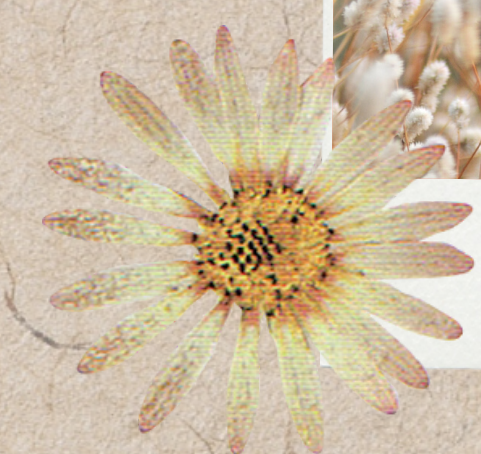
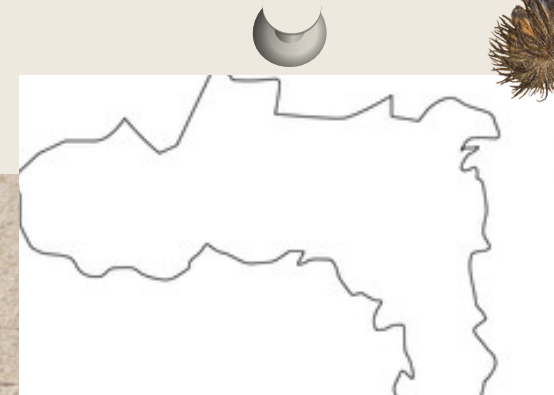


Jegaru.....

Our Mental Health Matters





# Mehret Asgedom

Mehret Asgedom is a talented educator and community member. She currently teaches high school in the public education system at her alma mater, Wheaton North High School. She is an avid advocate for equity and a champion for women. Whether serving as a teacher in the classroom, a community organizer, a peacemaker, or a life coach, she finds great fullness in serving others. Poetry is one of her passions and she finds great joy and healing through it. She values sharing her expertise in trauma and grief. Having studied with the Holocaust Educators Network, and having experienced war three times throughout her lifetime, she understands the value of peace and treasures equipping society members to protect it. Currently, she serves on the board of Exodus World Service, an organization that mobilizes the global community to understand and serve immigrants and refugees. In part, this position allows her to serve as an advocate for the refugee/immigrant mental health experience. Mehret is grateful to engage in life as an equipping voice of hope.





# Rahel Haile

Rahel is one of our Tigray Community Mental Health advocates an HPN board member and also serves as one of the Co-Leads for HPN4Tigray's Mental Health/Wellness committee. She has been a huge part of creating HPN4Tigray's psychoeducational curriculum for Children ages 0-18 and has participated in many wellness events highlighting the importance of Mental Health. She hopes to continue to advocate and shine a light on the importance of Mental Health in the Tigray Diaspora and beyond.





# *Health Professionals Network For Tigray*

## *Who are we and what do we do?*

Health Professionals Network for Tigray (HPN4Tigray) is a nonprofit, and non-partisan organization that is committed to improving access to healthcare. The organisation aims to provide support for the unmet humanitarian needs in Tigray, the northernmost region of Ethiopia. In November 2020, HPN4Tigray was founded by a group of doctors and other professionals in the United States in response to the human suffering caused by the ongoing war on Tigray.

War, past and present, has greatly impacted and shaped the lives of all HPN4Tigray's founding members.

