



# Surviving to Thriving

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Honour to the youth of Sudan and to the new generation of Sudanese Doctors and Professionals ....leading the change in Sudan

**TRIBUTE TO THE MARTYRS OF THE  
REVOLUTION – TO THEIR SACRIFICE,  
COMMITMENT, BRAVERY & HEROISM**

# Present & Future

- **Current Situation: A Nation Traumatized**
- **Key Issues**
- **Psychological First Aid**
- **What helps and what doesn't ?**
- **When to seek further help?**
- **Post Traumatic Stress Disorder**
- **Silence in Blue**



# Our Sudan



Hope  
Beauty, Joy & Happiness Music,  
Poetry & Art  
Sharing Knowledge, Education &  
Learning  
Community, Caring,  
Togetherness & Support





# A Nation Traumatized

- Nature of Trauma/ Disaster – sudden, violent, catastrophic with threat to life
- Many deaths, mutilation, over a long time
- Man made - Injustice and betrayal
- Involving children

# A Nation Traumatized

- **128 People Dead**
- **43 Reported Rape Assaults**
- **Over 700 People Injured**
- **Many Still Missing**
- **A Country Grieving**

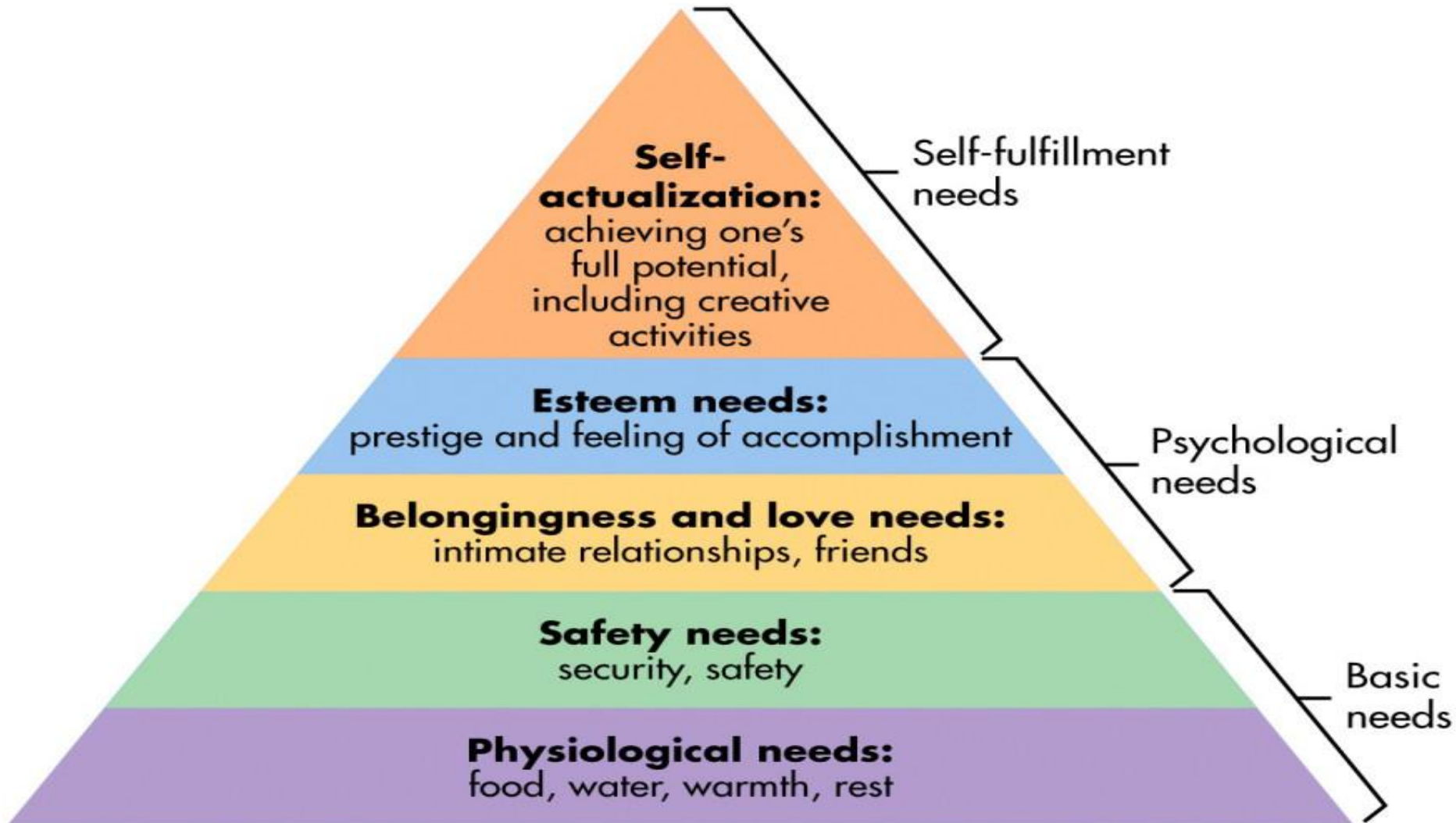
# People Reactions in Crisis

- Physical Symptoms
- Psychological Symptoms
- No Symptoms

*Risks & Concerns*



# Maslow's Hierarchy of Needs



# Humanitarian Crisis

- Total and unacceptable violation of international human rights law
- Intimidation and assault of health workers, incursions into hospitals, medical access denied for both patients and doctors, looting medical equipment and short supply of medication.
- Female health care workers are particularly targeted

# Statement on Sudan by the WHO Regional Director 7 June 2019

*"unacceptable situation that has not only resulted in deaths and injuries, but also attacks against the very professionals and facilities meant to help."*

"We call for an immediate cessation of all activities that put the lives of health staff and patients at risk and disrupt the delivery of essential health services."

# Psychological First Aid



Link and  
connect



