



Tukul Africa strengthens Community Psychosocial Support Through Volunteer Training In Raja.

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In August, 226, Tukul Africa conducted a training for community volunteers In Raja, equipping them with practical knowledge and skills to provide basic psychosocial support to people in their communities.

The training focus on helping volunteers understand the importance of psychosocial support and how they can identify people who may be experiencing emotional distress, stress, grief, or other challenges. Participants learned practical approaches for listening, communicating with empathy , providing emotional support , and referring individuals who require specialized assistances.

Participants also learned that conducting similar awareness and learning session within their communities can help increase understanding of psychosocial wellbeing , reduce stigma and encourage people to seek help when needed.

Through this initiative, Tukul Africa continues to strengthen community -based approaches to psychosocial support in Raja .The training demonstrate that empowering local volunteers can help communities build their own capacity to respond to psychological needs and promote stronger and resilient communities