

"Rural Sri Lankan Village Launches Mental Health Support Group"

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Galle, Sri Lanka - The village of Galle made headlines by launching its own mental health support group. Comprised of local volunteers and community leaders, the group organized regular meetings and educational sessions to foster open discussions about mental health. Residents shared their experiences, coping strategies, and offered support to one another. This grassroots initiative has since become a model for other rural communities in Sri Lanka, emphasizing the importance of community-based support in addressing mental health issues.

