



Annual Report 2024

Highlighting our impact and journey in 2024.



2024



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Introduction

Transcultural Psychosocial Organization Nepal (TPO Nepal) is one of Nepal's leading psychosocial organizations. It was established in 2005 with the aim of promoting the psychosocial well-being and mental health of children and families in conflict-affected and other vulnerable communities. TPO Nepal is a knowledge-driven, innovative organization working in areas disrupted by violence and poverty. We strive to develop local psychosocial, mental health and conflict resolution capacity and systems that promote community resilience, quality of life and self-reliance through education, research, service delivery and advocacy.

Vision

We envision conflict-resolved, resilient communities where local populations have adequate access to multi-dimensional mental health and psychosocial care systems.

Mission

We promote psychosocial well-being and mental health of children and families in conflict affected and other vulnerable communities through the development of sustainable, culturally-appropriate, community-based psychosocial support systems.

Team

Executive Board	Management Committee
Dr. Mita Rana (Chairperson) Mr. Satish Chandra Aryal (Vice-Chairperson) Mr. Ramesh Prasad Adhikari (Secretary) Mr. Krishna Bahadur Karki (Treasurer) Ms. Manju Adhikari (Member) Mr. Nabin Lamichhane (Member) Ms. Salita Gurung (Member)	Dr. Kamal Gautam (Executive Director) Mr. Raam Katwal (HOD/Admin and Finance) Mr. Pitambar Koirala (HOD/Program) Ms. Ratna Maya Lama (Program Coordinator / Safeguarding Officer) Mr. Suraj Koirala (Technical Advisor)
Technical Advisors	Staff
Prof. Mark Jordans, PhD Dr. Brandon Kohrt, MD, PhD Prof. Shishir Subba, PhD Dr. Rishav Koirala, MD, PhD Mr. Suraj Koirala	In 2024, TPO Nepal had a total of 404 staff members, reflecting the organization's growing reach and operational scale. Among them, 68.83% were female and 31.18% were male, highlighting the continued emphasis on gender diversity within the organization. Of the total workforce, 71.28% were engaged in the program department, 22.02% in the research department, and 6.68% in the admin and finance department. In terms of deployment, 22.27% of staff were based at the head office in Kathmandu, while a significant majority 77.73% were stationed at field offices across various project sites.

TPO Nepal Annual Report 2024

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Message from the Chairperson



It is with great pride that I present the Annual Report of TPO Nepal for the year 2024. This year marked another milestone in our journey to promote mental health and psychosocial well-being across Nepal. Building on past experiences, we expanded our outreach, strengthened quality of services, and deepened our commitment to inclusive, evidence-based, and sustainable approaches. TPO Nepal continues to evolve not only as an implementing organization but also as a thought leader and trusted partner in Mental Health and Psychosocial Support (MHPSS).

In 2024, our innovations further reinforced the foundation of our community-based mental health model. We remained focused on prevention and promotion interventions, while scaling up effective interventions. At the same time, we advanced capacity-building for MHPSS service providers, strengthened quality assurance, and improved monitoring, evaluation, accountability and learning (MEAL) systems to ensure accountability and continuous improvement.

We also contributed to system strengthening by training government healthcare workers, teachers, protection actors, and community facilitators/service providers. Our services reached diverse contexts-ranging from schools, communities, and health facilities to disaster-affected and conflict-affected communities. Through research, advocacy, and policy engagement, we worked to integrate MHPSS into the national health agenda and influence structural changes at federal, provincial, and local levels. These efforts expanded access to services, contributed to reducing stigma, and fostered community resilience and wellbeing.

These achievements were made possible by the trust and courage of people with lived experience (PWLE), to whom I extend my heartfelt gratitude. I also thank our government partners, development agencies, academic institutions, and technical collaborators for their steadfast support, shared vision and engaging partnerships.

Finally, I wish to recognize the dedication of the TPO Nepal team - our advisors, management, and staff-whose commitment drives our success. I would like to acknowledge the contributions of Sarthak Pandit, Ram Adhar Thakur, and Karuna Chhetri for their unwavering effort in drafting and finalizing the annual report. As we look ahead, I am confident that together we will continue to advocate, innovate, and deliver impactful MHPSS for the people of Nepal. Let us strive for a future where every individual can live with dignity, resilience, and well-being.

Thank you,

Dr. Mita Rana
Chairperson

List of Abbreviations

AHW	Auxiliary Health Worker
ANM	Auxiliary Nurse Midwife
CB-PSS	Community Based Psychosocial Support to children, adolescents, caregivers and vulnerable populations
CBT	Cognitive Behavioral Therapy
CFC	Care For Caregivers
CPSW	Community-based Psychosocial Worker
CVT	The Center of Victims of Torture
DHSC	Department of Health and Social Care
ENHANCE	Scaling-up Care for Perinatal Depression through Technological Enhancements to the 'Thinking Healthy Program'
EQUIP	Ensuring Quality in Psychological Support
FCHV	Female Community Health Volunteer
GWU	George Washington University
HSH	Helping Survivors Heal
INDIGO	International Study of Discrimination and Stigma Outcomes
IPT	Interpersonal Psychotherapy
KCL	King's College London
MET	Motivation Enhancement Therapy
MHPSS	Mental Health and Psychosocial Support
MFA	Ministry of Foreign Affairs
MRC	Medical Research Council
MI	Motivational Interviewing
NHTC	National Health Training Center
NIHR	National Institute for Health Research
NIMH	National Institute of Mental Health
PFA	Psychological First Aid
PSEA	Preventing Sexual Exploitation and Abuse
PSR	Physicians for Social Responsibility
PoC	People of Concern
RESHAPE	REducing Stigma among HealthcARE ProvidERs
SAATHI-II	AdoleScent tAlking therAPIes for low resource seTTings: asking wHat works for whom, how and In what circumstances
STANDSTRONG	Sensing Technology to personalize maternal DepreSsion Treatment in IOw resource SettINgS
S/GBV	Sexual/ Gender Based Violence
TJ	Transitional Justice
ToT	Training of Trainer
TPO	Transcultural Psychosocial Organization
UKRI	UK Research and Innovation
UNICEF	United Nations Children's Fund
WHO	World Health Organization
WMHD	World Mental Health Day
WSPD	World Suicide Prevention Day

