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الجمعية المتكاملة
لعلاج الأزمات النفسية والاجتماعية
وتأهيل المدمنين

CAPSCT Digital Platform for Psychosocial Support Services



What is the CAPSCT Digital Mental Health Platform?

The CAPSCT Digital Platform for Psychosocial Support Services is the first free Arabic digital platform specialized in providing mental health services without discrimination. It was established by the Comprehensive Association for Psychological and Social Crisis Therapy (CAPSCT).

The CAPSCT platform contributes to bridging the gap in Arabic digital content in the field of Psychosocial Support Services by providing free, evidence-based psychological services and assessment tools in Arabic, within a scalable and sustainable digital model that serves Arab communities.

The organization's funding sources include self-financing mechanisms and internally generated resources to ensure sustainability and operational continuity. In addition, the organization receives support from international donors, including the British Embassy in Cairo, which contributes to the implementation and expansion of key programs and community-based interventions.

CAPSCT holds Special Consultative Status with the United Nations Economic and Social Council (ECOSOC), enabling the organization to contribute to international policy discussions and advance its mission at the global level.

A total of 215,211 consultations were delivered through the platform benefiting 87,019 women, girls, children, youth, and men from various Arab nationalities.

Social Impact of the
CAPSCT Platform

Digital Innovation of
the Platform

Features of the CAPSCT
Platform

Services Offered Through
the Platform

How the CAPSCT
Platform Works

Target Groups of the
Platform

CAPSCT Methodology

CAPSCT Methodology 1

The Comprehensive Association for Psychological and Social Crisis Therapy (CAPSCT) adopts a comprehensive and integrated methodology grounded in a human rights-based approach, non-discrimination, and equitable access to mental health and psychosocial support (MHPSS) services. The methodology combines direct community-based interventions with innovative digital solutions to ensure effective outreach to the most socially and economically vulnerable groups.

1. Needs Assessment and Identification : The methodology begins with an initial assessment of the psychological and social needs of target groups using scientifically validated psychological tools and Arabic-language assessment scales. This is complemented by community outreach through psychological convoys and field activities, ensuring that interventions are evidence-based and responsive to real community needs.

2. Evidence-Based Early Intervention: CAPSCT applies an early intervention model aimed at preventing the escalation of psychological crises. Free individual psychosocial support sessions are delivered by qualified specialists. Standardized pre- and post-intervention assessments are conducted to measure progress and evaluate service effectiveness.

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CAPSCT Methodology

CAPSCT Methodology 2

3. Digital Transformation and Service Accessibility: Services are delivered through the CAPSCT digital platform, an integrated digital model that enables secure and flexible appointment booking, confidential online consultations, and electronic case management. This system ensures full data protection, scalability, and long-term sustainability.

4. Quality Assurance and Monitoring: The methodology includes systematic case follow-up, beneficiary satisfaction assessments, and data analysis to measure social impact. Findings are used to continuously improve service quality and program effectiveness.

5. Capacity Building and Community Awareness: In addition to direct service provision, CAPSCT implements free awareness programs and specialized training courses for caregivers and community members. These initiatives promote mental health literacy, strengthen protective mechanisms, and build psychosocial resilience.

6. Sustainability and Partnerships: The organization operates through a blended funding model that combines self-financing mechanisms with support from international donors, while establishing strategic partnerships to expand outreach and ensure operational continuity.

This methodology ensures the delivery of safe, free, high-quality, and scalable mental health and psychosocial support services, reinforcing the right of all individuals to access care without discrimination.

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Why CAPSCT Platform?

Target Groups of the CAPSCT Digital Platform for Psychosocial Support Services

The Most Socially and Economically Vulnerable Groups

Youth

Children

Women and
girls

Men

Care
Providers

We reach our target groups through community-based psychological convoys organized by the Comprehensive Association for Psychological and Social Crisis Therapy (CAPSCT), which provide direct mental health and psychosocial support services in underserved and rural areas. These outreach activities enable us to engage vulnerable individuals and families in safe and accessible settings.

In addition, we utilize the organization's official social media platforms to raise awareness, share educational content, announce services, and maintain continuous communication with beneficiaries and the wider community, ensuring broader reach and sustained engagement.

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Why CAPSCT Platform?

How Does the CAPSCT Digital Platform for Psychosocial Support Services Work?

