TPO Nepal
PEACE OF MIND

Annual Report 2025

Highlighting our impact and journey in 2025

2025

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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

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)

Management Committee

Dr. Kamal Gautam (Executive Director)
Mr. Raam Katwal (Chief Operating Officer)
Mr. Pitambar Koirala (HOD/Program)
Ms. Ratna Maya Lama (Program Manager/Safeguarding Officer)
Mr. Suraj Koirala (Technical Advisor)

Technical Advisors

Prof. Mark Jordans, PhD
Dr. Brandon Kohrt, MD, PhD
Prof. Shishir Subba, PhD
Dr. Rishav Koirala, MD, PhD
Mr. Suraj Koirala

Staff

In 2025, TPO Nepal had a total of 257 staff members, reflecting continued commitment to expanding mental health and psychosocial support services across Nepal. Among them, 71.21% were female and 28.79% were male, demonstrating the organization's continued emphasis on gender diversity and inclusion. Of the total workforce, 56.81% were engaged in the program department, 33.46% in the research department, and 9.73% in the admin and finance department. In terms of deployment, 28.02% of staff were based at the head office in Kathmandu, 71.98% were stationed at field offices across various project locations.

TPO Nepal Annual Report 2025

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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 2025. Despite a challenging year marked by a global funding crisis, TPO Nepal remained committed to promoting mental health and psychosocial well-being across Nepal. While resource constraints limited our ability to reach as many beneficiaries as in previous years, we continued to deliver quality, evidence-based services and generate meaningful impact through our programs and research.

In 2025, we strengthened community-based mental health services while expanding our contribution to government system strengthening. In close collaboration with the National Health Training Centre (NHTC), Provincial Health Training Centres (PHTCs), and government stakeholders, we supported capacity building in mental health, Gender-Based Violence (GBV) prevention and response, and the strengthening of Nepal's medico-legal system. We also contributed to establish counselling centres in five municipalities of Jajarkot and Rukum West to improve access to sustainable psychosocial support for earthquake-affected communities.

The year also highlighted the growing need for mental health services as public unrest and protests affected many communities across the country. During this period, TPO Nepal ensured continuity of psychosocial support through its national helpline and other service delivery platforms, reaffirming our commitment to providing care when it was needed most.

These achievements were made possible through the trust of people with lived experience and the continued support of our government partners, donors, academic institutions, and technical collaborators. I extend my sincere gratitude to all of them, as well as to the dedicated Board, management, and staff of TPO Nepal for their unwavering commitment. I would also like to acknowledge the contribution of Mr. Sarthak Pandit for his dedication in drafting and finalizing this Annual Report.

As we look ahead, we remain committed to strengthening Nepal's mental health system through innovation, partnerships, and sustainable, community-centered approaches to ensure that every individual has access to quality mental health and psychosocial support.

Thank you.
Dr. Mita Rana

List of Abbreviations

AHW	Auxiliary Health Worker
ALIVE	Improving Adolescent mentaL health by reducing the Impact of poverty
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
LIDRE	Livelihoods Improvement and Disaster Resilience Enhancement in the Areas Affected by the Jajarkot Earthquake
EQUIP	Ensuring Quality in Psychological Support
FCHV	Female Community Health Volunteer
GWU	George Washington University
HSH	Helping Survivors Heal
GBVPR II	Gender Based Violence Prevention and Response II
IPT	Interpersonal Psychotherapy
MET	Motivation Enhancement Therapy
MHPSS	Mental Health and Psychosocial Support
MFA	Ministry of Foreign Affairs
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
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 lOw resource SettiNGs
S/GBV	Sexual/ Gender Based Violence
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
UNFPA	United Nations Population Fund
UNDP	United Nations Development Programme
UCL	University College London

