PRESS RELEASE: Timor Leste families talk about mental health

PRADET recently held the Family Link Forum for their clients and families of their clients who have a mental illness. The forum which is held twice a year provides an opportunity to discuss how those with a mental illness can live well in our communities in Timor Leste. Dr. Gaspar Quintão (HNGV Psychiatrist) talked to family members about providing a supportive environment in the home and the importance of recognizing when their family member may be relapsing and needing medication. He also encouraged family to seek assistance when their family member stops taking medication. He added that “rehabilitation is a continuum and can include assisting family members to learn and engage in basic activities at home. Currently many clients have had good progress in PSR that is why, family have an important role in supporting them so they can restore their capacity. This is needed commitment by families and communities to keep supporting them through the recovery process gradually”.

One of PRADET’s clients talked about the discrimination he experienced from one of his relatives who would openly insult him when he visited his home. The client has responded by not being present when the relative visits. He refuses to communicate with anyone who treats him with disrespect.

Some family members talked about the importance of having a program of therapeutic and vocational training available as it builds skills and also motivation and provides opportunities for activities and small enterprises that can be run from home.

35 family members participated in this event including our clients. PRADET had identified 7 clients to be reintegrated to the family and community in 2017 based on the progress result they have made in PSR.

With funding support from the Ministry of Social and Solidarity, PRADET assists people with disabilities especially people with psychosocial problem, by providing a package of tools to clients to assist in their recovery process. The package is given based on the skills they learnt in the PSR Centre. The tools are given so they can begin a small enterprise that can support them to develop their life in their family and their community.

The Programa Asistensia Moras Mental (PAMM)/Mental Health Assistant Program works to provide services to people with psychosocial problems in Timor Leste in partnership with Saude Mental (The Ministry of Health Mental Health Department). PRADET established the Psychosocial Rehabilitation Centre in 2013 to provide therapeutic activities to people with a mental illness. In partnership with Saude Mental clients are referred through the Psychiatrist Doctor Gaspar from HNGV and Mental Health Case Managers from municipalities in Timor. Clients participate in therapeutic and vocational programs after their medication is prescribed.

For further information contact

Herculano Granadeiro: Program Manager
Mobile: (+67) 7734 6668
Office Phone: +670 3321562
Email: pradet_timlororosae@yahoo.com
Website: www.pradet.org