Receive a Confirmation
Email

Simple and Secure
Registration on the
Platform

Scheduling a Suitable
Appointment
(Day and Time)

Selection of the Type of
Consultation Needed

Providing Consultations
with Complete
Confidentiality

Sending the Session Link
to the User and the Care
Provider

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Why CAPSCT Platform?

Services Offered Through the CAPSCT Digital Platform for Psychosocial Support Services

All Services Are Provided Completely Free of Charge

- Free Individual Psychosocial Support Sessions
- Completely Free Psychological Consultations
- Implementation of Scientific Psychological Assessments in Arabic
- Case Follow-Up and Impact Measurement Before and After Intervention
- Flexible and Secure Digital Booking System
- Specialized Awareness Courses Offered for Free
- Free Training Programs for Care Providers

Social Impact of the
CAPSCT Platform

Digital Innovation of
the Platform

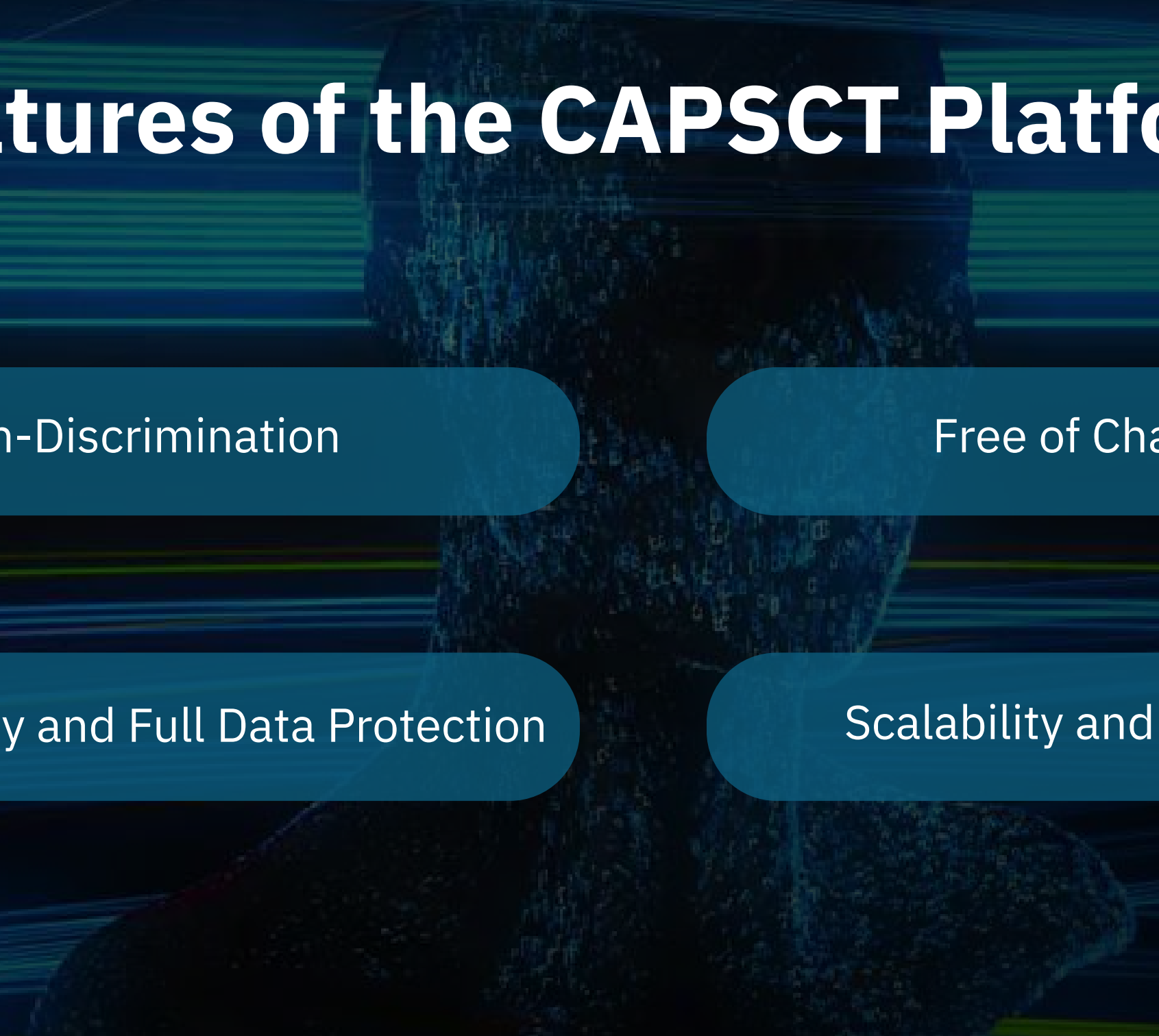
Features of the CAPSCT
Platform

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Why CAPSCT Platform?



