



Gugu Shabalala is a trained mental health and psychosocial professional with 13 years of experience in the mental health sector. She focuses on rehabilitation and redress for human rights violations, including war, conflict, and torture, and the resulting impact of such on overall mental well-being of individuals, families, and communities.

“Providing direct services to those who are impacted by human rights violations, I have learned that human beings are capable, and have the potential for, immense resilience. But I also believe that this is only possible if we, as a continent and people, start investing in our mental well-being. We need to develop interventions that help each impacted individual in our society to achieve such resilience,” Gugu says.

Gugu currently works as a Senior Trauma and Psychosocial Professional for the Centre for the Study of Violence and Reconciliation based in South Africa. She provides direct counselling and builds capacity of other professionals to advocate for a psychosocial approach to rehabilitation.