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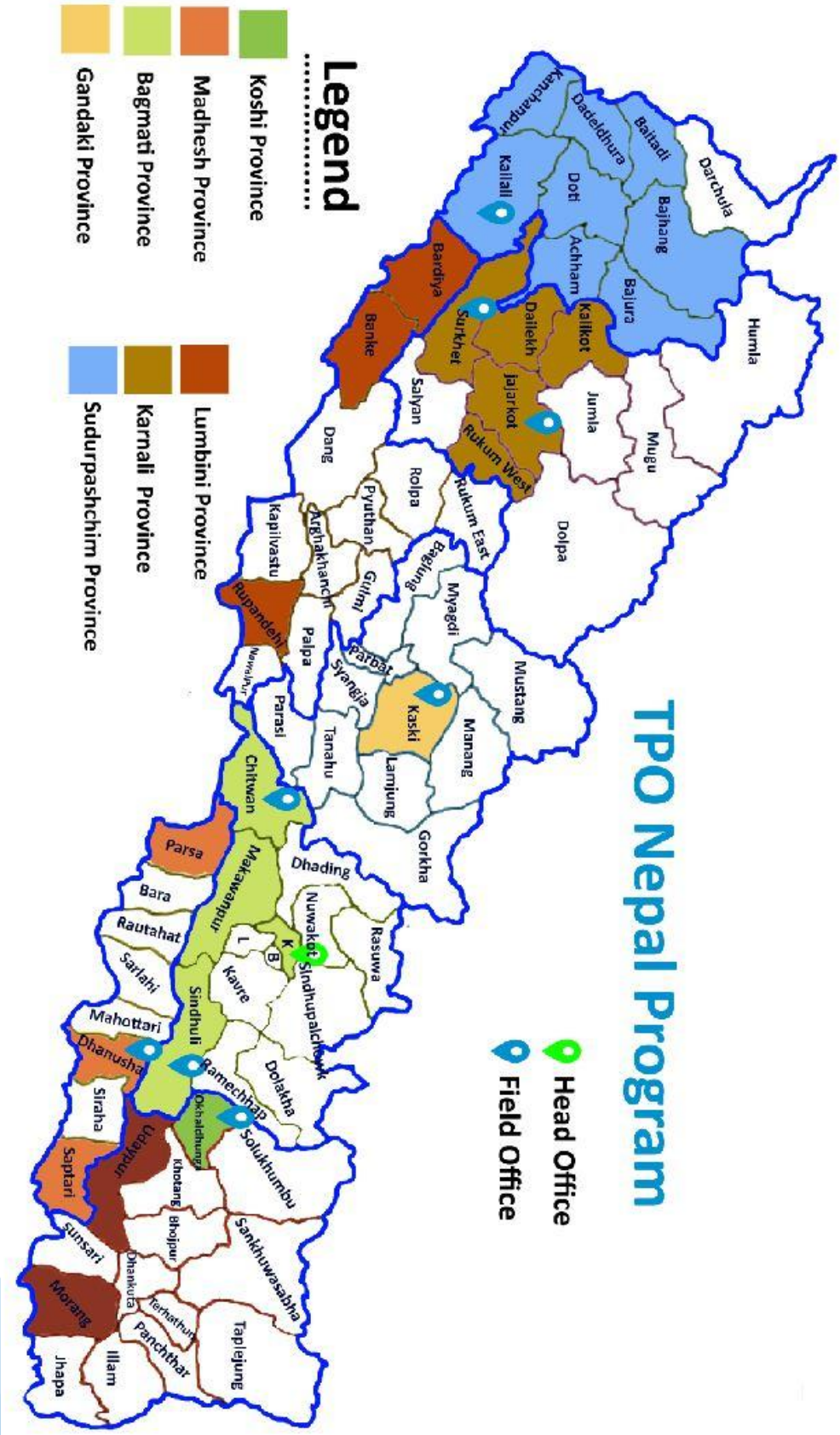
Project Summary

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 Oct 2026	United Nations Children's Fund (UNICEF)	Program
3	Helping Survivors Heal (HSH)	Sept 2023 to Feb 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 Aug 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 June 2025	Wellcome Trust/ Department of Health and Social Care (DHSC) / National Institute for Health Research (NIHR)	Research
6	Gender Based Violence Prevention and Response Phase II	June 2025 to June 2026	UNFPA	Program
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	Livelihoods Improvement and Disaster Resilience Enhancement in the Areas Affected by the Jajarkot Earthquake (LIDRE)	July 2025 to February 2026	UNDP	Program
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	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
12	Strengthening Inclusive Justice Program	Dec 2022 to Feb 2025	International Alert / U.S. Department of State, The Bureau of Democracy, Human Rights and Labor	Program
13	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
14	Barefoot counselling service to improve mental wellbeing of unpaid family carers in Nepal	June 2024 to May 2025	Carers Worldwide	Program
15	Sustain and Strengthen Holistic Rehabilitation (SSHR) for Torture Survivors	March 2024 to December 2025	International Rehabilitation Council for Torture Victims (IRCT)	Program
16	Parental Depression and Its Impact on Parental and Child Nutrition in Nepal: A Mixed-Methods Neuroscience-Integrated Study	August 24, 2025 – April 30, 2026	IBRO and Wellcome Trust	Research
17	Perceptions and experiences of media professionals in relation to media reporting of suicide-related news in Nepal	December 2024 – June 2026	University of Melbourne, Australia	Research

Geographical Coverage of TPO Nepal



Highlights of the Year 2025

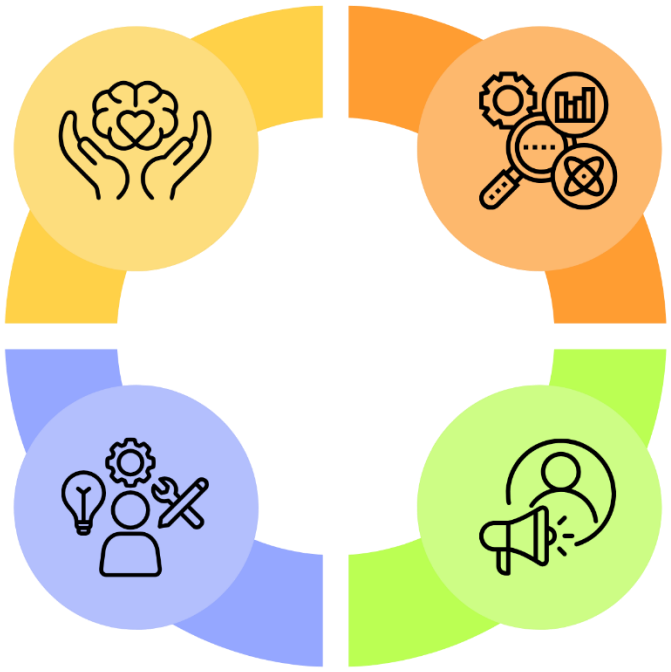
A total of 83,010 individuals reached by TPO Nepal in 2025 through MHPSS service provision, capacity building initiatives, research activities and advocacy programs.