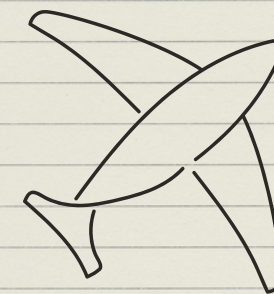
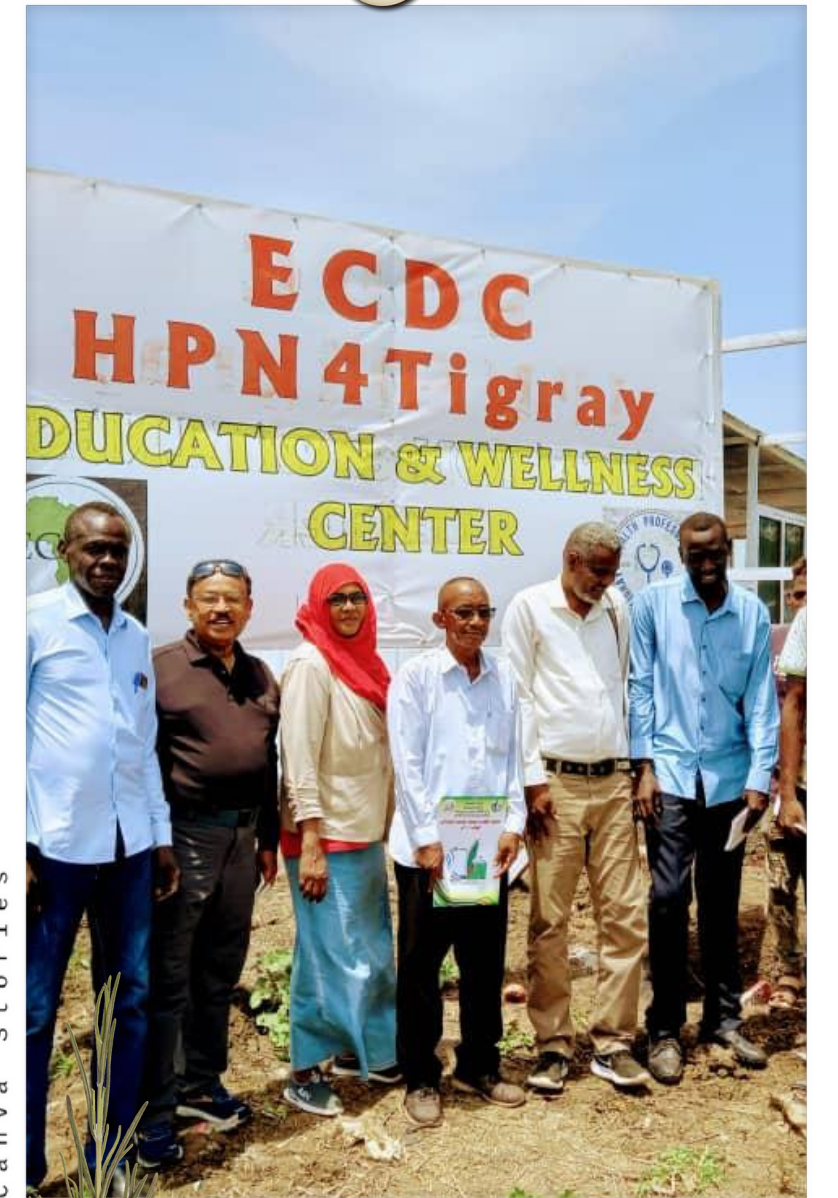
Our organization is composed of a multidisciplinary team of volunteers, the majority of whom are health professionals, who are united in their belief that healthcare is a fundamental human right. We vow to support the victims of violence, illness and despair. We are committed to use our collective voice to raise awareness about the health crisis, while also mobilizing human and financial resources to rebuild and heal our communities in Tigray and beyond.