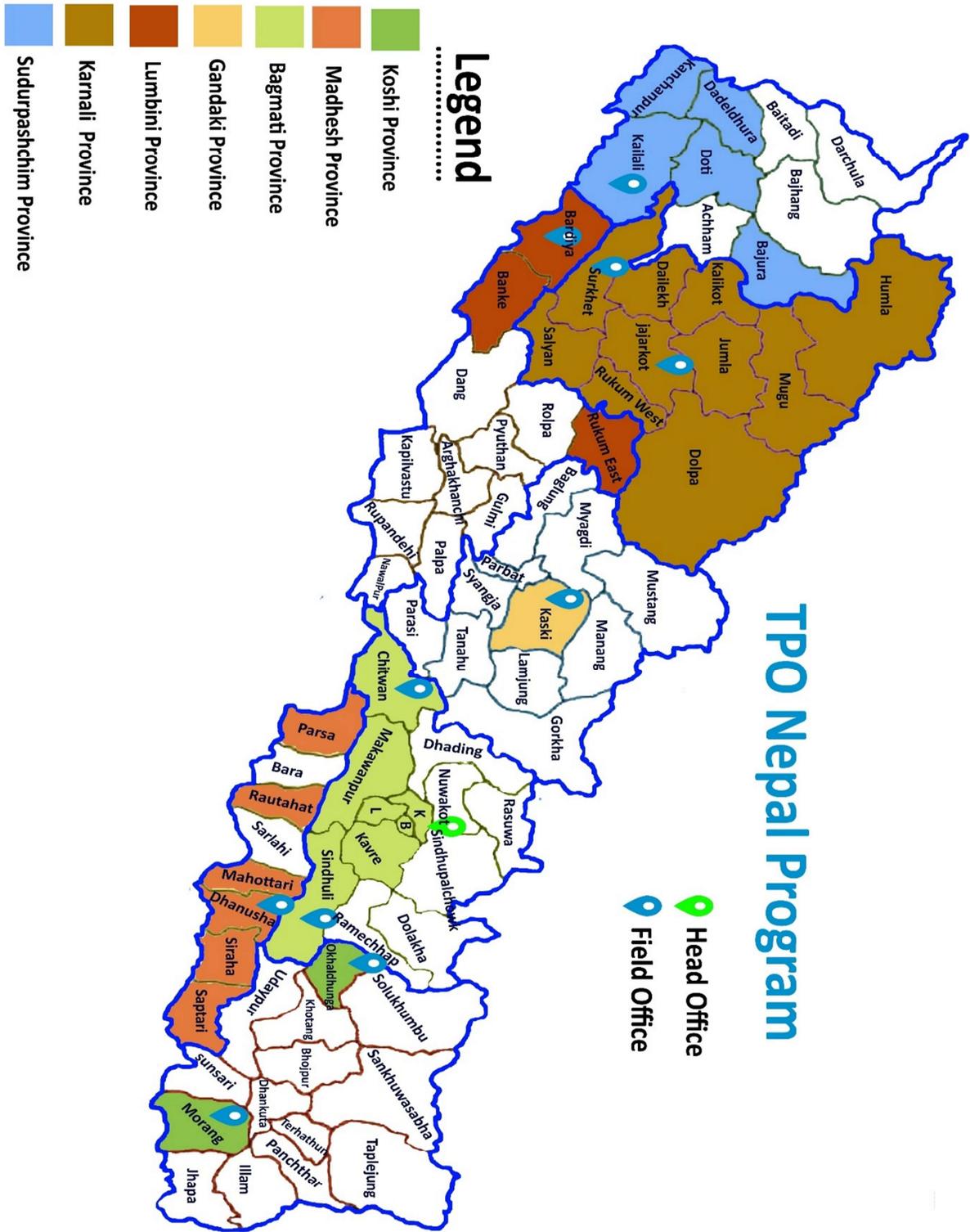
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Project Summary