MHPSS Service Provision

77,716 individuals reached through MHPSS Service Provision

Research

3006 individuals reached through various research activities



Capacity Building

966 individuals benefited from various capacity building initiatives

Advocacy

1322 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 83,010 individuals were benefited through MHPS services.

Sub Categories of MHPSS Service Provision

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

Disaggregated Data of MHPSS Services

01. **INDIVIDUAL PSYCHOSOCIAL COUNSELLING** TOTAL: 2345

02. **GROUP HEALING INTERVENTION** TOTAL: 879

03. **MHPSS SERVICE FROM HEALTH FACILITIES** TOTAL: 648

04. **MENTAL HEALTH SCREENING SERVICES** TOTAL: 2643

05. **PSYCHO-THERAPEUTIC SERVICES** TOTAL: 145

06. **CARE FOR CAREGIVERS WORKSHOP** TOTAL: 29

07. **LIVELIHOOD SUPPORT** TOTAL: 16

08. **PSYCHIATRIC SERVICES** TOTAL: 306

09. **EMERGENCY SUPPORT** TOTAL: 23

10. **PSYCHOSOCIAL SUPPORT HELPLINE** TOTAL: 631

11. **COMMUNITY-BASED INTERVENTION** TOTAL: 465

12. **AWARENESS ACTIVITIES** TOTAL: 69586

Individual Psychosocial Counselling

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 2345 of individuals received individual PSS support.

Group Healing Intervention

Group Healing Support interventions were conducted across multiple districts, targeting survivors of torture, gender-based violence, and other forms of trauma, as well as adolescents aged 13–19 years. Developed by TPO Nepal with technical support from UNICEF, the community-based psychosocial support program provides a safe and supportive space for adolescents to share experiences, express emotions, build healthy coping skills, and strengthen peer relationships. The sessions use group discussions, creative activities, grounding, relaxation, and reflection to promote emotional well-being, resilience, and positive coping, while also encouraging peer support, reducing mental health stigma, and promoting help-seeking. For survivors and other groups, sessions were structured into three phases: Safety and Self-Awareness, Self-Care and Support, and Harmony and Coordination. A total of 879 individuals participated in group healing interventions, including 355 males and 524 females.

Figure 1 Group Healing Session with adolescent in Doti, Sudurpaschim Province

MHPSS Services from Health Facilities

Trained mental health professionals and experts from TPO Nepal, along with government health workers trained by TPO Nepal, provided mental health and psychosocial support services through various health facilities. These services were complemented by outreach camps conducted by TPO Nepal under different projects. In 2025, a total of 648 people received MHPSS consultations and treatment, psychosocial counselling, and follow-up services through health facilities and outreach camps, including 212 males and 436 females.

Emergency Support

An emergency response was conducted across affected areas, utilizing a human-centric, bottom-up approach to assess needs at the ground level. This response included Psychological First Aid (PFA), stress management sessions, individual counselling, psychosocial group support sessions, capacity building for teachers and protection workers, material support focusing on children, women, and vulnerable populations, as well as health support. Material and health assistance included food, clothing and stationery support, medicines, treatment

support, and travel support for treatment. The efforts extended to over 23 people across the impacted regions, providing essential aid to those most in need.

Care for Caregivers Workshop

Care for Caregivers (CFC) workshops were conducted for 29 participants, including 8 TPO Nepal staff and 21 staff members from various Safe Houses. The sessions provided a supportive space for caregivers to reflect on their own well-being and strengthen their capacity to manage work-related stress and emotional challenges. The workshops focused on self-care practices, vicarious trauma and its management, team building, recognizing individual contributions, and developing effective stress management strategies.

Figure 2 CFC for TPO Nepal's Staff

Psychosocial Support Helpline

In 2025, TPO Nepal's toll-free helpline (16600102005) provided telephone based MHPS services. The helpline's dedicated team successfully provided service to 631 individuals who were at risk among which 346 were male, 283 were female and 2 were others.

Community Based Intervention

Through community-based interventions and community workshops conducted across various project areas, TPO Nepal reached a total of 465 participants, including 192 males and 273 females. These activities focused on promoting mental health awareness, psychosocial well-being, community engagement, and strengthening local support systems through interactive discussions and awareness sessions at the community level.

Figure 3 Community Workshop at Likhu Rural Municipality, Okhaldhunga

Psychotherapeutic Services

TPO Nepal, in collaboration with the TPO Alliance, provided psychotherapeutic services to individuals visiting counselling centers in Kathmandu as well as various project sites. These services were delivered by trained therapists and included both general interventions and specialized 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. During the reporting period, a total of 145 individuals, including 22 males and 123 females, received psychotherapeutic services, contributing to improvements in their psychological and mental health well-being following consultations.

