

HUMANS FOR HUMANS

Annual Report

2024



a message from the founder

In 2024 we experienced the end of a cycle. We worked tirelessly for four years on a voluntary basis, committed to create impact, to connect people, to learn.

We are extremely proud of what we could accomplish and as a team of volunteers, and friends, we came together to organise our biggest project to date, the digital conference on "Mental Health & Human Trafficking".

At every step, we make sure we are staying true to our values and pursue our mission. The support and love we have received this year truly are inspiring and contagious.

Hope comes from establishing meaningful connections, and understanding how we are all linked. Like Malaika Oringo said, "no action is too small".

We have been supported by our incredible Advisory Board, by the AKO Foundation, and Tappin. This year we established partnerships to last, and we were able to give mental health support to more people.

"It's time for disruptive innovation in this field, for global conversations among peers and true collaboration between countries."

What a year it has been and what an uplifting mood the team had at the end of the year.

Another year of extreme gratitude and a renewed motivation to innovate and create impact!

Let's do it together, as Humans, for Humans.

Thank you,

Sara Pestana

Founder & Executive Director
HUMANS FOR HUMANS

who has been supporting us?

AKO Foundation

The AKO Foundation was established in 2013 by Nicolai Tangen, the founder of AKO Capital. They support charitable causes that improve education, promote the arts, or mitigate climate problems.

In 2023 and 2024 Humans for Humans was supported by the AKO Foundation.

They are also a main sponsor of our conference and their support has been crucial in improving and expanding our services.

The AKO Foundation has agreed to support us for another year!



"Tappin supplies everything you need to deliver engaging events to your participants. Tappin's event system covers everything you need for small, medium and large events of all kinds."

Tappin was an in-kind sponsor of the "Mental Health & Human Trafficking" Conference.

The Founder, Ingar Hagen, volunteered his time to manage the digital platform and the live event, which has allowed us to create a more dynamic event where people could connect.

With such a wonderful partnership, our work together won't stop here!

what we do

After the global pandemic, we see more demand for online services in the field of mental health. With the increasing global humanitarian crisis, we see a need for reinforced empathy and flexibility when supporting victims of violent crimes.

Our goal is to build a global network that can support survivors of human trafficking and the professionals who work on the frontlines of this crime.

Our work is developed by prioritizing the needs of our beneficiaries, the resources we have available, and the solutions that can be sustainable.

This year we focused on:

Awareness & Education

Mental Health Support

Digital Support Solutions

awareness & education

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digital support solutions

Network

awareness and education



AWARENESS & EDUCATION – CONFERENCE

conference

Mental Health & Human Trafficking



This conference is part of a larger plan to increase education and awareness about mental health and human trafficking and strengthen collaborations within the anti-trafficking community around the globe.

On November 7 and 8 we hosted the first global conference on “Mental Health & Human Trafficking”, a digital event that gathered speakers from Canada, USA, Mexico, Brazil, UK, Norway, Nigeria, Malawi, Tanzania, Portugal, and Nepal.

The speakers included survivors, frontline workers, mental health professionals, public defenders, law enforcement, and others.

In 2025, we will create an e-book that includes all the learning outcomes and questions and answers from the live event. We hope to translate this to many languages and make it available for free to everyone.

Why was such an event needed?

“The largest challenge facing the health care of trafficked persons is that providers often lack the training and education to care for this patient population.”

Coverdale, Gordon, & Nguyen, 2020 - ISBN 9781615373154

“Given the scale of the problem and concomitant harms, human trafficking and modern slavery should be treated as a global health concern.”

Kiss & Zimmerman, 2019 - <https://doi.org/10.1371/journal.pmed.1002740>

“Appropriate interventions and support services to address the multiple and serious medical needs, especially mental health, of trafficked people are urgently needed.”

Ottisova, et al. 2016 - DOI: 10.1017/S2045796016000135

“Clinicians should work with, learn from, and take the advice of survivors. Survivor-informed practices are key, and survivors should be paid for their expertise.”

Coverdale, Gordon, & Nguyen, 2020 - ISBN 9781615373154



AWARENESS & EDUCATION - CONFERENCE

conference

Mental Health & Human Trafficking

The "Mental Health & Human Trafficking" Conference was an extraordinary event that surpassed all expectations. It was a dream come true to gather with such a passionate and committed group of global experts and advocates.

Day 1: A Deep Dive into the Complexities of Trauma

We were honored to learn from renowned experts like Sandy Storm, Silvia Gurrola, Sarah Rees, Rupa Pradhan, Godfrey Mpandikizi, Patience Phiri, Ida Alexandra Ryen, and insightful panel discussions moderated by Ka Man Mak and Bárbara Burgos.