S. N	Name of the project	Timeline	Funding agencies	Thematic area
1	AdoleScent tAlking therApies for low-resource seTtings: asking wHat works for whom, how, and In what circumstances (SAATHI-II)	Jan 2023 to Dec 2027	UK Research and Innovation (UKRI)	Research
2	Community-Based Psychosocial Support to children, adolescents, caregivers and vulnerable populations (CB-PSS)	Sept 2023 to Dec 2024	United Nations Children's Fund (UNICEF)	Program
3	Helping Survivors Heal (HSH)	Sept 2023 to Mar 2025	The Center for Victims of Torture (CVT)/ USAID	Program
4	Improving Adolescent mental health by reducing the Impact of poverty (ALIVE)	Nov 2021 to Oct 2026	Wellcome Trust, UK	Research
5	Improving help-seeking for depression care in Nepal: Development and testing the feasibility, acceptability, and appropriateness of a social contact-based community intervention	Jan 2022 to Dec 2024	Wellcome Trust/ Department of Health and Social Care (DHSC) / National Institute for Health Research (NIHR)	Research
6	International Study of Discrimination and Stigma Outcomes (INDIGO)	Dec 2020 to March 2024	King's College London	Research
7	Mental health and psycho-social well-being of children, caregivers, and vulnerable populations improved through promotion, response and support activities	Mar 2022 to June 2025	United Nations Children's Fund (UNICEF)	Program
8	Reducing Stigma among HealthcAre ProvidErs (RESHAPE)	Oct 2019 to June 2025	George Washington University (GWU)/NIMH	Research
9	Scaling-up Care for Perinatal Depression through Technological Enhancements to the 'Thinking Healthy Program' (ENHANCE)	Jan 2021 to Jan 2024	University of Liverpool	Research
10	Sensing Technology to personAlize materNal DepreSsion TReatment in lOW resource settiNGs (STANDSTRONG-III)	Dec 2023 to Aug 2026	George Washington University/ National Institute of Mental Health (NIMH)	Research
11	Sports-based Mental heAlth pRomotion intervention for adolescenTs in Nepal (SMART)	Nov 2021 to June 2024	King's College London (KCL) & University College London/ Medical Research Council (MRC)	Research
12	Technical assistance for setting up a national suicide prevention resource center and operationalizing national helpline for suicide response	May 2023 to June 2024	WHO Country Office, Nepal	Program
13	Strengthening and Expanding Mental Health Care in Nepal	Jan 2023 to Dec 2026	Ministry of Foreign Affairs (MFA) of Finland / Physicians for Social Responsibility (PSR) - Finland	Program
14	Strengthening Inclusive Justice Program	Dec 2022 to March 2025	International Alert / U.S. Department of State, The Bureau of Democracy, Human Rights and Labor	Program
15	Improve preparedness of Sudurpaschim and Karnali Provinces on MHPSS Services through strengthened health care delivery systems and services oriented on primary care approach.	June 2024 to March 2025	World Health Organization Country Office Nepal	Program
16	Barefoot counselling service to improve mental wellbeing of unpaid family carers in Nepal	June 2024 to May 2025	Carers Worldwide	Program
17	Sustain and Strengthen Holistic Rehabilitation (SSHR) for Torture Survivors	March 2024 to August 2025	International Rehabilitation Council for Torture Victims (IRCT)	Program

Geographical Coverage of TPO Nepal



Highlights of the Year 2024



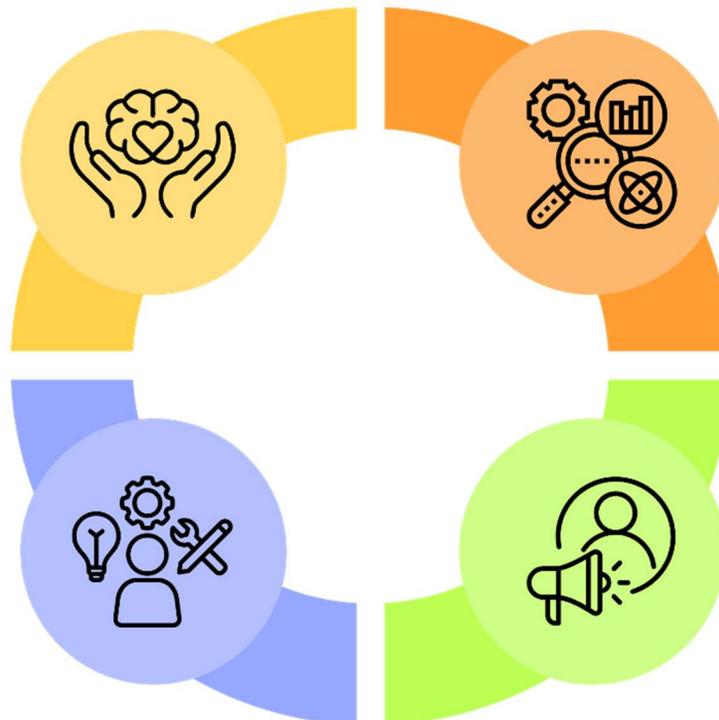
A total of 1,52,428 individuals reached by TPO Nepal in 2024 through MHPSS service provision, capacity building initiatives, research activities and advocacy programs.

MHPSS Service Provision

1,42,288 individuals reached through MHPSS Service Provision

Research

6269 individuals reached through various research activities



Capacity Building

1909 individuals benefited from various capacity building initiatives

Advocacy

1962 individuals engaged in various advocacy programs

MHPSS Service Provision

People's mental health and psychosocial well-being, as well as their physical health, are profoundly affected by daily stressors, natural disasters, and other emergencies. In response, TPO Nepal places significant emphasis on supporting individuals experiencing mental health and psychosocial challenges. As part of its commitment to addressing MHPSS needs, TPO Nepal offers comprehensive Mental Health and Psychosocial Support (MHPS) services to all individuals seeking support. The beneficiaries of these services include survivors, people of concern (PoC), suicidality, children and adolescents, survivors of torture, individuals and groups at risk, as well as survivors of domestic violence and sexual and gender-based violence (S/GBV). Overall, a total of 142288 individuals were benefited through MHPS services.



Sub Categories of MHPSS Service Provision

1. Individual Psychosocial Support Services
2. Group Healing/Group Support Intervention
3. MHPSS Services from Health Facilities
4. Socio Emotional Learning
5. Mental Health Screening Services
6. Psychotherapeutic Services
7. Care For Caregivers Workshop
8. Livelihood Support
9. Social Support
10. Emergency Support
11. Helpline Support
12. Community-Based Interventions
13. Awareness Activities