Awareness Activities

Figure 4 Awareness Raising Program during 16 days of activism against GBV in Dailekh

In 2025, TPO Nepal reached 69,586 individuals through diverse awareness activities related to Mental Health and Psychosocial Support (MHPSS) and Gender-Based Violence (GBV), including rallies, cycling events, walkathons, awareness programs, memorandum submissions, interaction sessions, social media and digital platform's campaigns. 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 Days of Activism Against Gender-Based Violence, reflecting TPO Nepal's continued commitment to promoting psychosocial well-being and raising awareness against gender-based violence.

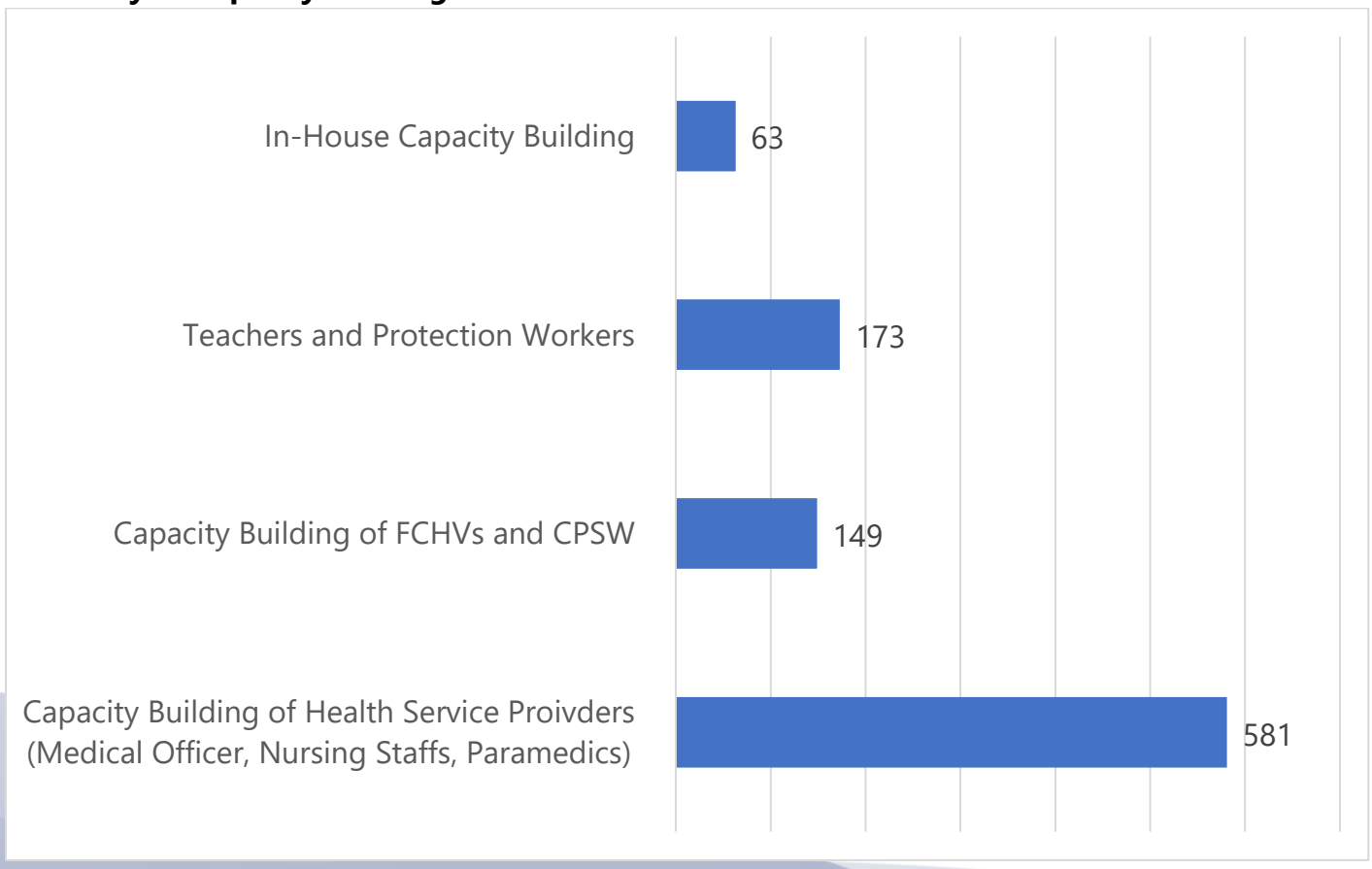
Figure 5 TPO Nepal Team 2025

Capacity Building

Figure 6 Clinical Supervision of Local Level Health Workers in Sindhuli and Okhaldhunga District

TPO Nepal conducted various capacity-building activities focused on enhancing psychosocial counseling and mental health support along with other GBV and Medico Legal Trainings 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, medico legal procedures and GBV related orientation. 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 966 individuals were trained under various capacity building initiatives.