Look  
Listen



# Psychological First Aid - PFA

## Safety – Dignity - Rights

- Social and psychological support.
- Humane, supportive and practical help
- Respectful of dignity, culture and abilities.

# PFA

- Feeling safe, connected to others, calm and hopeful.
- Having access to social, physical and emotional support.
- Empowerment: feeling able to help themselves, as individuals and communities.

# Do's

- Be honest and trustworthy., Respect people's right to make their own decisions.
- Be aware of and set aside your own biases and prejudices.
- Make it clear to people that even if they refuse help now, they can still access help in the future.
- Respect privacy and keep the person's story confidential, if this is appropriate.
- Behave appropriately by considering the person's culture, age and gender.

# Don'ts

- Don't exploit your relationship as a helper. Don't ask the person for any favours for helping them.
- Don't make false promises or give false information. Don't exaggerate your skills.
- Don't force help on people, and don't be intrusive or pushy.
- Don't pressure people to tell you their story.
- Don't share the person's story with others.
- Don't judge the person for their actions or feelings.



# When to Seek Further Help

- Symptoms continue for too long (beyond 6 weeks) and do not get better
- Complexity of presentation
- Risk to self
- Violence

# PTSD

- Duration of symptoms.
- Nature of symptoms (flashbacks, avoidance, hypervigilance).
- Adaptive & Maladaptive Coping Mechanisms.
- Treatments

# Freedom, Peace & Justice

- Belief
- Resilience
- Commitment
- Bravery & Courage



# Sexual Violence as a Weapon

## Key issues:

- Psychological Trauma
- Physical Trauma

## Challenges:

Code of silence

Training, Monitoring & Investigating, Advocacy,  
Psychological Support (short & long term)



# Silence in Blue



Illustration by Amel Bashir

- \* A campaign to eliminate sexual violence as a tool to oppress the non-violent movement in Sudan
- \* Courage and Dignity
- \* Care and Justice