

## Footsteps to Freedom from Sri Lanka, 2018

August 9, 2018 / Sri Lanka

We highlight this month our LifeLine International member from Sri Lanka CCCLine -1333 recently completed an inspirational campaign called **“Footsteps to Freedom”** with the intention to connect deeply with people around Sri Lanka and to empower individuals and communities to break free from the stigma and shame surrounding mental health problems.

Ranil Thilakaratne, Manager of CCCLine-1333 explains,

*“ We walked over 1460 kilometres in 73 days, holding over 100 planned sessions and many more unplanned including one on one counselling sessions. Being able to help people who were suicidal even as we spoke to them. Often we had no proper place to stay, or food to eat, a place to sleep or a toilet to use or a place to wash and there were days when I thought I cant go on. But each time I thought not today, there is some one that needs to be saved. When I started this walk, NOT one person thought I would complete this walk, everyone thought I would turn back. I was not fit, I was 124.5 kilograms and I lost 15 kilograms along the way. But I did not walk to lose weight, I walked to save lives. But yes I walked and yes we did it “*

Ranil was accompanied on this life-changing walk by his colleagues Nivendra Uduman, a Counseling Psychologist and Sara Nazoor, a trainee Psychologist.







CCline – provides a free telephone counselling service that provides emotional support and guidance. They are available 24 hours per day, 7 days a week.

People of all ages are encouraged to call CCline if they are experiencing difficulties due to domestic violence, family disputes, relationship and marital problems, sexual abuse, workplace issues, drug and alcohol issues, child abuse, mental health concerns, bullying at school or workplace, examinations and study pressures, dealing with the death of a loved one, personal issues or any concerns affecting their emotional wellbeing.

CCline aims to empower their callers by supporting them to better understand their issues and come up with their own solution to their problems.

CCline believes that freedom comes from empowerment and with this passion they are building strong communities and working towards a more resilient Sri Lanka.

For more information, please visit [www.CCline.org](http://www.CCline.org)