Features of the CAPSCT Platform



Non-Discrimination

Free of Charge 100%

Confidentiality and Full Data Protection

Scalability and Sustainability

Social Impact of the
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Why CAPSCT Platform?



Digital Innovation of the CAPSCT Digital Platform for Psychosocial Support Services

Integration of Psychological Sessions and Scientific
Assessments into a Unified Digital System

An Integrated Arabic Digital Platform for Mental Health

Provision of Scientific Psychological Assessments in
Arabic, Free of Charge

Flexible and Secure Online Booking System Without
Account Creation

Digital Management of Sessions and Follow-Up with Full
Data Protection



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Social Impact of the CAPSCT Digital Platform for Psychosocial Support Services

Improving Access to Mental Health Services Without Discrimination

Early Intervention and Reducing the Worsening of Mental Disorders

Promoting Mental Health and Building Psychological and Social Resilience

Reducing Financial and Social Barriers to Accessing Support

Expanding the Reach of Mental Health Support Through Sustainable Digital Solutions

Our Social Media Platform Links



www.capsct.org



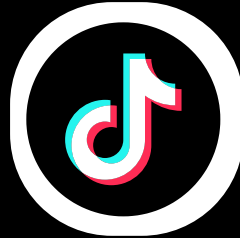
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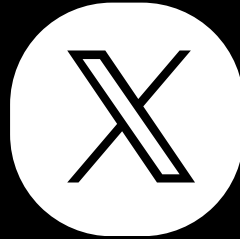
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The CAPSCT Digital Platform for Psychosocial Support Services is not just a digital platform; it is a comprehensive system that guarantees everyone's right to access safe, free, and high-quality psychological support.



Comprehensive Association for Psychological and Social Crisis Therapy (CAPSCT)



Project Analysis Report: CAPSCT Digital Platform for Psychosocial Support Services

Comprehensive Association for Psychological and Social Crisis Therapy



Project Analysis Report: CAPSCT Digital Platform for Psychosocial Support Services
Comprehensive Association for Psychological and Social Crisis Therapy
Registered under No. 4167 for the year 2020



Project Analysis Report: CAPSCT Digital Platform for Psychosocial Support Services

Comprehensive Association for Psychological and Social Crisis Therapy

Project Analysis Report: CAPSCT Digital Platform for Psychosocial Support Services

Period: February 2025 – December 2025 (11 months)

Project Type: Free Arabic digital platform + field psychosocial caravans

1) Key Quantitative Results:

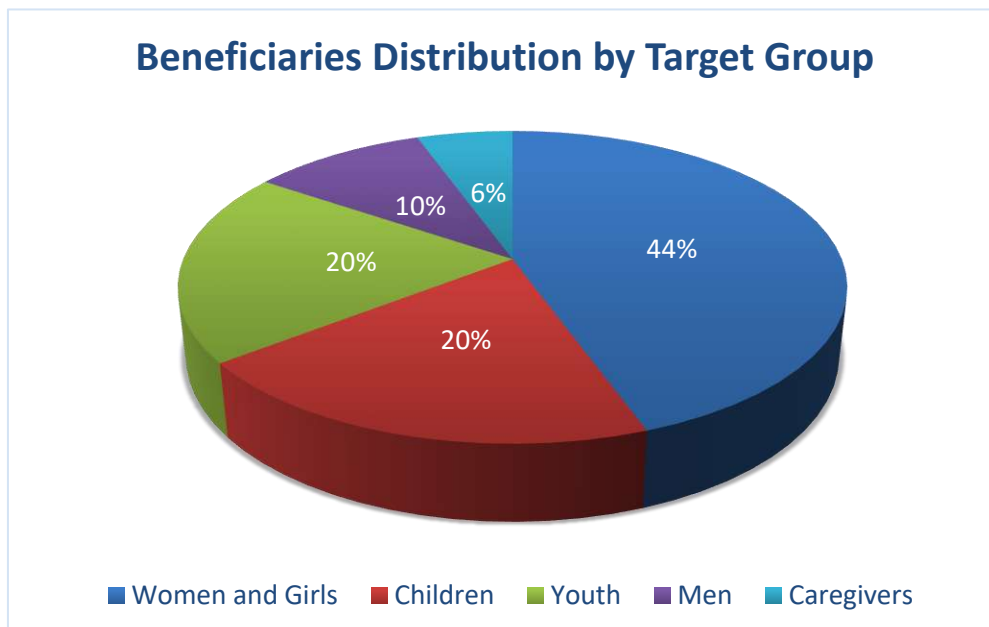
- Total consultations provided: 215,211
- Total beneficiaries: 87,019 individuals
- Growth rate: Steady increase over 11 months (starting from a low rate and rising as the platform spread)