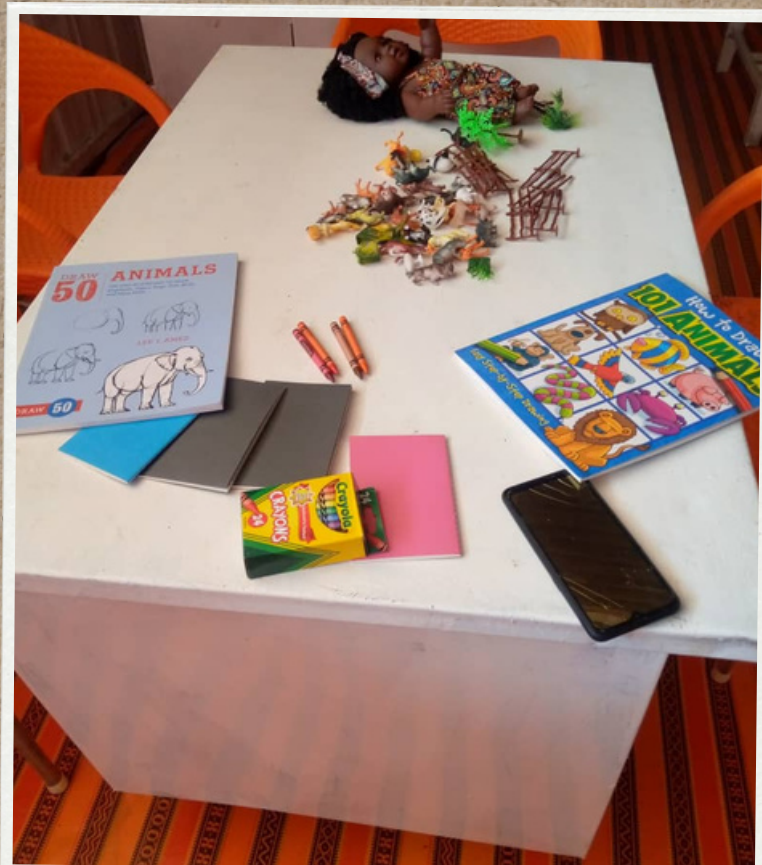


Education & Wellness  
Center

Tenedba Refugee Camp







Children's  
Psychoeducation  
Group.  
Ages 6-12







Prior to the start of war  
how many of us  
actually made our  
mental health a  
priority?





# *Disclaimer*

The content is not intended to be a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions you may have regarding your condition.

እቲ ቀንዲ ዕላማ, ብባዓል ሞያ ዝዋሃብ ምህሪ ዘይምስማዓ ኣይኮነን. ኩሉ ግዜ ናይ ስነ ኣእምሮ ባዓል ሞያ ምዃታ ይምረፅ. ብተውሳኪ ናይ ካልእ ሕክምና ባዓል ሞያ ውን ምጥያቕ ይካኣል እዩ.



# Grief (ሐዘን)

*Grief is a natural response to loss*  
(ሐዘን ነጸብራቕ ሞት እዩ)



Grief is not limited to the loss of people, but can be compounded by feelings of guilt and confusion when it is the loss of a loved one





# Stages of grief (ዓይነታት ሓዘን )

Denial  
(ዘይምቕጣል)

Anger  
(ሕርቃን)

Bargaining  
(ክምለሱ ይምነዩ)

Depression  
(ጭንቀት)

Acceptance  
(ንምቕጣል)



As we understand the stages of grief, it's important to note that people grieve differently. People may or may not experience these stages and they may also experience them in a different order.

(ሞት ዘይተርፍ እዩ :: ውልቀ-ሰባት ብእተፈላለዩ መገድታት ሓዘኖም ክገልጹ ይኻእሉ እዮም)



Support during a time of grief  
(ኣብ ኣዋን ሓዘን ብኸመይ ከም ዘጸናንዕ)



Do

listen  
(ስምዓዮም)

*Make yourself accessible*

*Show up and be consistent*  
(ኣጸናንዮም)

*Tell them what they mean to you*  
*Ask "how are you doing today?"*

(ሎሚ ከመይ ከም ዝስምዮም ሕተቶም)

*Be okay with silence*

Don't

Stop checking in  
(ከመይ ከም ዝስምዮም ምሕታት ኣይትረስዕ)

Make it about yourself

Compare your grief  
(ንሓዘንካ ኣይተነጻጽር)

Force it

Try to fix the grief  
(ነቲ ሓዘን ንኸርስዕዎ ኣይተገድዶም)





