

PEACE OF MIND

FOUNDATION

Seeking to spread hope, PoM is working to provide mental health assistance to children traumatized from war, violence and forced displacement.

About Peace of Mind Foundation

Peace of Mind Foundation is an NGO established in 2022 to provide mental health relief to war-traumatized children. We exist to provide relief and restore hope for young people affected by conflict, giving them the tools they need to work through darkness and despair.

We find, fund and facilitate front-line organisations treating children through art (and) therapy. By practicing artistic expression, children can explore and navigate their traumatic experiences, addressing emotional issues through a creative outlet. The healing power of this process can be profound. Art therapy can help to improve or restore a child's functioning and his or her sense of personal well-being and to overcome symptoms such as anxiety, anger and behavioral difficulties.

The goals of PoM Foundation are to:

(1) support trauma healing and mental health and reduce learning blockages to allow children from war zones and other unstable environments to reach their full potential in life;

(2) inspire children that are affected by loss, shock and trauma through arts and other creative outlets and support them in dealing with trauma and other mental health issues;

(3) raise awareness of the importance of mental health and contribute to collective healing and peacebuilding through individual reduction of trauma and resentments to foster more peaceful and resilient societies.

Mission

Providing mental health relief to children traumatized from war through the healing powers of art (and) therapy.



Vision

A world in which it's possible for all children to overcome crisis-inflicted trauma, and achieve their full potential in life.

In order to provide relief to children affected by post-traumatic stress and other mental health issues, Peace of Mind works across 3 pillars:

PILLAR 1

Identifying and funding suitable partners to facilitate (art) therapy for affected children and supporting capacity development initiatives such as training of trainers and development of guidance and training tools and materials;

PILLAR 2

Raising awareness for the importance of healing the trauma of children affected by war, conflict and displacement;

PILLAR 3

Supporting young artists from war and conflict affected regions.

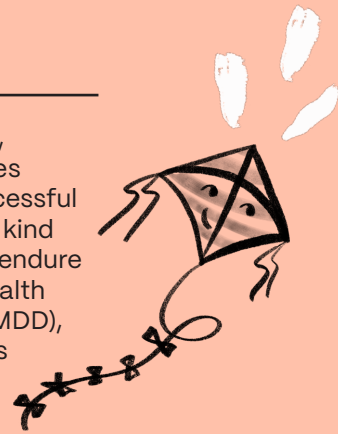
Primary beneficiaries of PoM Foundation are children from conflict and crisis settings, priority will be given to children affected by the conflict in Afghanistan, Syria, Ukraine, Yemen, Rohingya crisis, as well as children affected by the activities of Boko Haram in Northern Nigeria and neighboring countries, but activities can also be designed to target children who arrive in Europe illegally with their parents and are traumatized from the migration process or were victims of separation from their parents.

About Children's Mental Health

The exposure of children to conflict, violence, displacement and other traumatic experiences leads to long-term effects and barriers to successful transitions to adulthood. Daily exposure to the kind of traumatic events that children in war zones endure will likely lead to a rise in long-term mental health disorders such as major depressive disorder (MDD), separation anxiety disorder (SAD), overanxious disorder (OAD) – and post-traumatic stress disorder (PTSD).

Even when the conflict is over or they have reached safety, many children remain filled with rage, aggression, guilt, and learning-disorders. Studies have found that children's psychological and physical well-being are interlinked: a continuous state of toxic stress has negative and enduring consequences on cognitive development and emotional regulation. The prolonged activation of stress hormones in early childhood can reduce neural connections in areas of the brain dedicated to learning and reasoning, affecting children's abilities to perform academically and professionally later in life.

Given the large numbers of children currently affected by war, violence and conflict, more action is needed to provide healing and stress reduction opportunities to support the re-integration of affected children in regular learning environments, enable them to overcome their trauma and allow their minds to heal. It is important to offer the best relief possible to address acute psychological and psychosomatic needs, and to prevent and reduce long-term consequences.



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