Disaggregated Data of MHPSS Services

01.	INDIVIDUAL PSYCHOSOCIAL SUPPORT SERVICE MALE: 2240 FEMALE: 1767 TOTAL: 4207	07.	CARE FOR CAREGIVERS WORKSHOP TOTAL: 72 TPO NEPAL STAFF
02.	GROUP HEALING/ GROUP SUPPORT INTERVENTION MALE: 322 FEMALE: 326 TOTAL: 648	08.	LIVELIHOOD SUPPORT TOTAL: 44 INDIVIDUALS
03.	MHPSS SERVICE FROM HEALTH FACILITIES MALE: 301 FEMALE: 643 TOTAL: 944	09.	SOCIAL SUPPORT MALE: 162 FEMALE: 344 TOTAL: 506
04.	SOCIO EMOTIONAL LEARNING MALE: 26427 FEMALE: 38865 TOTAL: 65288	10.	EMERGENCY SUPPORT TOTAL: 1361
05.	MENTAL HEALTH SCREENING SERVICES MALE: 790 FEMALE: 1179 TOTAL: 1969	11.	HELPLINE SUPPORT MALE: 77 FEMALE: 83 TOTAL: 160
06.	PSYCHOTHERAPEUTIC SERVICES TOTAL: 82	12.	COMMUNITY-BASED INTERVENTION MALE: 167 FEMALE: 440 TOTAL: 607
	13.		AWARENESS ACTIVITIES TOTAL: 67221

Individual Psychosocial Support Services

TPO Nepal offered Individual Psychosocial Support (PSS) as part of its comprehensive services, aimed at helping individuals manage psychological distress and life challenges. This community-based initiative is accessible across all provinces. Through one-on-one counseling sessions, trained psychosocial counselors provide a safe, confidential space for clients to explore their emotions, develop coping strategies, and work towards improved mental wellbeing. These services are tailored to meet the unique needs of each individual, including survivors of violence, trauma, and other stressors. The goal is to empower clients to build resilience, enhance their emotional health, and regain control over their lives. Overall, a total 4207 of individuals, in which 58% were male and 42% individual were female who has received individual PSS support. And also, among the total 4207 individuals 39% were children and adolescents and 61% were adults.

Group Healing/ Group Support Intervention

Group healing interventions were conducted across multiple districts, targeting survivors of torture, gender-based violence, and other forms of trauma. These sessions were structured into three phases: Safety and Self-Awareness, Self-Care and Support, and Harmony and Coordination. A total of 648 individuals participated in these sessions out of which 322 were male and 326 were female.



MHPSS Services from Health Facilities

Trained health workers provided mental health and psychosocial services through various health facilities. These services were also supplemented by outreach camps conducted by TPO Nepal. In 2024, a total of 1969 people received psychiatric consultations and treatment, psychosocial counselling and follow-up services through various health facilities and outreach camps where 790 individuals were male and 1179 individuals were female.

Mental Health Screening Services

TPO Nepal has provided mental health screening services through various research projects and programs. The screening was conducted using structured diagnostic as well as screening tools. The screening was conducted by psychiatrist, research assistants, nursing staff and FCHVs. A total of 1969 individuals were benefited from screening services among which 790 were male and 1179 were female.



TPO Nepal CBPSS Flood Response Team 2024-25

Emergency Support

An emergency response was conducted across affected areas, utilizing a human-centric, bottom-up approach to assess needs at the ground level in affected areas. Emergency response was carried out in Jajarkot and Rukum West in earthquake affected region and in Kavre & Sindhuli districts in the flood affected region. This response included Psychological First Aid (PFA), stress management

session, individual counselling, psychosocial group support session, capacity building to teacher and protection workers, material support focusing on children, women, and vulnerable populations, as well as health support. The efforts extended to over 18216 people across the impacted regions, providing essential aid to those most in need. Among the total number, 6184 were male and 12032 were female.

Socio Emotional Learning

Socio-Emotional Learning (SEL) is a preventive and promotive mental health and psychosocial support intervention designed to help adolescents learn and apply techniques that positively influence their behaviors, thoughts, feelings, and social interactions. SEL focuses on areas such as emotional regulation, stress management, self-esteem, problem-solving, drug and alcohol knowledge, interpersonal skills, assertiveness, and mindfulness. Under the SEL intervention, specific packages were developed for adolescents aged 10 to 14 and 15 to 19, as well as for caregivers' workshops. The package for the 10 to 14 age group was based on a comic story titled Shandar Shanti and included 13 school-based sessions. The package for the 15 to 19 age group was developed using a modular learning approach and consisted of 19 school-based sessions. The caregivers' package aimed to enhance the knowledge and skills of caregivers and teachers in supporting adolescent mental well-being. This SEL intervention was implemented in Karnali Province. As part of the program, TPO Nepal reached 33738 adolescents, with 16343 being male and 17395 females. Additionally, 31554 caregivers participated in the program, of which 10084 were male and 21470 were female.



Social Support

A total of 506 individuals participated in various social support activities, among which 162 individuals were male and 344 were female.

Care for Caregivers Workshop

Care for Caregivers (CFC) workshops were conducted with 72 project staff members. The workshops focused on self-care practice, vicarious trauma and its management, team building, recognizing individual contributions to the team, and developing effective stress management strategies.



Helpline Support

In 2024, TPO Nepal's toll-free helpline (16600102005) provided telephone based MHPS services. The helpline's dedicated team successfully provided service to 160 individuals who were at risk among which 77 were male and 83 were female. These individuals received a total of 524 follow up sessions.

Community Based Intervention



TPO Nepal provided community based and sports-based intervention through research project in Lumbini and Koshi Provinces. Sport based intervention was provided to adolescents of Bardia District and community-based intervention was provided to individuals with depression of Jhapa district to promote help seeking behavior by trained FCHVs. A total of 607 individuals, where 167 individuals were male and 440 individuals were female.

Psychotherapeutic Services

TPO Nepal in collaboration with TPO Alliance provided psychotherapeutic services to individuals visiting counselling center in Kathmandu. These services were delivered by trained therapists and included both general interventions and specific therapies such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Supportive Psychotherapy, Gestalt Therapy, Interpersonal Psychotherapy (IPT), Motivational Interviewing/Motivation Enhancement Therapy (MI/MET), and Exposure Therapy. In 2024, a total of 1683 sessions were conducted, showing significant improvement in their psychological and mental health well-being following their consultations. Additionally, a total of 82 individuals also received psychotherapeutic services at various project sites.

