

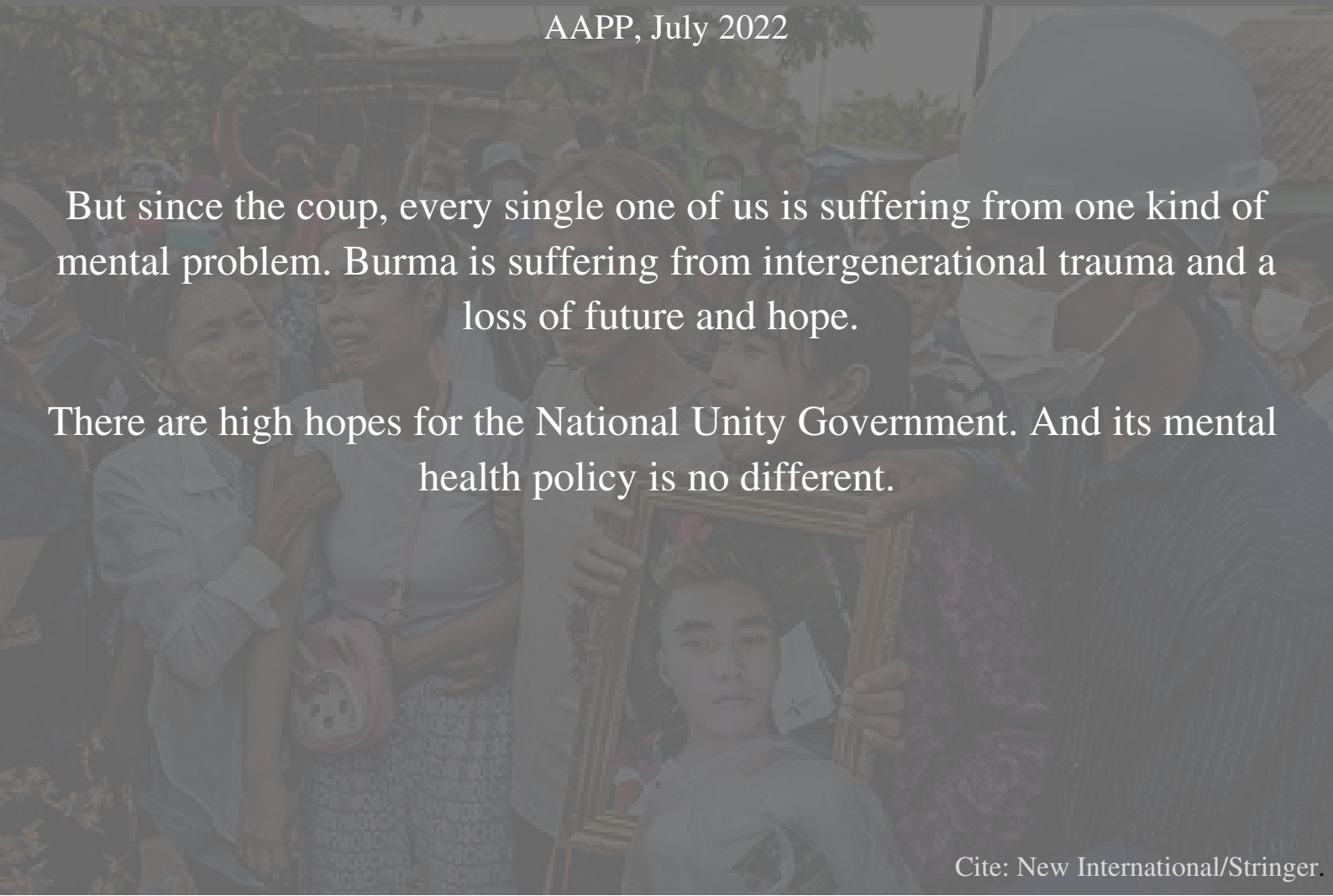


Burma is a fundamentally traumatized society

AAPP, July 2022

But since the coup, every single one of us is suffering from one kind of mental problem. Burma is suffering from intergenerational trauma and a loss of future and hope.

