



Story of Change: Arlia Hassan Ali (Mental Health Paraprofessional Trainee)

Arlia is a 23-year-old woman a beneficiary of the mental health Para-professional training in the last three quarters. She lives with parents. Arlia Hassan family is very open, so she is used to having minimal freedom. This meant she had no enough time to hang out with her friends. She had to give up her social life and some other liberties to concentrate into traditional family responsibilities. There were ongoing conflicts in the family due to the lifestyle differences between Arlia Hassan family and her neighbours. Arlia was frequently subjected to violence. Arlia suffered from severe depression as a result of this situation. She complained about a lack of sleep at night, a lack of interest in family life, and a lack of involvement in housework. Arlia had made several unsuccessful attempts to run away from home to get her freedom.

Arlia attended the Mental Health Para-professional Training and was counselled and trained by the lead trainer and supervisor. Her Trainers also invited her parents to a few counselling sessions because she was dealing with a family issue.

Arlia Hassan life has improved as a result of the training and counselling she and her parents received. Her parents decided that they would relocate and begin a new life in their own home. They started a small business as a family. The society began to reconsider the situation after witnessing Arlia and her family's strong relationship. They are now behaving properly around Arlia. Her family appears to be changing their mind and becoming more optimistic about Arlia Hassan chance to study, and she hopes to begin her college studies soon.