Summary of Capacity Building



Some Major Highlights of Capacity Building Initiatives by Province and Training Package

S. N	Province	Training Module	Total participants	Target Audience
1	Koshi, Madhesh, Bagmati, Karnali and Sudurpaschim, Provinces	Medico-Legal Training on Clinical Forensic Medicine and Post-Mortem Examination	23 Male and 1 Female Participants	Medical Officers and MD GP
2	Koshi and Sudurpaschim Provinces	Psychological First Aid Training (Based on TPO Nepal's standard 3-day package)	92 Male and 125 Female Participants from 108 local level health facilities.	Local Level Health Care Workers
3	Madhesh, Bagmati and Karnali Provinces	Gender Responsive MHPSS Training	11 Male and 31 Female participants.	Psychosocial Counsellor and Health Service Providers
4	Bagmati Province	Training of staff on Research Methodology, Trauma informed care, ToT on NHTC module 6	63 Project Staff form various projects.	TPO Nepal Staff
5	Koshi, Bagmati and Sudurpaschim Provinces	NHTC Module 2b for Prescribers	26 Female and 35 Male participants	Health Workers (Prescribers)
6	Bagmati Province	Orientation on GBV Gap Analysis Supplemental Materials on Health Response	1 Male and 19 Female participants	PCL Nursing and PCL General Medicine Faculty Members
7	Koshi and Bagmati Provinces	Three days basic psychosocial support training to the teachers	32 Male and 30 Female participants	Teachers
8	Karnali Province	Training Based on CPSW Training Manual to Gender Focal Teachers	39 Female Participants	Gender Focal Teachers
9	Karnali Province	CPSW Training	5 Male and 48 Female Participants	Local Community People

Learning Resource Packages and IEC Materials Developed and Disseminated by TPO Nepal

S.N.	Name of Material/Guideline	Purpose and Overview	Contribution
1	**लैङ्गिक हिंसा सम्बन्धी स्वास्थ्य प्रतिकार्य सहजकर्ता निर्देशिका**	This guide supports facilitators in delivering GBV response training effectively using participatory and competency-based approaches. It includes training methodologies, session guidance, practical exercises, and facilitation techniques for healthcare providers.	Revision and Printing
2	**लैङ्गिक हिंसा सम्बन्धी स्वास्थ्य प्रतिकार्य कार्यस्थल प्रशिक्षण (OJT) प्रशिक्षार्थी निर्देशिका**	This learner's guide is designed to support healthcare providers during on-the-job training in GBV response services. It focuses on practical skill development, clinical application, survivor-centered care, and supervised learning in real service settings.	Revision and Printing
3	**लैङ्गिक हिंसा सम्बन्धी स्वास्थ्य प्रतिकार्य मिश्रित सिकाइ तालिम (BLT) प्रशिक्षार्थी निर्देशिका**	This guide provides learning materials for participants attending blended learning training on GBV response. It combines theoretical knowledge, self-learning, and practical sessions to strengthen the capacity of healthcare providers in managing GBV cases.	Revision and Printing
4	**लैङ्गिक हिंसा सम्बन्धी क्लिनिकल प्रोटोकल**	This protocol provides standardized clinical guidelines for healthcare providers responding to survivors of gender-based violence. It outlines procedures for medical care, psychosocial support, documentation, referral, and survivor-centered service delivery.	Revision and Printing
5	**सामुदायिक मनोसामाजिक सहयोगका आधारभूत सिपः तालिम पुस्तिका**	This guidebook provides direction for conducting training on the concepts and basic skills of community psychosocial support. It offers facilitators essential information on the methods, materials, and processes required for effective training delivery.	Developed and endorsed
6	**Psychosocial Well-being Support Manual for Adolescents**	This manual supports adolescents in schools, communities, juvenile facilities, and residential homes by promoting emotional awareness, resilience, and healthy coping skills. It focuses on promotional, preventive, and healing approaches to help adolescents manage psychosocial challenges, stress, and interpersonal relationships.	Developed and endorsed
7	**Helping Skills for Parents: Promote Wellbeing of Child and Adolescents**	This one-day community-based workshop manual equips parents with practical skills to support the mental and emotional well-being of their adolescents. It helps parents understand adolescents' psychosocial needs, recognize their own emotions, and foster a balanced and supportive family environment through interactive learning activities.	Developed

Research

In 2025, 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 19 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 3006 individuals were involved through various research and dissemination activities.

Summary of Research Activities in infographics under various sub headings

01

People Engaged in Research

2870 individuals were engaged in various research activities in 2025

02

Publications

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

03

Dissemination Activities

136 individuals participated in research dissemination activities throughout the year