# Specific ways to help a grieving person

Drop off a home-cooked meal

(ኣብ ሓዘን ንዘለዉ ስድራ ቤት ምግብ ውሰደሎም)



Send grocery delivery



Make a photo book of memories



Offer to make them buna (ቡን ኣፍልሓሎም)

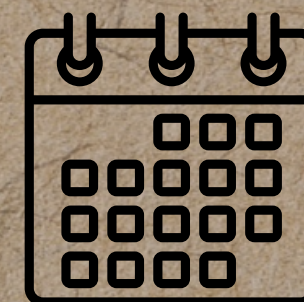


Spend time with/ babysit children

(ምስ ደቆም ግዜ ኣሕልፍ)



Check in on notable dates







Mantras  
(ዘጸናንዕ ቃላት)



"May love be what you remember the most"

(ነቲ ዝነበረኻ ፍቕሪ ዘክር)

"Grief is love with nowhere to go"

"Your now is not your forever"

"You can't rush healing"

(ንምጽንናዕ ኣይትተሃወኹ)

"In my sadness, I love myself"

"It's okay to take time to grieve"

(ምሕዛን ንቡር ኣዩ)

"I promise to take care of myself as I heal"

(ንርእሰይ ክከናኸና)

"Recovery takes time, I allow myself to heal at my own pace"







## DEPRESSION CAN LOOK LIKE

Being harsh on yourself  
ንርእሰኻ አይትጉዳእ

Being very productive  
አመና አበርቲዕካ ምዕያይ

Feeling hopeless  
ተስፋ ምጥፋእ

Loss of energy  
ጉልበት ዘይምህላው

Concentration Problems  
አቋልጦ ዘይምርካብ

# Depression ቅዝነት

*What is depression*

ቅዝነት እንታይ እዩ

*Depression is a constant feeling of sadness and loss of interest,  
which stops you from doing your normal activities.*

ወትሩ እጉሂ አብ መዓልታዊ ንጥፈታት ድማ ተገዳስነት ይጎድለኒ





*Ways someone with depression may reach out for help*

ሰባት ብኸመይ ሓገዝ ኪሓትቱ ይኸእሉ

SHARING DEPRESSING/SAD MEMES ON SOCIAL MEDIA

አብ ማሕበራዊ መረኽቢ ዜሕዝን ስእልታት ምርኣይ

SAYING THEY FEEL TRAPPED IN NEGATIVE CIRCUMSTANCES

አሉታዊ ሓሳባት ምሓዝ

SAYING THAT NOTHING THEY DO MATTERS

ዋጋ ዘይብሉ ኹይኑ ይስምዓካ

ASKING FOR FORGIVENESS FOR SOMETHING OUT OF THE BLUE

ወትሩ ይቕረታ ምሕታት





# How to help those suffering from depression

ንእተጨነቁ ሰባት ብኸመይ ከም እትሕግዙም

- Reach out and check in on them even when they've socially withdrawn

ደዊልካ ኸመይ ከም ዘለዉ ኻብ ምሕታት ኣይተቋርጽ

- Reassure them that they are loved no matter what

ክሳብ ክንደይ ከም እተፍቅርም ንገርም

- Acknowledge the cause behind their symptoms


ምልክታት ሕማምም ጠንቂ እንታይ ምኻኑ ፍለጥ

- Create a "safe Space" for them to talk about whats distressing them

ከመይ ከም ዚሰምዖም ንኺዘረቡ ዜኸእሎም ምሹእ ቦታ ፍጠር







## ANXIETY CAN LOOK LIKE

Obsessive behaviors  
ካብ መጠን ንላዕሊ ምርገጽ

overscheduling or overworking  
ካብ መጠን ንላዕሊ ምምዳብ ወይ ካብ መጠን ንላዕሊ ምስራሕ

Numbness  
ምድንዛዝ

insomnia  
ድቃስ ምስኣን

Lack of concentration  
ጉድለት ኣትኩሮ

Avoidance  
ምርሓኛ

# Anxiety

ጭንቀት

*What is anxiety?*

ጭንቀት እንታይ እዩ?