The conversations were truly inspiring, and we were left wanting more. We learned about the enduring nature of trauma caused by trafficking, the immense toll it takes on frontline workers, and the critical importance of building trust with survivors.

We also explored the power of survivor-centered approaches, the transformative potential of expressive writing, and the need for holistic care that respects cultural diversity and individual needs.

This conference has ignited a fire within us. Inspired by the words of Sandy Storm, "This is the reason why I get out of bed every day," we are committed to continuing this important work.

Together, as a community, we can make a difference. We can end human trafficking and empower survivors.

We extend our heartfelt gratitude to everyone who contributed to the success of this event. Your knowledge, passion, and dedication have left a lasting impact.

Day 2: Charting a Path Forward

On the second day, we were privileged to hear from Shirin Tinnesand, Brittany Dunn, Juliane Tabora, Joy Kingsley, and Kendra-Lee Mills. A thought-provoking panel discussion moderated by Astrid Sundberg focused on the crucial steps needed to address human trafficking.

We gained valuable insights into the vulnerabilities of Ukrainian refugees, the importance of collective action and survivor-informed approaches, the role of legal systems in protecting victims, and the significance of culturally-informed care.

We also learned about the imperative of involving survivors in decision-making processes and providing long-term support.

AWARENESS & EDUCATION - CONFERENCE

speakers and moderators



Sandy Storm
USA



Brittany Dunn
USA



Kendra Mills
Canada



Silvia Gurrola
Mexico



Juliane Taborda
Brazil



Sarah Rees
Albania/UK



Shirin Tinnesand
Norway



Ida Ryen
Norway



Rupa Pradhan
Nepal



Patience Phiri
Malawi



Joy Kingsley
Nigeria



Godfrey Mpandikizi
Tanzania



Ka Man Mak
Hong Kong / UK



Bárbara Burgos
Portugal



Astrid Sundberg
UK / Norway

Get the books from our speakers!



Sandy Storm
Learn the TRUTH about Human Trafficking

"The Navi Series" Trilogy explains what trafficking really looks like, how someone could become a victim, and why people remain trapped. Each story is based on events the author experienced, and because she survived, hope is infused on every page.

[Get the Trilogy.](#)



Bill Woolf and Brittany Dunn
"Eradicating Human Trafficking: A Transformative Approach through Collective Impact"

A groundbreaking work that delves into the complex world of human trafficking. This book is an essential resource for anyone committed to the fight against this global scourge. It skillfully blends in-depth research, real-world case studies, and practical solutions to offer a multi-faceted approach to eradicating human trafficking.

[Get the book](#)



Silvia Gurrola

The novel *La Dignidad Encarnada* is the story of a woman who was born in Africa, Zubaida, but it could be the story of any human being because it is the story of emotion: that of the discovery and fight for dignity. Here we find slavery, the use and abuse of power, AIDS, human trafficking, wars and the militarization of children, the utilitarian use of tribal beliefs and the struggle to escape from that condition by embodying dignity.

The Unthinkable Bond is a story of personal growth in which, through writing as a healing tool, a woman manages to overcome the difficulties of her life and find herself again. Both books are available only in Spanish.

[Get the books](#)

AWARENESS & EDUCATION - PODCAST

humans for humans podcast

A safe space where anyone can learn about human trafficking and mental health with experts.

Goals:

1. Increase awareness by providing a platform for experts and survivors to share their experiences and knowledge.
2. Destigmatize mental health and human trafficking by creating a safe space for open and honest discussion.
3. Promote understanding and empathy by exploring the topics with care
4. Empower listeners to take action to support survivors and prevent these issues.



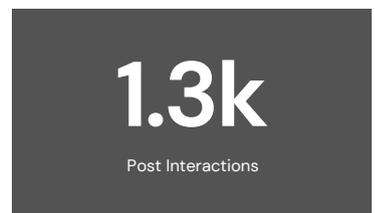
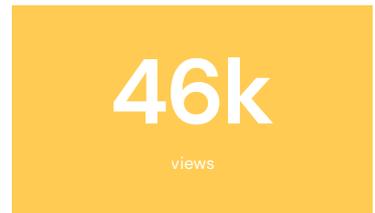
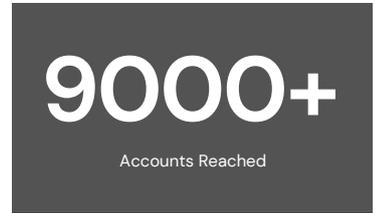
Social Media

We use our social media platforms to raise awareness about human trafficking by sharing educational content and resources.

There were no paid ads performed this year. Thus, we only have organic followers, and our audience is full of people who are engaged and support our work.

Our posts are both informative and educational.