List of Research Publications in Peer-Reviewed Journals and Books

1. Ghafoerkhan, R., Eaton, J., Horn, R., **Luitel, N**., Koyiet, P. N., Holguín, M. R., Tankink, M., & Ventevogel, P. (2025). Evolving Through Challenges: Reflections from Intervention's Editorial Board on the Financial Situation in the Humanitarian Sector. Intervention, 23(1), 1–3.
2. Bolton, P., Dev, S., Giusto, A., Acharya, B., Koyiet, P. N., El Chammay, R., **Luitel, N**., Kousoulis, A., Dabholkar, U., & Ugo, V. (2025). Global mental health and psychosocial support programming: An expert review of major implementation and funding challenges. Global Mental Health (Cambridge), 12, e141.
3. **Singh, R**., Chua, K. C., Pant, S. B., **Paudel, R., Gautam, K., Luitel, N**. P., Garman, E., Eleftheriou, G., Wahid, S. S., Kohrt, B. A., Jefferies, P., Jordans, M. J. D., & Lund, C. (2025). Translation and adaptation of the Child and Youth Resilience Measure-Revised and Rugged Resilience Measure: A mixed-method study among adolescents in Nepal. Child Psychiatry and Human Development. https://doi.org/10.1007/s10578-025-01944-x
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5. Mundt, A. P., Arafat, S. M. Y., Dorji, C., Desousa, A., Chadda, R. K., Gowda, G. S., et al. & **Luitel, N. P.** (2025). Indicators of psychiatric institutionalization in Southeast Asia between 1990 and 2024. The Lancet Regional Health – Southeast Asia, 42.
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9. Morrison, J., **Rimal, D., Pradhan, I., Luitel, N. P**., & Rose-Clarke, K. (2025). How can sport promote adolescent mental health? A qualitative study from the rural plains of Nepal. SSM - Mental Health, 8.
10. **Subba, P., Shrestha, P**., Rahman, A., **Luitel, N.**, Waqas, A., & Sikander, S. (2025). Feasibility and acceptability of community-based psychosocial interventions delivered by nonspecialists for perinatal common mental disorders: A systematic review using an implementation science framework. Cambridge Prisms: Global Mental Health, 12, e54.
11. Kohrt, B. A., Ojagbemi, A., **Luitel, N. P**., Bakolis, I., Bello, T., McCrone, P., Taylor Salisbury, T., Jordans, M. J. D., Votruba, N., Carswell, K., Green, E., Gkaintatzi, E., **Lamichhane, B.**, Elugbadebo, O., Kola, L., Lempp, H., Chowdhary, N., Dua, T., Gureje, O., & Thornicroft, G. (2025). An app-based WHO mental health guide for depression detection: A cluster randomized clinical trial. JAMA Network Open, 8(5), e2512064. https://doi.org/10.1001/jamanetworkopen.2025.12064
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M., Abualhaija, A., Said Aqel, I., Hamdani, S. U., Dardas, L., Akhtar, A., Bryant, R. A., & Carswell, K. (2025). The development of a World Health Organization transdiagnostic chatbot intervention for distressed adolescents and young adults. Frontiers in Digital Health, 7, 1528580. https://doi.org/10.3389/fdgth.2025.1528580

13. Kohrt, B. A., Gurung, D., **Singh, R**., Rai, S., Neupane, M., Turner, E. L., Platt, A., Sun, S., **Gautam, K., Luitel, N. P., & Jordans, M. J. D**. (2025). Is there a mental health diagnostic crisis in primary care? Current research practices in global mental health cannot answer that question. Epidemiology and Psychiatric Sciences, 34, e7.
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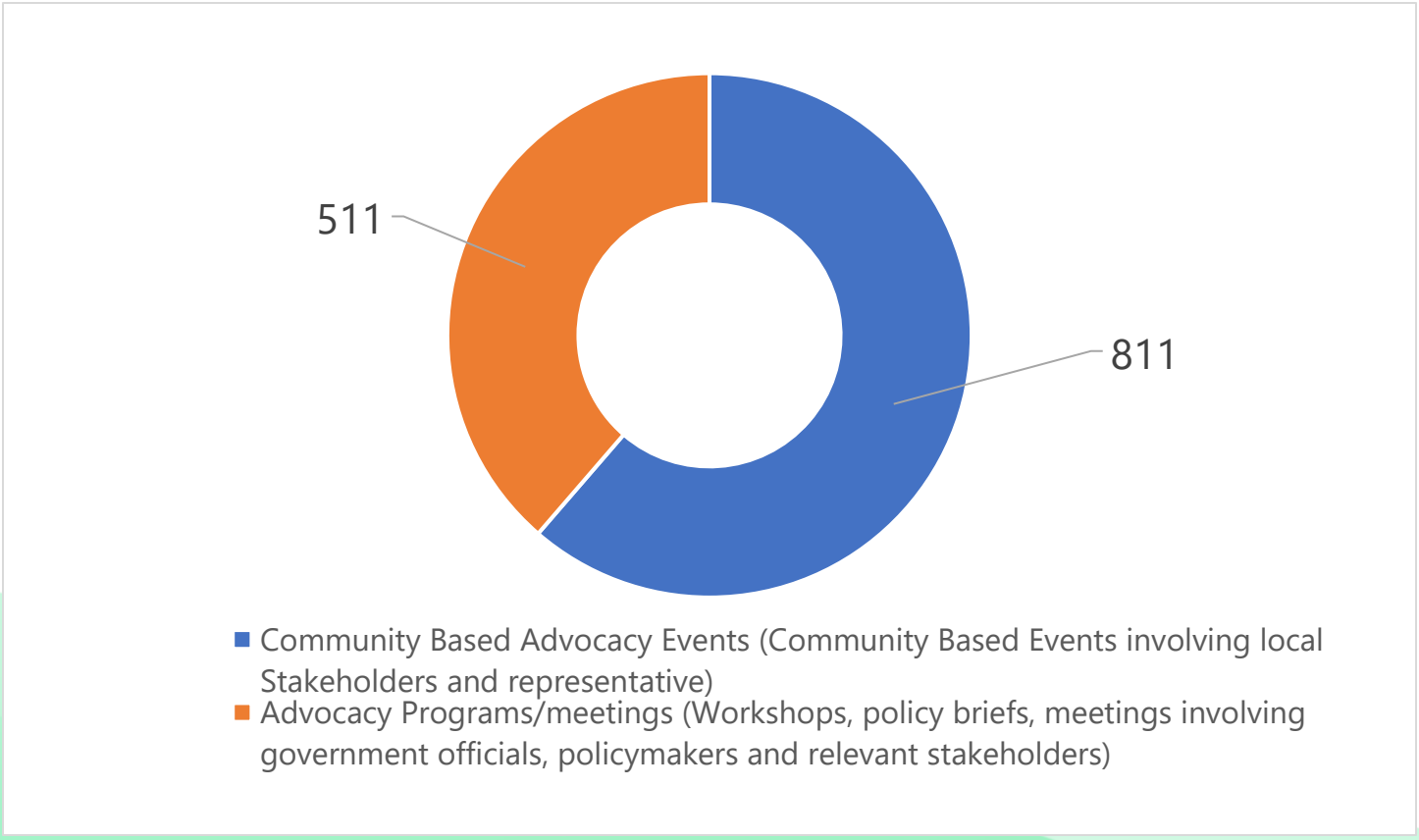
Advocacy