Awareness Activities

In 2024, TPO Nepal reached 67,221 individuals through diverse awareness activities (MHPSS & GBV) including rallies, cycling events, walkathons, awareness programs, memorandum submissions, and interaction and orientation sessions. These activities were organized to mark important national and international days such as World Suicide Prevention Day, National Anti-Torture Day, International Day against Enforced Disappearances, National Anti-Trafficking Day, International Day for the Elimination of Violence Against Women, and the 16-Day Campaign Against Gender-Based Violence, reflecting TPO Nepal's strong commitment to raising awareness against gender-based violence and promoting psychosocial well-being.



Capacity Building

TPO Nepal conducted various capacity-building activities focused on enhancing psychosocial counseling and mental health support across multiple provinces in Nepal. These training programs targeted a range of participants, including nursing staff, teachers, protection workers, and individuals involved in gender-based violence (GBV) response. The training, conducted in Koshi, Bagmati, Madhesh, Karnali, and Sudurpaschim provinces, covered key areas like psychosocial support, basic mental health care, referral and follow up services. The programs aimed to strengthen the skills and knowledge of professionals and community members, thereby improving the delivery of mental health and psychosocial services in project sites. A total of 1909 individuals were trained under various capacity building initiatives.



Summary of Capacity Building



Health Services Providers

A total of 326 health service providers including medical officers, nursing staff and paramedics were trained under various NHTC Modules (Module 1, 2A and 2B)

FCHVs and CPSWs

In 2024, a total of 70 CPSWs were trained and a total of 509 FCHVs were trained on NHTC Module 4

Teachers and Protection Workers

A total of 750 individuals (300 protection workers, 450 teachers) were trained on basic psychosocial support and referral

In-House Capacity Building

A total of 254 staff were trained on various interventions such as SEL, Group PM+, IPT and research design/methodology

Disaggregation of Capacity Building Data by Province and Training Package

S. N	Province	Training Module	Total participants
1	Koshi, Bagmati, Gandaki, Karnali and Sudurpaschim Provinces	NHTC Module 2: (Mental health care and support) Training (Prescribers training)	163 Male and 87 Female participants.
2	Madhesh and Bagmati Province	CPSW training (Based on TPO Nepal's standard 7-day package)	70 participants
3	Koshi, Bagmati and Gandaki Provinces	NHTC Module 1 (psychosocial and mental health support training)	76 Female participants (nursing staffs)
5	Bagmati & Gandaki Province	Training of staff on Research Methodology, Trauma informed care, M&E and various TOT.	95 male and 159 female participants
6	Koshi, Bagmati and Gandaki Provinces	NHTC Module 4 (Detection, referral and basic emotional support training)	509 female participants (FCHV)
7	Madhesh, Bagmati, Koshi and Karnali Provinces	Basic Psychosocial support training to Teachers	261 Male and 189 Female participants
8	Madhesh, Bagmati and Karnali provinces	Psychosocial care and support training to protection workers	125 male and 175 female participants



Learning Resource Packages and IEC Materials developed by TPO Nepal

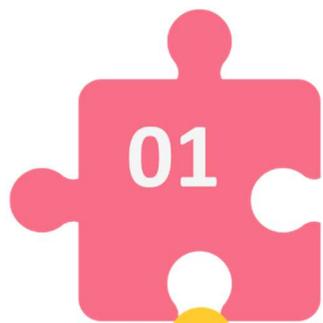
1. **किशोरकिशोरीको सुस्वास्थ्य: अभिभावकको लागि सहयोगी सीप निर्देशिका**
Purpose and Overview: This one-day manual is designed for a community-based workshop that equips parents with skills to support their adolescents' mental and emotional well-being. It focuses on raising awareness about teenagers' psychosocial needs, helping parents identify and understand their own emotions and creating a balanced family environment. This activity-based guide encourages interactive learning.
2. **किशोरकिशोरीको मनोसामाजिक सुस्वास्थ्यको लागि सहयोग निर्देशिका**
Purpose and Overview: This manual support adolescents in schools, communities, juvenile facilities, and residential homes by fostering emotional awareness and resilience. It helps adolescents to cope with psychosocial challenges, stress, and relationships.
3. **सामुदायिक मनोसामाजिक सहयोगका आधारभूत सीप सन्दर्भ सामग्री**
Purpose and Overview: Designed for community-based psychosocial workers, this resource materials provides guidance on supporting individuals in community having psychosocial issues in everyday situation and during crises.
4. **सामुदायिक मनोसामाजिक सहयोगको आधारभूत सीप प्रशिक्षण निर्देशिका**
Purpose and Overview: This 7-day training manual offers a structured guidance for psychosocial facilitators. It provides a step-by-step approach to building practical skills, focusing on delivering effective psychosocial support across communities, mental health and psychosocial issues that emerge from protection and gender-based violence and during emergencies.
5. **कन्भर्जन डिसअर्डर व्यवस्थापन निर्देशिका**
Purpose and Overview: This intervention guide supports in managing Conversion Disorder that has been prevalent in community, offering tools for identifying symptoms, causes, and practical guidelines in psychosocial support strategies.
6. Ministry of Social Development, Karnali Province, Government of Nepal, United Nations Children's Fund, Transcultural Psychosocial Organization Nepal, **सानदार शान्ति र साथीहरु चित्रकथा संगालो** [Adapted from 'Magnificent Mei and Friends' comic series by UNICEF and WHO as part of the Helping Adolescents Thrive Initiative], Nepal 2025.
7. Ministry of Social Development, Karnali Province, Government of Nepal, United Nations Children's Fund, Transcultural Psychosocial Organization Nepal, **सानदार शान्ति र साथीहरु चित्रकथा संगालो सहजकर्ता निर्देशिका (कक्षा पाठ-योजना)** [Adapted from "Teacher's guide to the Magnificent Mei and Friends series" by UNICEF and WHO as part of the Helping Adolescents Thrive Initiative], Nepal 2025.
8. Ministry of Social Development, Karnali Province, Government of Nepal, United Nations Children's Fund, Transcultural Psychosocial Organization Nepal, **१५ देखि १९ वर्षका किशोरकिशोरीहरुका लागि सामाजिक भावनात्मक सिप विकाससहजकर्ता निर्देशिका (कक्षा पाठ-योजना)** [Adapted from Helping Adolescents Thrive Facilitator Guide for working with 15- to 19- year-olds by UNICEF], Nepal 2025.
9. Ministry of Social Development, Karnali Province, Government of Nepal, United Nations Children's Fund, Transcultural Psychosocial Organization Nepal, **बालबालिका तथा किशोरकिशोरीहरुका लागि सामाजिक भावनात्मक सिप विकास सन्दर्भ सामग्री**, Nepal 2025
10. Stress Management Related IEC Material developed by TPO Nepal with support of PSR Finland.