We established a color code for our Instagram to help you find information more easily:



War and conflict offer hunting grounds for traffickers →

Human trafficking doesn't affect me →

Human Trafficking

We have started providing support for survivors from Portugal →

Keep going Keep growing

Mental Health

International Migrants Day →

Human Rights Day →

Human Rights

What is our plan to help survivors of human trafficking? →

Are you in Norway? You can donate with vopps 628342

Humans for Humans

humans for humans podcast

humans for humans podcast EP 1 introduction to human trafficking

Podcast

humans for humans conference Mental Health & Human Trafficking ONLINE EVENT 7 & 8 November 2024 TICKETS AVAILABLE LINK IN BIO

Why is this conference needed?

Conference

mental health support



“Mental health and human trafficking are inextricably linked.

Addressing the mental health needs of survivors is an essential part of efforts to combat human trafficking.”

WHAT WE DO: MENTAL HEALTH SUPPORT

Protocol with APF

In 2023, we established a protocol with APF to provide support for survivors of human trafficking and frontline workers.

APF is an anti-trafficking organisation that works from north to south of Portugal in different areas of intervention, such as identifying and rescuing victims; they have several protection houses; and support for survivors.

Our clinical psychologist, Inês Gonçalves, is a Portuguese therapist with several years of experience working in crisis intervention and formal education in trauma.

Under her leadership, our mental health team has been committed to supporting survivors of human trafficking through specialised, trauma-informed care.

As part of this project, we conducted team support sessions to strengthen the resilience and well-being of frontline workers while delivering individualised mental health care to survivors, including those living within the organisation's facilities and those navigating the transition to independent living.

As frontline workers are vital in survivors' recovery, and work with trauma on a daily basis, we conducted team sessions to:

1. Prevent burnout, compassion fatigue, and vicarious trauma.
2. Offer psychoeducation on trauma responses and self-care strategies to sustain resilience in high-stress environments.
3. Facilitate peer discussions and reflective practices to strengthen team cohesion and emotional processing.

With extremely positive feedback from all survivors and frontline workers, this project will continue in 2025 and both organisations will keep on making efforts to secure funds so this can be a long-term project.



Inês Gonçalves
Clinical Psychologist & ICF Certified Coach
Mental Health Director
at Humans for Humans

our care is

Long-term:

We understand that healing from the deep wounds takes time, so our support is ongoing and flexible, adapting to each survivor's unique pace of recovery. We avoid short-term "fixes" and prioritize long-term growth and resilience.

Survivor-centered:

We put survivors at the heart of everything we do. Their voices and choices guide their care plans. We create a safe and empowering environment where they feel heard, respected, and in control.

Culturally sensitive:

We acknowledge and respect the diverse cultural backgrounds of our clients. Our services are tailored to meet the unique cultural needs and preferences of each survivor. We strive to build trust and understanding across cultural boundaries.

In the client's mother tongue:

We believe in the importance of communication in the client's preferred language. Services are provided in the client's mother tongue, ensuring clear and effective communication. We prioritize language access to break down barriers and build trust.

Holistic:

We recognize that trauma impacts all areas of a survivor's life, and our support reflects this holistic understanding.

Trauma-Informed:

We understand the impact of trauma and strive to create a safe and supportive environment. We are trained in trauma-informed care principles, ensuring that all interactions are compassionate and respectful of survivors' experiences.

Confidential and Private:

We prioritize the confidentiality and privacy of all our clients. We create a safe and confidential space where survivors can share their experiences without fear of judgment or disclosure.

Collaborative:

We work closely with other organizations and professionals with whom we share knowledge and best practices. We believe in the power of collaboration to create a stronger support network for survivors.

Empowering and Hope-Oriented:

We believe in the resilience and strength of survivors. Our goal is to empower them to rebuild their lives, achieve their goals, and live fulfilling lives.

“We cannot talk about ending human trafficking without talking about the mental health of survivors. We must ensure that survivors have access to the support they need to heal and rebuild their lives.”

Anti-Slavery International, 2023 report “The Human Cost of Human Trafficking: The Voices of Survivors.”

“The mental health crisis among survivors of human trafficking is a hidden epidemic. We must shine a light on this issue and take action to address it.”

Polaris Project, 2023 report “The Human Trafficking Hotline: Annual Report.”

“By providing survivors with access to mental health services, we can help them to break the cycle of exploitation and violence and live fulfilling lives.”

International Organization for Migration (IOM), 2023 report “Mental Health and Well-being of Trafficked Persons: A Review of Evidence and Best Practices.”

digital support solutions



what comes next?



A safe space where professionals and survivors globally can connect, share and learn.

We truly believe that only through collaboration and more open communication can we end slavery.