In 2025, TPO Nepal organized a series of advocacy campaigns, workshops and meetings aimed at prioritization and resource allocation on MHPSS, medico legal initiatives and GBV. The advocacy programs focused on stigma reduction, inclusion of MHPSS programs in fiscal year plan of government, Workshop and consultative meeting with government and relevant academics for integration of GBV Supplemental documents, consultative meetings on development of medico legal guidelines 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. A total of 1322 individuals were reached through these activities across Bagmati, Madhesh, Gandaki, Karnali, Lumbini and Sudurpaschim provinces.

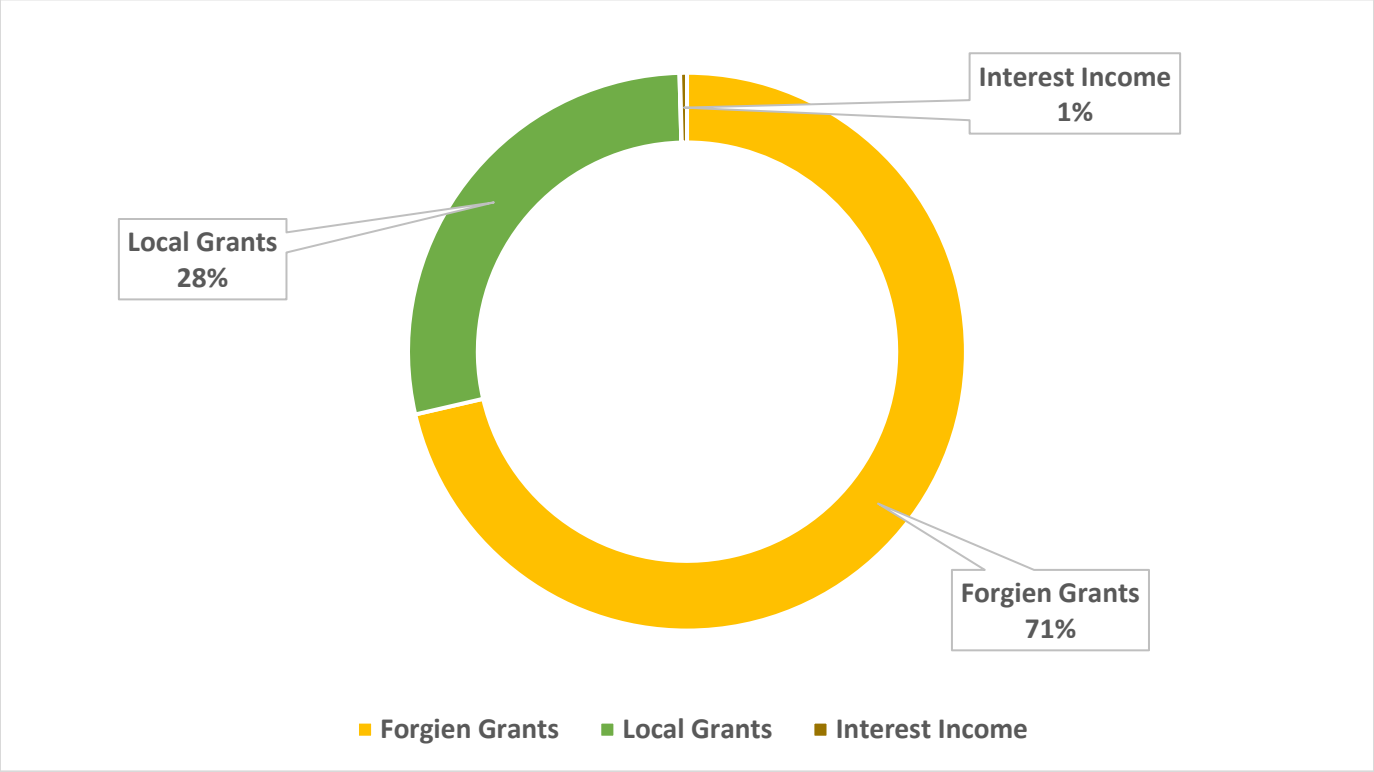
Figure 7 Consultation Workshop to identify gap in the curriculum of MBBS, PCL Nursing and PCL General Medicine from GBV Perspective held in Kathmandu