There are high hopes for the National Unity Government. And its mental health policy is no different.



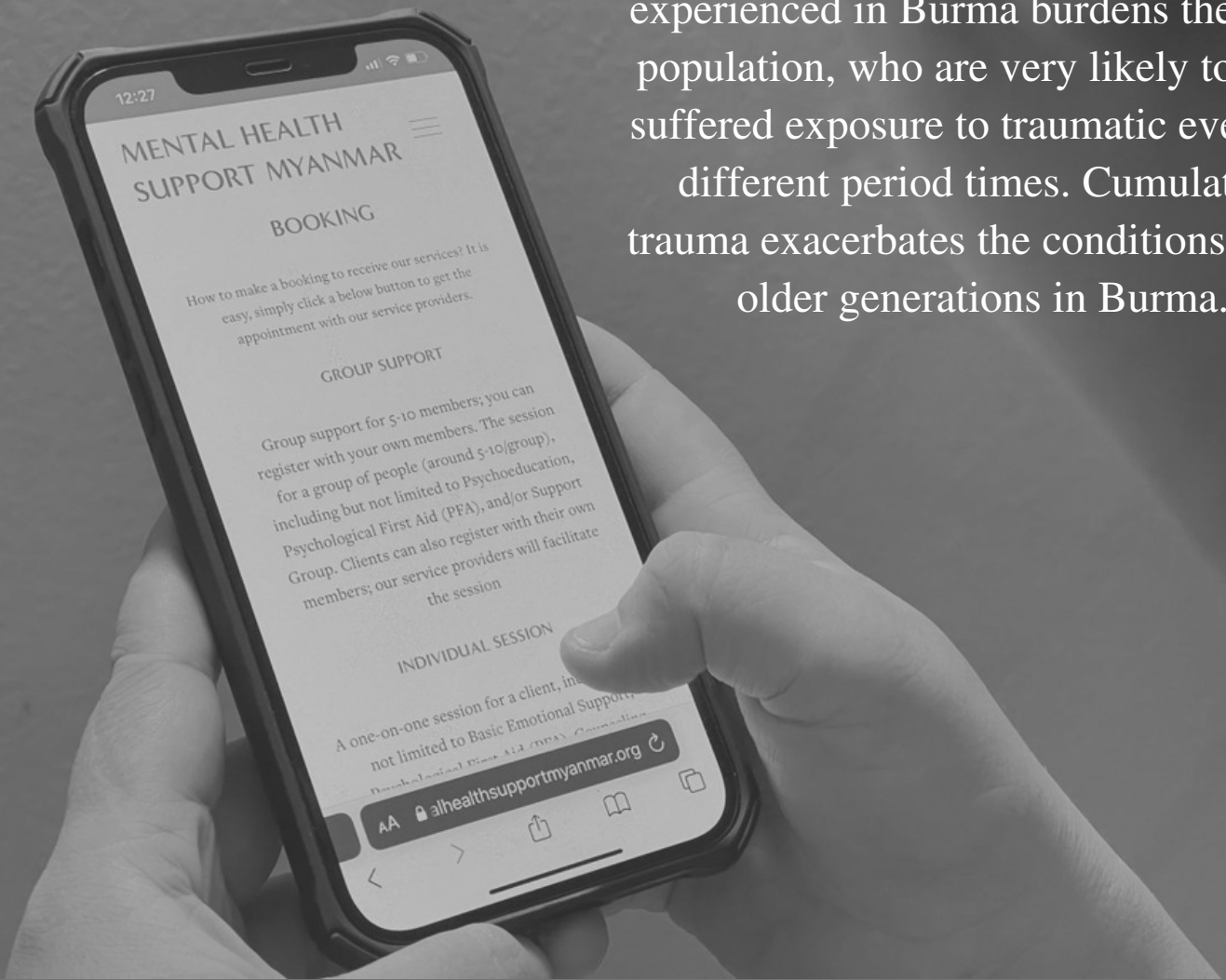
Widespread attacks, including torture, sexual assault, looting, arson, and the effects of displacement will have long term implications for one's mental health. Breakdown in social services, governance, and drastic levels of unemployment are also causing acute stress and worry.