*a normal reaction to stress or difficult times*

ጭንቀት ባህርያዊ ምላሽ ንሕሰም ኢዩ





# Coping Mechanism

ሜላታት አመኝኸታ ጭንቀት

TAKE A DEEP BREATH

ብሃዊሕ ምስትንፋስ

WRITE ABOUT HOW YOU FEEL

ከመይ ከም ዚስምዓካ ጽሓፍ

DRINK WATER

ማይ ምስታይ

LISTEN TO SOOTHING SONGS

ዜህድእ መዝሙራት ስምዓ

GO OUTSIDE

ደገ ወጺእካ ዘወር ዘወር በል

FIND POSITIVE DISTRACTION

ቀልብኻ ዝስሕቡ ነገራት ትርኢ

CREATE SOMETHING

ሓዲሽ ነገር ምፍጣር

ASK FOR HELP

ሓገዝ ምስ እትደሊ ድማ ብዘይ ስኽፍታ ሕተት





WHAT ABOUT.....

INSOMNIA





# *What is Insomnia*

Insomnia: persistent sleep difficulty and associated daytime dysfunction

- Short-term insomnia: lasts a few days or weeks and occurs in response to a stressor
- Symptoms usually resolve when the stressor is eliminated or resolved or when the individual adapts to the stressor





# *Sleep hygiene*



- Go to bed same time every day
- Write down the things that worry you
- Perform some relaxation techniques, such as slow breathing or yoga
- Put away ALL electronics two hours before bedtime.
- Create a comfortable sleep environment: a place that is cool, dark, and quiet
- Use your bed for sleep and sex only





# *Coping Strategies*





# Coping Skills

LETS PRACTICE



**BREATH**  
4-6-8



**MEDIATATE**  
Eastern or Faith  
Based



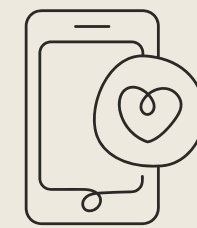
**EXERCISE/YOGA**  
Stretch



# Everyday Coping Strategies

## Do something you love

- take a walk
- listen to music
- watch something funny
- talk to a friend
- go to church/mosque/temple



## "Fake it until you make it"

- do a positive activity
- use positive self talk
- say "I can do this"
- keep a positive attitude
- do something kind

## Self-reflection

- make a gratitude list
- visualize your favorite place.
- set a realistic goal
- write a journal
- list your positive qualities





## WHAT IT CAN LOOK LIKE

Guilty over what you did and weren't able to do during the traumatic event

ብ ካብ ዓእምኻ ዝላዓለ ኩነታት ምሕዛን

Helplessness

ሓጋዚ ኣልቦ

Lack of motivation

ተስፋ ምቕራፅ

Difficulty sleeping

ድቓስ ምስኣን

How to cope with survivor guilt

ምክልኻል ስቓይ ህልውና

# Survivor Guilt

## ናይ ህልውና ስቓይ

### *What is Survivor guilt?*

### ናይ ህልውና ስቓይ እንታይ እዩ?

*Survivor's guilt is a type of self-guilt that sometimes takes place after a traumatic event. People may feel guilty for surviving or avoiding some type of harm when others did not.*

ናይ ህልውና ስቓይ , ብሕማቅ ጉዳይት ናይ ካልኣት ሂወት እንክሓልፍ እከሎ ዝሰመዐና ስሚዒት እዩ::



# How to help those suffering from survivor guilt?

ናይ ህልውና ስቓይ ሰባት ብኸመይ ከም እትሕግዘም?

