

How CSRI Can Help

Confidential Counseling

We offer one-on-one counseling sessions for individuals coping with the impact of GBV and mental health struggles.

24/7 Helpline

Our helpline provides crisis support for individuals experiencing suicidal thoughts or mental health crises.
(+254703388130)

Group Therapy /Support Groups

Join our group therapy sessions, designed to help survivors of GBV navigate emotional recovery together.

Suicide Awareness Programs

Learn coping skills, emotional regulation techniques, and get ongoing support from trained professionals in our suicide prevention programs.



Reach Out and Take the First Step



Contact Us:

www.csricentre.org
+254703388130
info@csricentre.org



Supporting Mental Health and Well-being for Survivors of Gender-Based Violence (GBV)



What is GBV?

Gender-Based Violence includes physical, emotional, and sexual abuse. Survivors often experience trauma, which can deeply affect their mental health and overall well-being.

How Trauma Affects Mental Health

Survivors of GBV may experience anxiety, depression, PTSD, and emotional distress. Trauma can impact sleep, concentration, social interactions, and lead to feelings of hopelessness or thoughts of suicide.

Signs of a Crisis

If you're experiencing constant feelings of sadness, isolation, overwhelming anxiety, or suicidal thoughts, it's time to reach out for help; trained professionals can offer support.



Signs of Suicidal Thoughts

Suicidal thoughts and intent can fluctuate dramatically over the course of days, hours, even minutes. Keep connection and checking on each other for expressions of hopelessness, withdrawal from activities, talk of being a burden, or self-harm.

Mental Health Interventions for GBV Survivors

Counseling and therapy

Survivors can benefit from professional counseling to process their trauma and regain control of their mental health.

Peer Support Groups

Join support groups that offer a safe space for sharing experiences. Connecting with others who have experienced similar challenges can provide emotional support and validation.

Self-Care Practices

Encourage daily routines that include physical activity, mindfulness practices, journaling, and regular sleep patterns. Taking small steps towards self-care is key to long-term recovery.