2) Beneficiaries Distribution by Target Group (approximate analysis based on service nature):

Target Group	Percentage	Number of Beneficiaries	Analysis Notes
Women and Girls	44.5%	38,688	Highest percentage – most in need of support
Children	20%	17,404	Significant increase in anxiety and trauma cases
Youth	20%	17,404	Issues with education, employment, and stress
Men	10%	8,702	Lowest percentage due to stigma (but demand is increasing)
Caregivers	5.5%	4,821	Clear psychological and secondary fatigue

Analysis of Results:

The platform successfully reached over 87,000 people in less than one year, reflecting a huge gap in Arabic mental health services. Women and girls represent more than 44% of beneficiaries, confirming they are the most affected by violence and social pressures. Additionally, 40% of beneficiaries are children and youth, highlighting the importance of early interventions provided by the platform.





Project Analysis Report: CAPSCT Digital Platform for Psychosocial Support Services

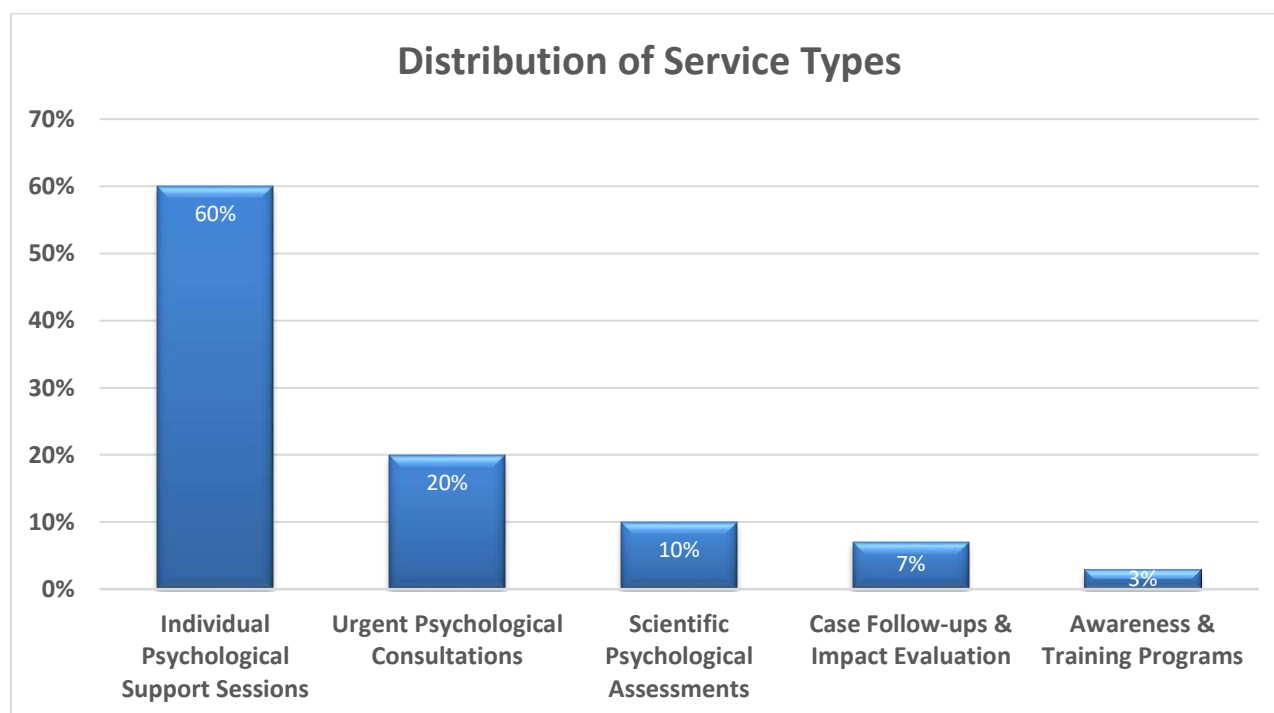
Comprehensive Association for Psychological and Social Crisis Therapy

