

Association "Skalbes"

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What is Skalbes?

The beginning of organisation is 1997 when one group of enthusiastic people on volunteer bases founded a NGO Crisis hot – line. Main goal of the organisation was to provide new service for our country at that time – psychological help for people in crisis situations. The Crisis hot-line expanded the activities and NGO Crisis Center "Skalbes" was founded in 1999. Since 2004 the name of the organization is Association "Skalbes". The main service provider within the Association is Crisis and Consultations' centre „Skalbes."

Our goal:

We aim at strengthening psychological public well-being and mental health, as well as understanding about human rights and humanism, and to promote individual rights and potentials to receive sufficient help in crisis situations.

Our main activities:

- Professional psychological help for persons in crisis situation. This service is supported by Riga's Municipality since establishing the Crisis and consultation Centre "Skalbes" in 1999. Crisis Telephone line 7222922 is available every day from 9.00 to 22.00, offering psychological consultations and information about aid available in Latvia. Year 2008, we provided 1703 face to face consultation to 614 clients, 2287 consultations by phone and answered 1121 informative calls.

- Education of society and other professionals on such topics as: domestic violence, child abuse, crisis intervention basic principles, accidents and sudden traumatic events, mental health, victims rights.

- Support groups for women who suffer from domestic violence.
- Twice a year trainings for Crisis helpline volunteers
- Participation in Policy making activities:
 - Task Group for Elaboration of the National Social Inclusion Plan for 2006 – 2008

- Social inclusion policy coordination committee, organised by Latvian Welfare Ministry
- Conferences and round tables
- National and European networks:
 - MHE focal point in Latvia
 - Wave (women against violence Europe) focal point in Latvia
 - Civic Alliance-Latvia
 - Latvian Gender Equality Alliance
 - Organization of Latvian Anti-poverty network

Projects:

- "Intervention in the cycle of Violence: prevention, protection and support services for children survivors or witnesses of domestic violence", EC IBPP, 2005 - 2007
- "Creating bullying free schools in Lithuania and Latvia", EC Daphne programme, 2006-2008
- "MIND" – How to understand family conflicts in order not to make victims", EC Daphne program, 2007-2008
- Join the Net IV, EC Daphne program, 2009-2010
- Empower the victim, Teach the boss!, ES Daphne program, 2009-2010
- Two minds, EC Daphne program, 2009-2010
- STEPS (Strengthening Engagement in Public health Research), EC FP7, 2009-2010

Skalbes as MHE National Focal Point in Latvia 2008.

- In 2008 Skalbes made the report on Latvia's National Strategy Report on Social Protection and Social Inclusion 2008 – 2010
- Taking part in Social inclusion policy coordination committee, organised by Latvian Welfare Ministry, where MHE values was mentioned and stressed questions of rights for people with mental health disabilities. For example, the question about easy access to state institutions web pages – that they should be in easy readable language for people with mental health disabilities.