasis on human rights and inclusive approaches. Globally, there are about 400 million people with disabilities. 80% live in developing countries.

By working with alliance partners, we are already touching the lives of over 36 million people. There is a long way to go, but together we can do more!

CBM supports community mental health work in 90 projects in over 40 countries. In 2011 over 67,000 people with psychosocial disabilities (including people with epilepsy) and over 25,000 people with intellectual disabilities were helped. Many others have benefitted from training, leadership development, and community awareness programmes related to improving mental health care and challenging stigma and discrimination.

Images top to bottom:
- Mental Health Awareness Programme ©CBM
- First group of Psychiatric nurses, Sierra Leone ©CBM
- Charity with her poultry ©CBM
- Wilson presenting Mental Health awareness radio programme ©CBM