3) Distribution of Service Types (from total 215,211 consultations):

Service Type	Percentage	Number of Consultations
Individual Psychological Support Sessions	60%	129,126
Urgent Psychological Consultations	20%	43,042
Scientific Psychological Assessments	10%	21,521
Case Follow-ups & Impact Evaluation	7%	15,065
Awareness & Training Programs	3%	6,457

Analysis of Results:

60% of consultations were ongoing individual sessions, indicating that beneficiaries need long-term support rather than one-off consultations. This confirms the success of the digital model in building continuous trust-based relationships with beneficiaries.





Project Analysis Report: CAPSCT Digital Platform for Psychosocial Support Services Comprehensive Association for Psychological and Social Crisis Therapy

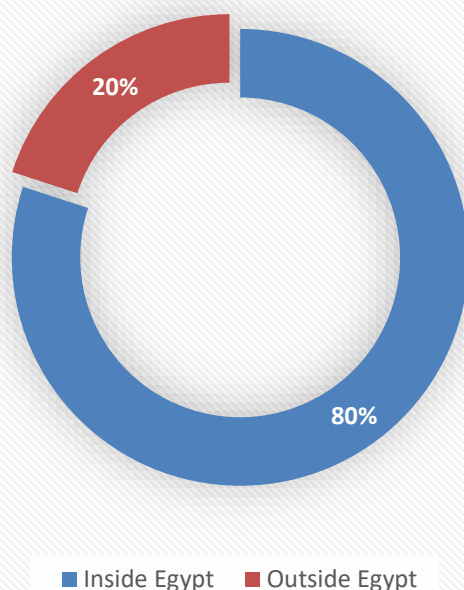
4) Beneficiaries' Distribution by Presence in Egypt (February 2025 – December 2025):

Country Presence	Number of Beneficiaries	Percentage	Access Method	Analysis Notes
Inside Egypt	69,615	80%	Digital + Field Caravans	Includes Egyptians and refugees
Outside Egypt	17,404	20%	Digital only (via platform)	Outside Egypt
Total	87,019	100%	-	-

Analysis of Results:

- 80% of beneficiaries are inside Egypt, including Egyptians and refugees from various nationalities, mostly Sudanese, Palestinian, and Syrian.
- 20% of beneficiaries came from other Arab countries via the digital platform only, demonstrating the digital model's success in reaching Arab communities beyond geographic borders.
- The platform successfully balanced local (field) and regional (digital) reach, one of the project's main strengths.

Beneficiaries' Distribution by Presence in Egypt





Project Analysis Report: CAPSCT Digital Platform for Psychosocial Support Services