Research

In 2024, TPO Nepal conducted MHPSS research, especially focusing on stigma reduction, gender equity, digitally delivered intervention, perinatal depression, preventive and promotive interventions and integrating mental health into government systems. Through these studies, a total of 24 articles were published in various peer reviewed journals. Through these studies a number of psychometric tools and interventions have been adapted and validated in Nepal. A total of 6269 individuals were involved through various research and dissemination activities.



Summary of Research Activities in infographics under various sub headings



People Engaged in Research

5985 individuals were engaged in various research activities in 2024



Publications

24 Total Articles were published in various peer reviewed journals and books



Dissemination Activities

284 individuals participated in research dissemination activities throughout the year

List of Research Publications in Peer-Reviewed Journals and Books

1. Subba, P., Petersen Williams, P., Luitel, N. P., Jordans, M. J., & Breuer, E. (2024). A qualitative study on the adaptation of community programmes for the promotion of early detection and health-seeking of perinatal depression in Nepal. *BMC Women's Health*, 24(1), 273. <https://doi.org/10.1186/s12905-024-03236-2>
2. Chase, L., Shrestha, P., Datta, G., Forsythe, N., Jain, S., Maharjan, S. M., ... Ntow, M. C. (2024). Task-shifting or problem-shifting? How lay counselling is redefining mental healthcare. *PLOS Mental Health*, 1(1), e0000067. <https://doi.org/10.1371/journal.pmental.0000067>
3. Yang, L. H., Bass, J. K., Le, P. D., Singh, R., Gurung, D., Velasco, P. R., Grivel, M. M., Susser, E., Cleland, C. M., Muñoz, R. A., Kohrt, B. A., & Bhana, A. (2024). A case study of the development of a valid and pragmatic implementation science measure: The Barriers and Facilitators in Implementation of Task-Sharing Mental Health Interventions (BeFITS-MH) measure. *BMC Health Services Research*, 24(1), 1352. <https://doi.org/10.1186/s12913-024-11783-6>
4. Semrau, M., Gronholm, P. C., Eaton, J., Maulik, P. K., Ayele, B., Bakolis, I., Mendon, G. B., Bhattarai, K., Brohan, E., & Cherian, A. V. (2024). Reducing stigma and improving access to care for people with mental health conditions in the community: Protocol for a multi-site feasibility intervention study (Indigo-Local). *International Journal of Mental Health Systems*. <https://doi.org/10.1186/s13033-024-00649-3>
5. Majeed, T., Hopkin, G., Wang, K., Nepal, S., Votruba, N., Gronholm, P., Gurung, D., Semrau, M., Bagade, T., Farina, N., Musyimi, C., Pingani, L., Breuer, E., Lund, C., Thornicroft, G., & Evans-Lacko, S. (2024). Anti-stigma interventions in low-income and middle-income countries: A systematic review. *EClinicalMedicine*, 72, 102612. <https://doi.org/10.1016/j.eclinm.2024.102612>
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Advocacy

In 2024, TPO Nepal organized a series of advocacy campaigns, workshops and meetings aimed at prioritization and resource allocation on mental health and psychosocial support (MHPSS). The advocacy programs focused on stigma reduction, inclusion of MHPSS programs in fiscal year plan of government and sustainability beyond the project duration. These initiatives provided guidance on program design, financial planning, and support for policymakers to implement or sustain these programs. The events utilized posters, flyers, policy briefs, and flip charts developed by TPO Nepal. A total of 1962 individuals were reached through these activities across Bagmati, Madhesh, Gandaki, Karnali, Lumbini and Sudurpaschim provinces.



Summary of Advocacy under various sub-headings



780



1182



Community-based advocacy events

780 community stakeholders were involved in community-based advocacy events throughout the year.



Advocacy programs/meetings

1182 policymakers and government officials were involved in advocacy programs and meetings throughout the year.

