

# MHPN



April- July 2025

## A Day for Wellness: Mental Health Services at the National Health Fair

In celebration of World Health Day on Saturday, April 5, 2025, the Ministry of Health hosted a National Health Fair at the “Stad Popiler” parking lot. The event brought together various health services, and the Mental Health Services (MHS) team was a key participant, providing free screenings and educational resources to the public.

The fair, which included a lively opening ceremony led by Minister Marie-Celine Zialor and guest performers, drew a large crowd. The MHS team of psychologists and medical officers provided targeted support for all ages, dividing their booth into three sections:

- **For children and adolescents (ages 0-17):** The focus was on emotional awareness and cognitive skills. Activities like memory games and dot-to-dot puzzles were used to engage children, who received stickers and mental health-themed word searches as a reward.
- **For adults (ages 18-54):** This busy section offered screenings for common issues like anxiety, depression, and insomnia. Participants received practical tips and coping strategies to manage daily stress and improve work-life balance.
- **For seniors (ages 55+):** The team provided targeted screenings for anxiety and depression using specialized scales. Seniors were given personalized strategies to help them maintain their independence and quality of life.

The MHS team’s participation successfully raised awareness, encouraged engagement, and provided accessible resources. The event not only educated the public but also helped to strengthen the bond between the community and mental health services, promoting a more proactive approach to well-being in Seychelles.



# Adolescents at President's Village Gain Social Skills in New Program

The Psychological Care Services (PCS) team recently delivered a three-day social skills training program for adolescents at President's Village. The initiative, requested by President's Village and Social Services, was designed to equip participants with essential tools for building healthier relationships and managing daily challenges.

The training, which ran from 9:30 a.m. to 3:00 p.m. each day, was facilitated by a team, including Ms. Ketty Mathiot (Clinical Psychologist) and Provisional Psychologists Ms. Valerie Dailoo, Ms. Sophie Preira, and Ms. Julia Telemaque.



The program covered a range of topics tailored to the participants' social circumstances and academic abilities. Key areas of focus included:

- **Communication Skills:** Participants learned and practiced effective listening and conversational skills using the 'BEES' method.
- **Emotion Regulation:** Sessions addressed the importance of identifying and managing a wide range of emotions. Tools like the Anger Iceberg and Feeling Thermometer were introduced to help students better understand and control their emotional responses.
- **Assertiveness and Conflict Resolution:** The training explored the difference between passive, assertive, and aggressive communication styles. Participants were also taught practical strategies like the Traffic Lights and decision-making tools to help them handle conflicts thoughtfully.
- **Behavioral Boundaries:** The program addressed bullying, challenging behaviors, and personal boundaries, encouraging empathy and personal responsibility.

Throughout the training, the facilitators used presentations, group work, and open discussions to deliver the content. Each participant received a manual to support their ongoing social development. To encourage engagement, cooperation, and good behavior, activities were followed by rewards. The training concluded with a recognition ceremony for the students' achievements and a feedback session with Child Support Officers (CSOs) to ensure continuous support for the adolescents. This initiative marks a significant step in providing valuable life skills that will help these young individuals build a more positive future.

*Written by Sophie Preira (HPC22/0913)*

## MHPN CPD REVIEW: SWOT Analysis Session with the Health Professionals Council

On Friday 30th May, the Health Professionals Council (HPC) conducted a SWOT analysis session as part of the ongoing review of its current Strategic Plan (2020–2025). The session aimed to gather insights, input, and contributions from professionals within the psychology, psychotherapy, and counselling cadre.

This engagement provided participants with a valuable opportunity to learn more about the HPC—its roles, functions, and vision—while also allowing them to actively contribute ideas and perspectives that will help shape the Council's next strategic plan.

The session was facilitated by Mr. Morisson Julie, Vice-Chairperson of the HPC. He was accompanied by Mrs. Patricia Rene, part-time Registrar; Mr. Timothe Sinon, Council Member; and the Chairperson, Mrs. Marie-Antoine Bethew.

The session was well-received and served as a platform for open dialogue, reflection on past achievements and challenges, and strategic thinking for the future of mental health professions in Seychelles



# Celebrating Our Children “Les Zanfan Reste Zanfan”

Marking its 45th anniversary, the National Council for Children hosted a spectacular *Children’s Carnival on Saturday 31<sup>st</sup> May*, in honour of International Children’s Day on 1 June, with the aim of celebrating children by allowing them to showcase their talent, creativity and livelihood.

The carnival parade began at 3:00 pm from the Stad Popiler car park, winding through Victoria via Rue de la Possession, Independence Avenue, Constitution Avenue, passing landmark sites like the Clock Tower and Bicentennial Monument, before circling back to the National Library and back to the Stad Popiler car park.

