

Donate to the 10 Mind Aid charities to help people with mental illness in developing countries!

People are suffering horribly with mental illness in developing countries with no help at all.

But you can help change this!

The 10 charities are described below. They use models of **basic mental health care** that are low-cost, proven effective and scalable!

How do these models work? The charities work with a community, hand-select certain people living there with some pre-existing skills, and teach them how to deliver basic mental health care to others in their community! There are variations of these models.

Learn more about basic mental health care here:

<https://www.youtube.com/watch?v=yzm4gpAKrBk&list=PLLXG5EJxOvnTnDkJXD49zz2pgdU4DsDnX&index=3>

Also check out #BreakTheChains at www.hrw.org/BreakTheChains. This initiative helps unshackle people with mental illness. **There are 100,000s of people with mental illness who are actually kept in chains in 60 countries.**

- The son of actor/comedian Robin Williams, Zak Williams, is helping to promote this, as is Hollywood actress Allison Janney, and Special Olympics founder Tim Shriver.
- At #BreakTheChains you can sign a pledge to help them take action on this cause, as well as get tools/videos you can share on social media to help spread awareness.

The 10 charities are:

- 1) **CBM UK** at www.cbmuk.org
 - works in a number of countries
 - gives mental health care and helps out with other humanitarian issues as well
 - CBM UK has merged with BasicNeeds. BasicNeeds was established in 2000 by Chris Underhill and has chapters in a number of countries, including one in the US. In the

merger, the head branch of BasicNeeds was absorbed into CBM UK, but the separate chapters of BasicNeeds stayed the same and kept the BasicNeeds name and logo. The chapters still exist and the largest one is in the US (www.basicneedsus.org)

2) **Partners in Health** at www.pih.org

- works in a number of countries
- gives mental health care and helps out with other humanitarian issues as well
- there is also a Canadian branch of PIH (www.pihcanada.org)
- **ex-US President Bill Clinton** has endorsed the work of PIH
(https://www.youtube.com/watch?v=El_I4UZaQNY&list=PLLXG5EJxOvnSys0681Mb57a5tSd6w2K8S)
- **the band Arcade Fire** has endorsed the work of PIH
(https://www.youtube.com/watch?v=_6ozFfE_Im4&list=PLLXG5EJxOvnSys0681Mb57a5tSd6w2K8S&index=2)

3) **BasicNeeds US** at www.basicneedsus.org

- works in Uganda, Kenya, Ghana, Laos and others
- see more about BasicNeeds above in this list (under CBM UK)
- **the head branch of BasicNeeds received \$1 million in 2017 from Riot Games, the creator of the massively popular video game, "League of Legends"**. The gamers could vote for 3 nonprofits to receive the money and they voted for BasicNeeds. This was a huge win for mental health in developing countries.

4) **StrongMinds** at www.strongminds.org

- works in Africa
- **Hollywood actress Ashley Judd** narrated a promo video for StrongMinds!
(<https://www.youtube.com/watch?v=-6cvPhDx2jY&list=PLLXG5EJxOvnSys0681Mb57a5tSd6w2K8S&index=5>)

5) **Finemind** at www.afinemind.org

- works in Uganda
- **Hollywood actor Forest Whitaker (of "Star Wars")** is working with Finemind through the Whitaker Peace and Development Initiative. (www.wpdi.org)

6) **The MINDS Foundation** at www.mindsfoundation.org

- works in India

- video from the MINDS Foundation:
<https://www.youtube.com/watch?v=J89L80N45wM&list=PLLXG5EJxOvnTmSqd1kZUxqiMERugO7eYF&index=5>
- 7) **Psych Corps Ghana** at www.psychcorpsghana.com
- uses lay counseling to help bridge the mental health treatment gap
 - trains psychology graduates for community mental health services to individuals, families, and institutions
 - established in 2012, PCG posts 45-60 graduates every year
- 8) **BasicNeeds Ghana** at <https://basicneedsghana.org>
- works in Ghana
 - see more about BasicNeeds above in this list (under CBM UK)
 - works with UK Aid and Comic Relief
 - has benefitted 100,000+ people with mental health care since 2002
- 9) **BasicNeeds Kenya** at <https://basicneedskenya.org>
- works in Kenya
 - see more about BasicNeeds in this list (under CBM UK)
 - helped 90,000+ people with mental health care
 - reached 1,800,00 youth (aged 18-35 years) with mental health awareness and anti-stigma messages
- 10) **Trauma Recovery Yoga Global (TRY Global)** at www.tryglobal.org
- based in the Kurdistan region of Iraq, the Try Global Team serves survivors of genocide, orphans, refugees, and more
 - in 2023 will also be working in Ukraine, Lebanon, and Baghdad
 - uses yoga based in trauma recovery to help vulnerable people in war-torn/poor areas
 - Mobile Crisis Response Team (CRT) deploys to areas around the world impacted by disaster to share these tools with people who need them the most

If you want to donate to one (or more) of these charities, consider making smaller monthly donations instead of a larger one-time donation. Monthly donations allow charities to help balance their budgets and plan more easily for the year. They are predictable sources of funding instead of one-time donations coming in randomly throughout the year.

Large companies, like Netflix, Amazon, and many more, have figured out this monthly subscription model works very well. Scott Harrison, who gives clean water to developing countries at www.charitywater.org, highly promotes this monthly model to those wanting to donate to his charity.

Also, smaller monthly donations are easier on **your** wallet. **Some of the charities accept donations as little as \$3/month on their websites.** That's only \$36/year. If you don't have much money but still want to help, this makes it possible for you to do so. For \$36/year, that could give someone roughly 2 months of basic mental health care through BasicNeeds US, for example.

If you want to put on your own fundraiser for one of the nonprofits, this would be wonderful! Do an Internet search for "ideas for fundraisers" and you will see hundreds of types of fundraisers show up.

Still wondering whether you should donate or not? Check out Martin Seligman's TED talk about **how helping other people has been proven to be the best factor to get long-term life satisfaction.** Watch it here: <https://www.youtube.com/watch?v=9FBxfd7DL3E>