Major Day Celebrations / Events

<p>World Suicide Prevention Day (WSPD) 2024</p>	<p>On 10th September, 2024, TPO Nepal participated in and organized a wide range of activities for marking World Suicide Prevention Day, including rallies, cycling events, walkathons, awareness programs, memorandum paper handover, and interaction and orientation sessions in Bagmati (Lalitpur, Chitwan and Sindhuli), Gandaki (Pokhara), Madhesh (Janakpur, Birgunj, Pakaha Mainpur and Saptari), Karnali (Surkhet, Dailekh, Kalikot) and Sudurpaschim (Dhangadhi, Doti, Bajura, Kanchanpur) provinces.</p>	
<p>International Day against Enforced Disappearances</p>	<p>On the occasion of the International Day of the Disappeared 2081, a candlelight vigil was organized on Bhadra 14, 2081 (August 30, 2024) by TPO Nepal in Kohalpur, Banke district, Lumbini Province. The event was coordinated by Kohalpur Municipality, Nepal Red Cross Society Kohalpur Branch, Conflict Victims' Network Kohalpur, Conflict Victims' Network for Justice Baijanath, and Conflict Victims' Network Rapti Sonari.</p>	
<p>National Anti-Trafficking Day</p>	<p>On the occasion of the 18th National Anti-Human Trafficking Day on Bhadra 20, 2081 (September 5, 2024), a rally was organized in Rukum West, Birgunj, and Kathmandu in collaboration with various stakeholders, bringing together representatives from the local, provincial, and federal levels of government to raise public awareness and demonstrate solidarity against human trafficking.</p>	
<p>International Day for the Elimination of Violence Against Women.</p>	<p>On the occasion of the International Day for the Elimination of Violence Against Women, TPO Nepal, in collaboration with the Badimalika Municipality, Sudurpaschim Province joined the global campaign for the 16 Days of Activism Against Gender-Based Violence.</p>	
<p>16 Days of Activism Against Gender-Based Violence</p>	<p>During the 16 Days of Activism Against Gender-Based Violence, from November 25 to December 10, 2025 TPO Nepal collaborated in multiple impactful activities across Nepal, including a speech competition in Birendranagar, Surkhet, an orientation on cybercrime and electronic offenses with Aafanta Nepal, and a transformative session on preventing gender-based violence and promoting mental health awareness with the Dalit Women's Association in Dipayal. These joint efforts engaged students, teachers, CSOs, and community members, emphasizing the importance of mental health, digital safety, and collective action in addressing gender-based violence.</p>	

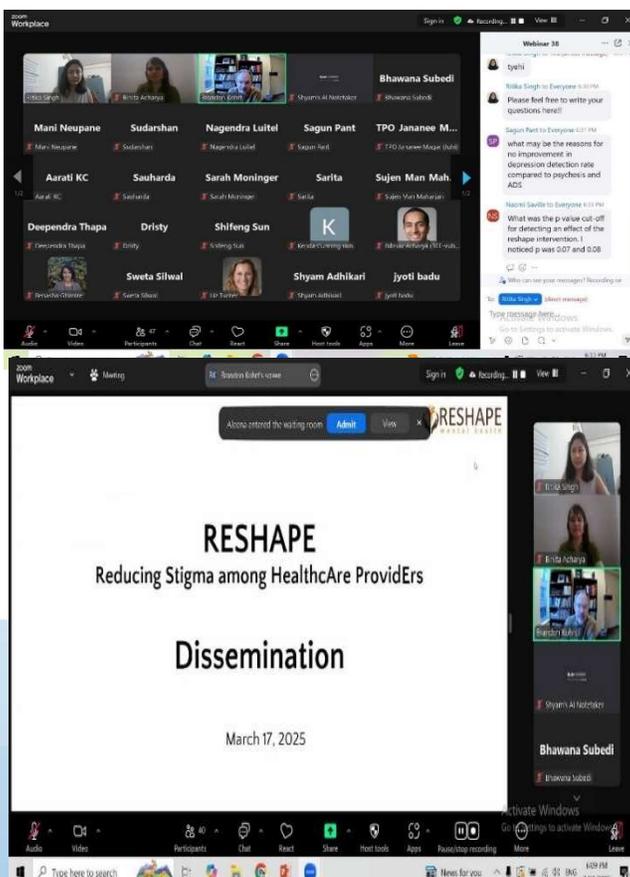
Some Glimpse on MHPSS Research Capacity Building

Global Mental Health Short Course III

In 2024, TPO Nepal, in collaboration with the Center for Global Mental Health Equity, George Washington University and the Department of Psychiatry, Tribhuvan University, successfully conducted the third Global Mental Health short course titled "Global Mental Health Assessment and Measurement: Best Practices and New Directions" at the Institute of Medicine, Maharajgunj, Kathmandu from July 15 to July 19, 2024. With 15 participants from diverse professional background, the course provided comprehensive training in the latest methodologies for mental health assessment and measurement, emphasizing best practices and innovative approaches. This initiative not only strengthened the participants' capacities but also fostered international collaboration, reflecting TPO Nepal's commitment to advancing global mental health education and improving mental health outcomes.



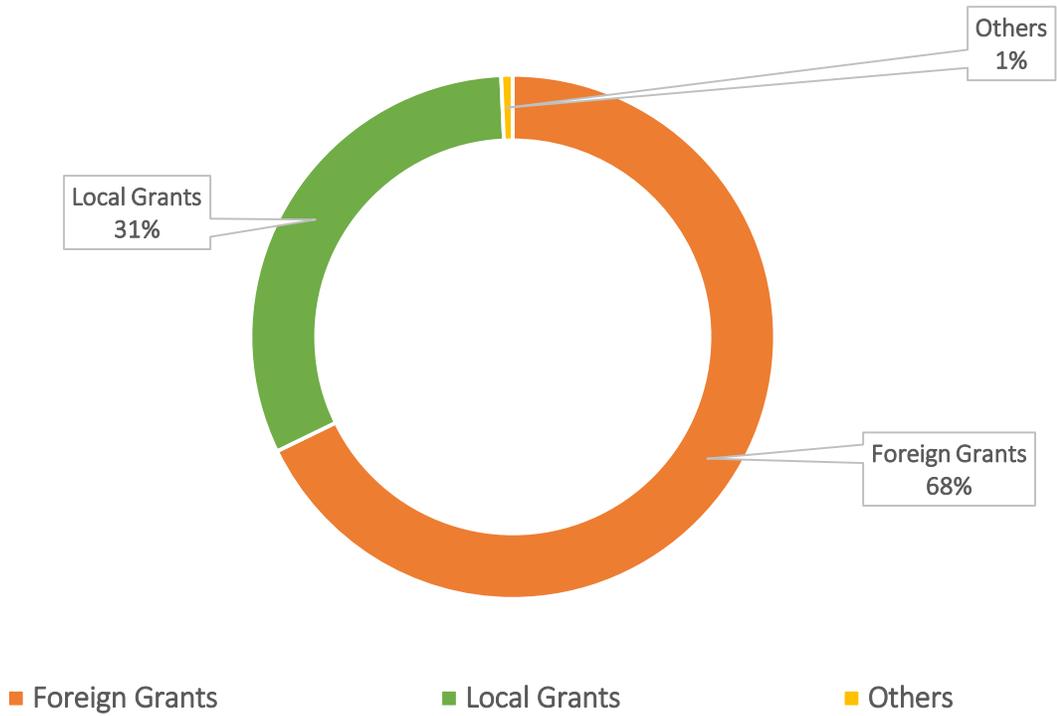
Monthly Webinar Series for Capacity Building of Early-Career Researchers in Nepal