Summary of Advocacy under various sub-heading

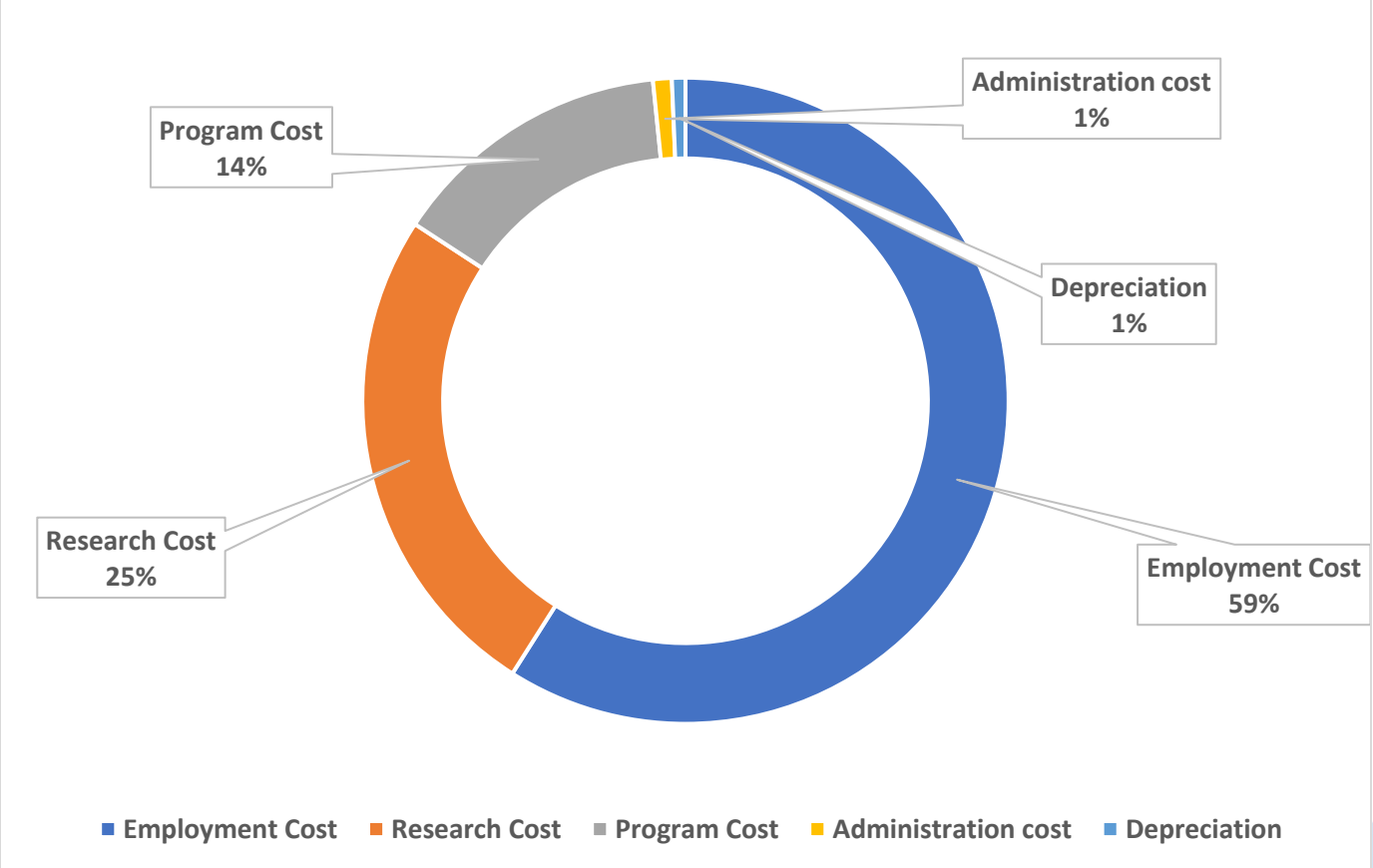


TPO Nepal Financial Summary for FY 2024/2025

Income:



Expenditure:



Detailed Breakdown of the Financial Summary for FY 2024/2025

Income:

Particular	2024 NRS	2025 NRS
Membership fee	4,200	3,300
Foreign Grants	125,003,976	136,044,933
Local Grants	49,356,015	63,151,476
Other Income	60,619	93,303
Interest Income	694,492	1,341,851
TOTAL INCOME/REVENUE	**175,119,302**	**200,634,863**

Expenditure:

Particular	2024 NRS	2025 NRS
Employment Cost	102,018,057	109,557,600
Research Cost	43,586,129	57,492,908
Program Cost	24,517,197	32,339,761
Administration cost	1,622,463	1,011,233
Depreciation	1,169,286	1,358,454
TOTAL EXPENDITURE	**172,913,132**	**201,759,955**

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