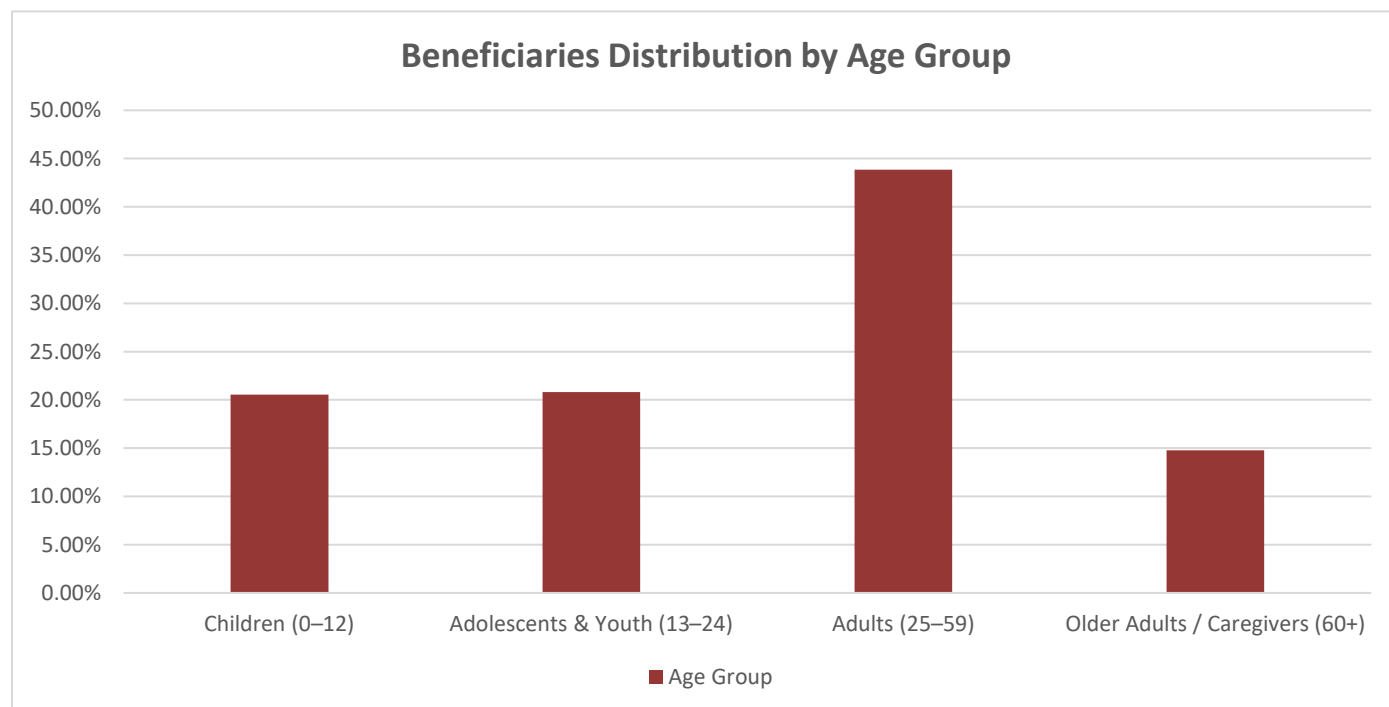
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5) Beneficiaries Distribution by Age Group:

Age Group	Number of Beneficiaries	Percentage	Notes
Children (0–12)	17,892	20.55%	Mainly refugees and vulnerable local children
Adolescents & Youth (13–24)	18,123	20.81%	Education & stress-related issues
Adults (25–59)	38,157	43.85%	Mostly women and girls affected by social pressures
Older Adults / Caregivers (60+)	12,847	14.79%	Includes caregivers experiencing burnout

Analysis:

- Children and youth together represent 41.36% of beneficiaries, highlighting the importance of early intervention.
- Adults are the largest group (43.85%), mainly women and girls, reflecting vulnerability to social pressures and gender-based violence.
- Older adults / caregivers account for 14.79%, showing clear need for psychosocial support and burnout mitigation.