Delivering violence, even when in self-defense, leaves a trace within individuals and affects mental health. Likewise, watching a neighbor getting arrested by the junta and publicly beaten generates fear and insecurity within the whole community. This can translate into unmanaged anger -and less patience, that can derive in verbal or physical violence-, or isolation -and disruption of social ties, and potential depression.

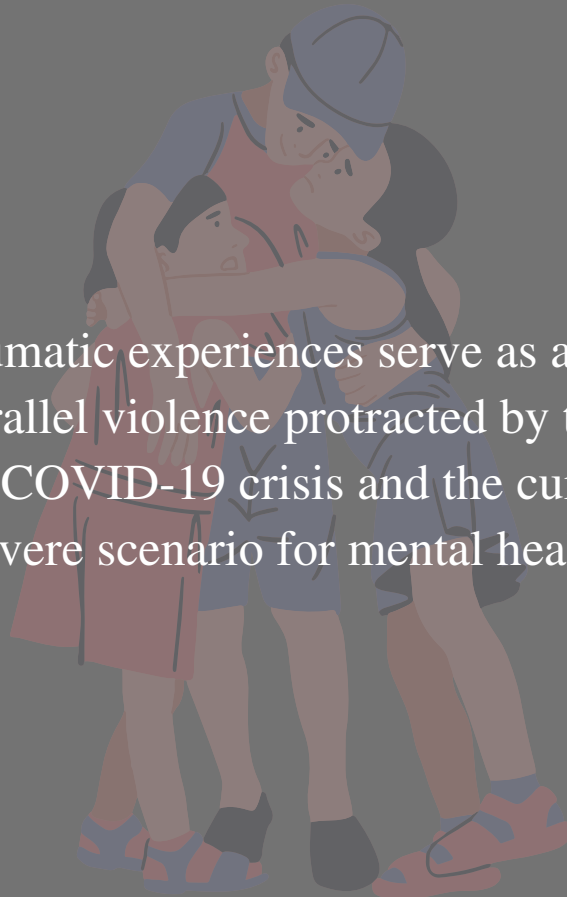
AAPP Mental Health Awareness and Self-care Training



The history of violence and instability experienced in Burma burdens the older population, who are very likely to have suffered exposure to traumatic events in different period times. Cumulative trauma exacerbates the conditions of the older generations in Burma.

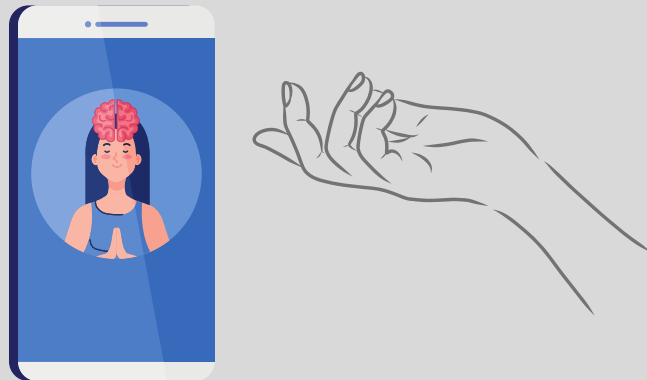


These previous traumatic experiences serve as a mirror of what is yet to come. The unparalleled violence protracted by the junta, summed up to the effects of the COVID-19 crisis and the cumulative trauma, set a tremendously severe scenario for mental health in the country.



Request from National Unity Government, international donors and foreign governments:

- Provide more mental health services - facilities and training upgrades, increased efforts in rural areas.



- Frame mental health services under a comprehensive mental health policy.



- Tackle stigmatization around mental health in all forms and across the country and its social divides.