The carnival featured 25 floats designed and themed by participating schools—ranging from animation characters, to cultural themes which reflected the children’s imaginations and cultural expressions, adding depth and diversity to the spectacle.



Isham and Isis from Mozaik kicked off the parade with the performance of their song “*One Big Family*”, supported by Mozaik, Taniah and The Children’s Choir, symbolising unity and belonging within the community. This live performance also officially launched the song on the occasion of NCC’s 45th anniversary celebrations. The children had the chance to showcase their costumes, dance routines and musical performances



Further festivity ensued at Paradis des Enfants, where Mont Fleuri, Belonie, Beau Vallon, and Plaisance schools performed as part of the children’s band stage, showcasing dance and musical talent in a family atmosphere.



The festivities continued in Sunday’s Children’s Bazaar with live performances from musical bands of Mont Fleuri, Plaisance, Beau Vallon and Belonie school at Paradis des Enfants. The bazaar consisted of a children’s craft and toy sale, arcade-style games and food stalls as well as further performances from the school bands. This was organised in partnership with the mayor’s office and the management of Paradis des Enfants.



The *Children’s Bazaar*, event served a dual purpose: entertainment and fundraising to support the construction of a children’s ward in the new Seychelles Hospital.

These activities promote the United Nations Convention on the Rights of the Child (UNCRC) Articles 13 (freedom of expression), 19 (protection from abuse), and 31 (right to play and culture).

The Children’s festival highlights NCC’s role in allowing children to express themselves, develop confidence, and participate actively in their communities.

Written by Cherelle Belairy HPC 29/0759

# Building Seychelles' Mental Health Workforce

To address the growing demand for mental health professionals, the **Rotaract Club of Mahé and Mental Health Services** recently hosted a two-day career workshop. The event, held on June 12th and 13th, 2025, aimed to inspire students to pursue careers in mental health and support the Ministry of Health's goal of improving mental health services.



The workshops targeted secondary and post-secondary students, introducing them to a variety of roles beyond psychologists and psychiatrists, such as **social workers, counselors, and psychiatric nurses**. The goal was to increase career awareness, reduce the stigma around mental health, and help students make informed decisions about their future studies.

Interactive sessions and a panel discussion led by professionals gave participants a clear look at the skills and educational pathways needed. A job fair was also held, allowing attendees to explore and even apply for positions on the spot.



The event saw strong participation from students and teachers from schools across different regions, including the **University of Seychelles** and the **School of Advanced Level Studies**. This wide-reaching interest highlights the community's dedication to improving mental well-being.



This initiative is a significant step toward creating a robust, well-trained mental health workforce, paving the way for a healthier and more prosperous Seychelles.



# #AfricaEducatesHer Campaign – AU CIEFFA Field Visit in Seychelles

From 16–18 July 2025, the AU CIEFFA conducted a 3-day field visit to Seychelles as part of its monitoring and evaluation of the #AfricaEducatesHer Campaign. The delegation, which included representatives from Côte d'Ivoire and campaign consultants, met with local stakeholders and NGOs to assess progress in girls' education since the campaign's launch in October 2024. The Africa Educates Her – Prudent Project is now active in all secondary schools, with plans to expand to primary and post-secondary levels. On Thursday, 17 July, an introductory workshop on gender-responsive education was held for educators, psychologists, and policy makers in education. This session created a valuable space for shared learning—especially for psychologists, who gained deeper insight into how gender dynamics affect learners' mental health, identity development, and classroom engagement.



*Written by Marie Antoine Bethew HPC 15/0393*

The visit revealed that Seychelles has made commendable progress toward inclusive and equitable education, with strong institutional commitment and community involvement. Yet, achieving truly gender-transformative education requires more than access—it demands a deeper look at policy strategies, curriculum reform, and sustained investment in gender-responsive practices. The workshop reinforced the importance of integrating psychosocial support and gender awareness into education systems. As the #AfricaEducatesHer Campaign continues, Seychelles is well-positioned to lead by example in creating learning environments where every child, especially girls, can thrive.

## Promoting Mental Health and Future Careers at Beau Vallon Secondary School

The NARS team, in collaboration with mental health and healthcare professionals, recently made a significant impact during Careers Week at Beau Vallon Secondary School. Their successful mental health awareness event was designed to promote understanding, encourage open conversations about emotional well-being, and inspire students to consider careers in mental health and nursing.