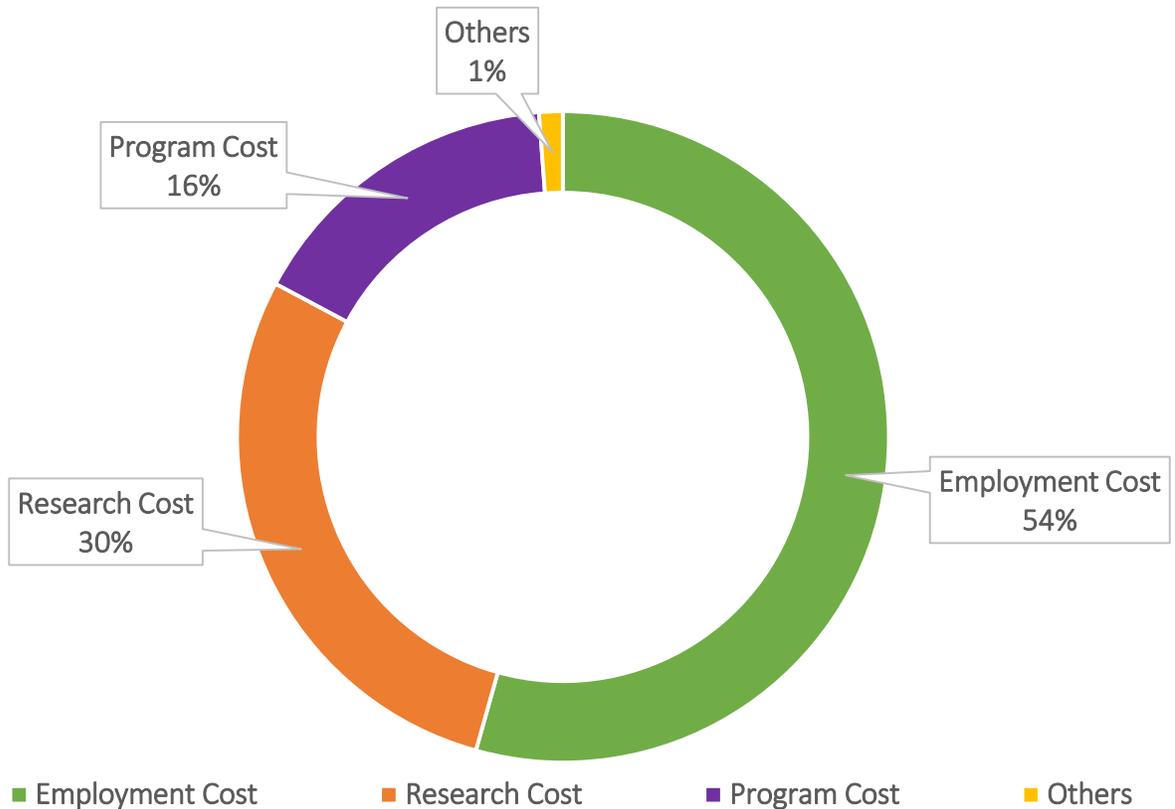
In 2024, TPO Nepal, in partnership with the Center for Global Mental Health Equity, George Washington University, conducted a series of 11 monthly webinars designed to enhance the professional capacities of early-career researchers in Nepal. These webinars, held on the 3rd week of each month, provided a structured and consistent learning platform throughout the year. A total of 821 participants benefited from these sessions, which featured presentations by esteemed mental and behavioral health researchers. The webinars covered critical topics pertinent to both global and local mental health issues, facilitating the dissemination of cutting-edge research and fostering discussions on innovative methodologies and practical applications. The initiative also fostered valuable networking opportunities, enabling early-career researchers to build professional connections with national and international experts. This initiative significantly contributed to the capacity building of emerging researchers, equipping them with the essential knowledge and skills to advance the field of mental health research and practice in Nepal.

TPO Nepal Financial Summary for FY 2023/2024

Income:



Expenditure:



Detailed Breakdown of the Financial Summary for FY 2023/2024**Income:**

Particular	2024 NRS	2023 NRS
Membership fee	3,300	10,200
Foreign Grants	136,044,933	97,845,316
Local Grants	63,151,476	53,875,895
Other Income	93,303	190,323
Interest Income	1,341,851	2,170,976
TOTAL INCOME/Revenue	200,634,863	154,092,710

Expenditure:

Particular	2024 NRS	2023 NRS
Employment Cost	109,557,600	78,480,042
Research Cost	57,492,908	41,713,917
Program Cost	32,339,761	26,669,553
Administration cost	1,011,233	8,833,022
Depreciation	1,358,454	1,584,764
TOTAL EXPENDITURE	201,759,955	157,281,298



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