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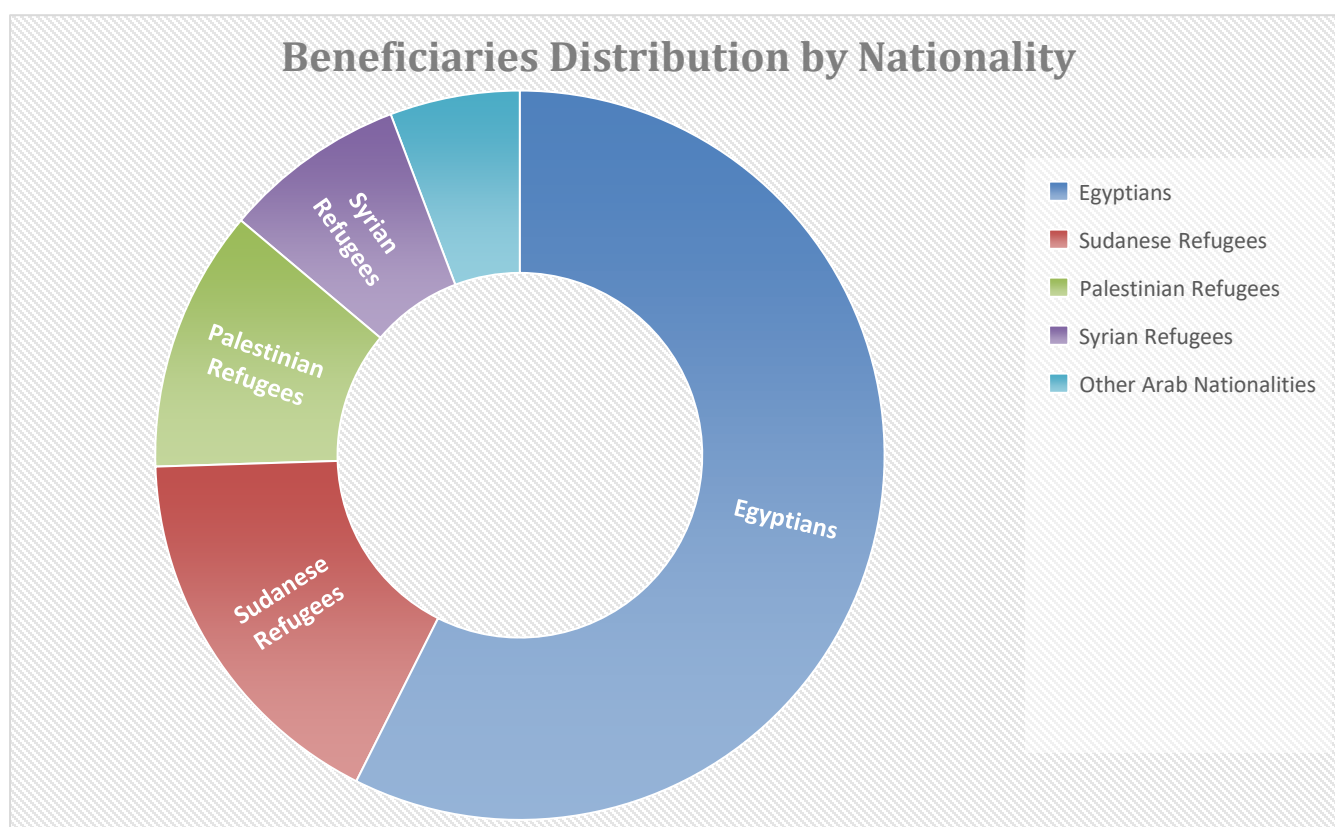
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6) Beneficiaries Distribution by Nationality:

Nationality	Number of Beneficiaries	Percentage	Notes
Egyptians	49,876	57.34%	Mainly women & Youth
Sudanese Refugees	14,872	17.08%	Mainly women & children
Palestinian Refugees	10,112	11.62%	Youth & adults seeking psychosocial support
Syrian Refugees	7,145	8.09%	Children & youth with trauma cases
Other Arab Nationalities	5,014	5.76%	Accessed digital services only

Analysis:

- Egyptians are 57.34% of beneficiaries, showing strong local reach.
- Refugees and other Arab nationalities represent 42.66%, showing the platform's digital success in reaching populations outside Egypt.
- The platform balances local (field) and regional (digital) coverage, one of its main strengths.





Project Analysis Report: CAPSCT Digital Platform for Psychosocial Support Services Comprehensive Association for Psychological and Social Crisis Therapy

7) Social and Psychological Needs & Recommendations for Expansion in 2026:

First: Women and Girls:

- Intensify specialized sessions on gender-based violence (GBV).
- Link psychosocial support to economic empowerment programs.
- Establish a dedicated 24/7 hotline for GBV.

Second: Children and Youth:

- School and university programs to raise awareness on mental health.
- Develop digital content tailored for children and adolescents.

Third: Men:

- Intensive awareness campaigns to break stigma.
- Dedicated group sessions for men.

Fourth: Caregivers:

- Training programs to reduce psychological burnout.

General Recommendations:

- Launch a mobile app for the platform.
- Increase field caravans to 12 per year.
- Establish a hybrid center (digital + field) for specialized support.
- Expand partnerships with universities and governmental entities.

Conclusion:

The CAPSCT digital platform achieved a qualitative milestone by providing 215,211 consultations to 87,019 beneficiaries in just 11 months. Results confirm an enormous demand for free Arabic psychosocial support services and prove the success of the sustainable digital model in reaching the most vulnerable groups. The platform is not merely a project but a strategic step toward enhancing mental health in Arab communities.

Executive Director of the Association



Project Analysis Report: CAPSCT Digital Platform for Psychosocial Support Services

Comprehensive Association for Psychological and Social Crisis Therapy





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