The event featured a range of engaging activities:

- **Interactive Exhibition Booth:** The team hosted a booth with educational materials and guidance. They answered questions and provided support, helping to demystify mental health and highlight career paths in the healthcare field.
- **"Answer the Question" Activity:** Students and staff were invited to write down what mental health means to them and place their answers in a sealed box. The responses will be reviewed by the mental health team to gain valuable insights into the school's perceptions of the topic.
- **Awareness Walk:** The event also included an on-campus awareness walk, demonstrating a shared commitment to prioritizing mental health.

The initiative was met with a positive response from both students and staff, who showed strong engagement. The "Answer the Question" activity, in particular, was a major highlight, encouraging honest self-reflection. Several students expressed an interest in exploring careers in healthcare, showing the event's potential to influence future career choices. Teachers also recognized the event's importance, noting the growing need to address mental health challenges within the school community. This successful event highlights the value of proactive education and dialogue in creating a supportive school environment.

*Written by Sophie Preira (HPC22/0913)*



# Adventure to Vallee des Fruits: “A Holistic Approach to Rehabilitation”

As part of our ongoing efforts to support the rehabilitation and well-being of our clients, the custodians and psychosocial team organized a therapeutic outing to *Vallée des Fruits* on March 21st, located in the serene hills of *La Misère*. The activity was designed to encourage healing through nature, movement, and meaningful social interaction.

Surrounded by lush greenery and fresh mountain air, the clients enjoyed a refreshing hike along the nature trail. The scenic views of the valley, coupled with the tranquil sounds of birds and rustling leaves, created a calming environment that fostered relaxation and mindfulness.



The visit to Vallée des Fruits not only promoted physical activity but also helped strengthen connections—with nature, with others, and with themselves. The therapeutic outing was a resounding success and highlighted the importance of holistic approaches in rehabilitation.



Throughout the walk, clients engaged in reflective and engaging conversations with each other and with members of the custodial and psychosocial teams. These exchanges offered a valuable opportunity for emotional expression and peer support in a natural, non-clinical setting.



Such activities continue to play a vital role in helping our clients rebuild confidence, develop coping strategies, and reintegrate positively into the community.

DSAPTR Provisional Psychologist – Camella Hoareau  
HPC21/0823

## **Upcoming Events!**

CPD: Friday 29th August 2025- SITE Auditorium, 2pm

Safeguarding our Children Online by Mr. San Finesse and Ms. Cherelle Belairy from NCC

Participate in HPC SWOT analysis Survey follow the [Link](#)

# A Focus on Senior Wellness: Mental Health Talk for Seychellois and Rodriguais Senior Citizens

On Wednesday, July 2nd, the Mental Health Services team hosted a talk for Seychellois and Rodriguais senior citizens, focusing on mental health for active aging. Organized by the Chairperson of Senior Citizens Seychelles, the event aimed to boost the well-being of the elderly in our community.

The team, which included a Medical Registrar, a Senior Mental Health Nurse, a Clinical Neuropsychologist, a Provisional Psychologist, and a Social Worker, discussed how their different roles contribute to providing comprehensive care for seniors. They emphasized the crucial link between physical and mental health, highlighting its importance for a healthy and fulfilling life.

Attendees had the opportunity to voice their concerns and ask questions during an engaging Q&A session. A cognitive screening tool was also used with the participants. The session concluded with a presentation and discussion led by a member of the local Alzheimer's Association, providing valuable information on this critical topic.

This collaborative talk was a significant step toward ensuring our senior citizens have the knowledge and support they need for healthy aging.



*Written by Sophie Preira (HPC22/0913)*

## MHPN CPD Review: The Journey of School Counsellors

The recent CPD session led by Ms. Lindy Legras was both insightful and inspiring. Ms. Legras shared a heartfelt presentation detailing her personal journey as a school counsellor, giving participants a deep understanding of the realities, growth, and passion behind the role. She also shed light on the broader work of her colleagues, with special mention of Sally and the various programmes and interventions being implemented within their school to support students' well-being and development.

Following the presentation, a dynamic panel discussion was held, moderated by Mrs. Marie-Antoine Bethew. The panel included Mrs. Bernadette Laurence from Beau Vallon Secondary, Ms. Legras herself, and Mrs. Monica from Takamaka Primary. The discussion centred on the counsellors' motivations for joining the profession, key challenges they face in their daily work, and one meaningful achievement from their careers that stands out.

The session offered a valuable platform for reflection, exchange of ideas, and recognition of the critical role school counsellors play in the education system. It was a well-structured and enriching experience for all attendees.



*Written by Marie Antoine Bethew HPC 15/0393*

Thank you for reading and contributing! Stay connected, share your activities, and let's continue to grow together. See you at the next CPD!"

**Produced by the MHPN CPD Team**