This space will include



This project will be much more than we ever imagined so stay tuned for what is coming and subscribe to our newsletter to be the first to know!!

Subscribe to our newsletter

- Exclusive content and conversations with people who face the same everyday challenges that professionals do.
- People with a shared sense of compassion and who work in the same field.
- Practical, evidence-based solutions for the most difficult decisions.
- Opportunities to be seen and validate the experiences of others by exchanging stories, experiences, and ideas around our shared mission.
- Empathy and inspiration
- Access to the full recordings of the Digital Series and the Conference
- And much more

summary of activities 2024

30

Online Individual mental health support sessions for survivors

9

Frontline workers got monthly group sessions

4

Episodes Released of the Humans for Humans Podcast

+9000

Accounts reached through our social media

conference

Mental Health & Human Trafficking

15 Speakers & Moderators
13 Nationalities
Participants from all continents

Our team had a wonderful team-building session with [Mind Lab](#)

Talk with students from Høyskolen Kristiania in Oslo, about the ethical decisions we make working in this field.

The most important one being: we do not exploit survivors' stories.

PREVIOUS PROJECTS

Witness Projects

Witness Projects was a project developed from 2021 to 2023.

This was the umbrella project of solution-oriented Podcasts that aimed to tackle different issues experienced by minorities in Norway, from discrimination to domestic violence and other forms of abuse.

This project was the result of a collaboration between [Humans for Humans](#), [Caritas Norge](#), and [The Oslo Desk](#).

The three organisations intervene in different areas of supporting migrants and other minorities in Norway, and together, they aim to tackle these issues at a policy level, together with other service providers in the country.

You can still listen to all the amazing podcast episodes!



Listen [here](#)

She Witness targets women who are going through a domestic violence situation, professionals working with them in different areas of intervention and the entities responsible for policy-making and dissemination of information.



Listen [here](#)

They Witness is a solution-oriented podcast that invites dialogue to create concrete small steps of tackling discrimination in Norwegian society experienced by different minorities and vulnerable groups.

Impact Plan



2024

1. We need to listen to survivors. We need to understand their needs and create opportunities for them to be included in the design of the treatments provided post-trafficking.

2. For that, we will be organising a global **conference on “Mental Health & Human Trafficking”**. It is essential that mental health professionals learn about the specific needs of survivors.

3. With the knowledge gathered in this conference, we will compile an e-book with all the learning outcomes and Q&As from the event. This e-book will be available for free to anyone in the world.

4. We will launch our **network**, where professionals fighting human trafficking connect, share and learn. Here, we will include all the educational videos, forums, and other useful resources.

5. To keep on raising awareness and growing our community, we will launch the **Humans for Humans Podcast**, where we will interview professionals and have dialogues about our line of work.

2025

6. Develop a program for supporting frontline workers. We aim to support more teams, as the well-being of these professionals has a direct impact on the care they provide for survivors.

7. From the learning outcomes of the past years, we will start developing training programs for mental health professionals and for university students.

later
on

8. With more professionals trained on the specific needs of survivors of human trafficking, we want to build up our network and be able to support more survivors.

the
goal

9. We aim to build a workforce of global professionals that we can connect with survivors anywhere. We want to make mental health a priority and make sure everyone gets access to adequate care,

Financial Statement

Description	Debit	Credit
Donations		3,204.99 kr
Grant from AKO Foundation		360,000.00 kr
Conference "Mental Health & Human Trafficking"		
Grant from AKO Foundation		100,000.00 kr
Ticket Sale		5,938.38 kr
Honoraries	-6,000.00 kr	
Speaker fee	-82,551.51 kr	
Tappin AS	-37,500.00 kr	
Outsourced		
Professional Fees	-324,000.00 kr	
Software Licenses		
Website	-9,476.14 kr	
Other Expenses		
Bank Account Fees	-1,041.00 kr	
Summary		
Balance end of 2023		3,626.40 kr
Total Income 2024		469,143.37 kr
Total Expenses 2024	-460,568.65 kr	
Account Balance end 2024*		12,201.12 kr
<small>*The AKO Foundation transferred 410,000 NOK to Humans for Humans in December 2024 which is a grant for 2025 and will be included in the financial report of 2025</small>		

ways to support us

make a donation

Account Number: 12546317461
Name: Humans for Humans

IBAN: NO6712546317461
Cultura Bank BIC / SWIFT: CULTNOK1



**You can also donate with Vipps:
628342**

free ways of helping



Share our work



Volunteer with us



Connect us with
interested people
and companies

Ending slavery is everyone's responsibility.

**We are not
B2B or B2C,
we are H2H.**



**thank you for
your support!**

HUMANS FOR HUMANS

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