Afghanistan’s Silent Mental Health Crisis

He carried his sister’s lamp high over the mountain to escape the Taliban. Bullets flew around him and her blood stained his clothes.

For decades of armed conflict, many Afghans who have suffered endured in that country’s four-decades of armed conflict, but their story should resonate with many Afghans who have suffered and have been traumatized and have experienced depression, and anxiety, or post-traumatic stress. They can have a disaster impact on people’s mental health and the well-being of their relatives and friends. Despite this, the government only spends about US$0.26 per capita in mental health, out of $3 to $4 per cap in U.S. International donors have not been heavily in health services but focused their attention... (More on P4).