



COMMIT AND ACT FOUNDATION

Commit and Act Foundation (CAF) was established in 2013 in Sierra Leone. To bring psychosocial support to people in conflict areas. The psychotherapeutic approach is Acceptance and Commitment Therapy (ACT), an evidence based behavioural method that has proved very effective in dealing with mental problems like: depression, anxiety, post-traumatic stress disorder, addiction, chronic pain, obesity etc. regardless of cultural, race, religion and location.

COMMIT AND ACT VISION STATEMENT



Our vision is that in the face of all circumstances, people choose to create and live their lives according to their values and empower others to do the same.

COMMIT AND ACT MISSION STATEMENT



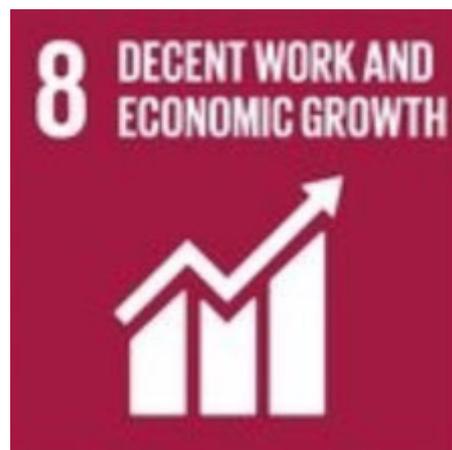
Our mission is to empower vulnerable populations in Post war countries. Providing science -based, culturally sensitive training for health workers ,Social Workers and other professionals. Shelter with medical and legal help to victims of violence, and doing scientific research to evaluate our services.

SUSTAINABLE DEVELOPMENT GOALS

We are working in line with following SDGs.











ORGANIZATION THEMATIC AREAS

1. Social Protection
2. Health
3. Education
4. Livelihood
5. Agriculture
6. Research

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Mit Facebook verbinden

Contact Information

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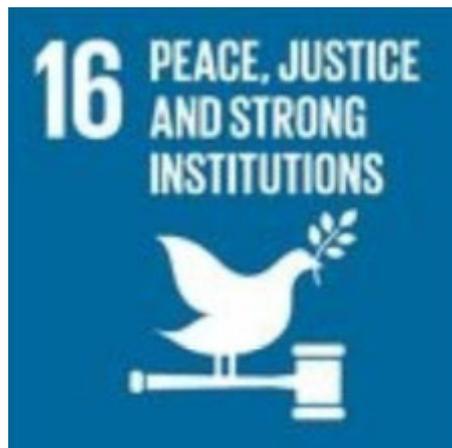
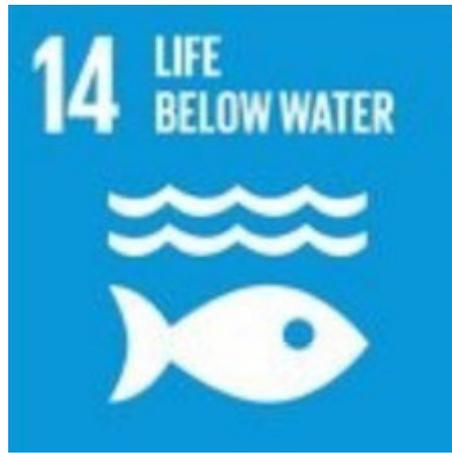
Sierra Leone

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OUR PROJECTS - OUR PARTNERS

Oneday Africa englisch commitandact



ACT and prosocial training

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Psycho-social support

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Girls Safehouse GBV

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Hope Shelter GBV

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Desert Flower FGM

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