Allow yourself to grieve

ክትሓዘን ፍቕደሉ

Practice self-forgiveness

ይቕረ ምገል ተለማመድ

Know you are not alone; connect with others

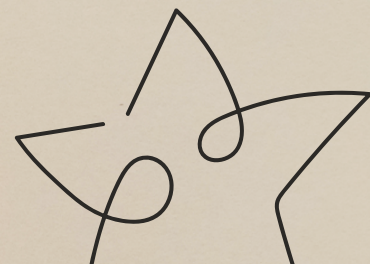
በይንኻ ኸም ዘይኩንካ ፍለጥ, ምስ ካልኦት ምርካብ

Do something positive/ an act of kindness

ኣወንታዊ ነገር ግበር/ሕያውነት

Practice self-care

ገዛእ ርእሰኻ ምክንኻን ተለማመድ





# Disclaimer

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እቲ ቀንዲ ዕላማ, ብባዓል ሞያ ዝዋሃብ ምህሪ ዘይምስማዓ ኣይኮነን. ኩሉ ግዜ ናይ ስነ ኣእምሮ ባዓል ሞያ ምዝታ ይምረፅ. ብተውሳኪ ናይ ካልእ ሕክምና ባዓል ሞያ ውን ምጥያቕ ይካኣል እዩ.

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## Club House

- Sile Tsihuf Tigrina- Read poetry, Storytelling, Emotional Processing Weekly Saturday at 1
- Bahli Tigray- music only
- Geza Mahlet 24 hours -random convos, jokes, book of misale, buna wegí
- Sala Tigray- Politics driven, updates
- Community Healing
- Morning Tweet 1012 Eastern time

”



**BREATHE**

Peace



Hinkil hinkilitay  
Azgenini  
Zantas  
Nebera Nebere- Traditional Origin  
Stories  
Talk Prompts



## WELLNESS AND HEALING

### WHO: COMMUNITY HEALING SUPPORT GROUP

- This group emerged from a desperate need for support during the launching of war in Tigray in December 2020 to get and provide support for ourselves and our community.
- Tegarü Americans who live in different states; from different generational perspectives; and from a variety of professions. Grew to the community in the diaspora, and we hope to connect to those back to Tigray soon.
- The common thread that unites us is our desire to be part of the collective healing process individually and collectively as Tegarü in the diaspora as well as in a long term to support Tegarü in Tigray.

### WHAT: TRADITIONAL APPROACH TO WELLNESS

- Provide weekly wellness conversations/support/mental health resources
- Use existing informal and traditional methods to collectively communicate: traditional rituals, traditional relaxing music and traditional ice breaker connectors /storytelling such as: hankle hankletay, nabarya nabre or enki azginane, or zantas.
- Mindful meditation
- Share Advice and lived experience stories from mentors, elders, young adults and youth.

### HOW CAN WE HELP

- We can provide suggestions to individuals who wants to start a wellness support group
- Share lessons from what we have learned about hosting support groups (agenda, etc.)
- Provide mental health resources and possibly inspirational speakers
- Guidance in knowing your limits and knowing how to “hold space” for difficult emotions

### SUGGESTIONS:

- If you want to organize a group, building a support group based on common interest and mutual respect is key (ie: healing)



## WELLNESS AND HEALING

- Structure the support group clearly and organize a facilitation process. (Philosophy, consistent agenda, etc. )
- Decide language to be used depending on audience/age (ie: Tigrinya, English)
- Decide if you want an open/closed support group. Provide disclaimer of what you are able to help with. If you are not able to support, please suggest organizations or groups that have better resources to help. Suicide attempts should be directed to 911.
- Be aware of severity and need of the attendee so you can suggest or provide the

appropriate channel for support

- Check in on each other during week (whatsapp, text)
- Invite Abba, coach, psychologist, etc. for 20 mins

### **Closed Support group:**

- Start with 8-15 individual members.
- Have two dedicated facilitators. While one facilitates, the 2<sup>nd</sup> facilitator lets members in and helps with music and organizing.
- Encourage safety and vulnerability in sharing

### **Open Support group:**

- No minimum or maximum number of members
- Always have two facilitators present.
- Be consistent and focus on wellness topics
- Be ready to redirect conversation back to mind health and wellness