



## A Year of Growth, Learning and Care

By the CEO of the National Council for Children  
Mrs. Yasmin Umarji

When I reflect on the work of the National Council for Children over the past year, I feel an incredible sense of pride. Every statistic we collect represents something far more meaningful than numbers, it represents a child who was supported, a parent who was empowered, or a community that became more aware of how to protect and nurture its young people.

At NCC, our work focuses on two important areas: therapeutic support and training and awareness. Over the past three years, both areas have continued to evolve as we respond to the needs of children in Seychelles.

### Supporting Children Through Therapy

Our Therapy Section continues to provide vital support for children who are facing emotional, behavioural, and social challenges. While the number of children seen in 2025 was slightly lower than in 2024, this was largely due to fewer referrals from Social Services following the return of their therapist.

However, the data across the past three years shows something very positive: a strong conversion from referrals to actual therapeutic intervention. This means that when children are referred, they are successfully accessing the help they need.

One trend we continue to observe is that more boys are referred for therapy than girls, highlighting the importance of ensuring that boys are supported in developing emotional regulation and coping skills.



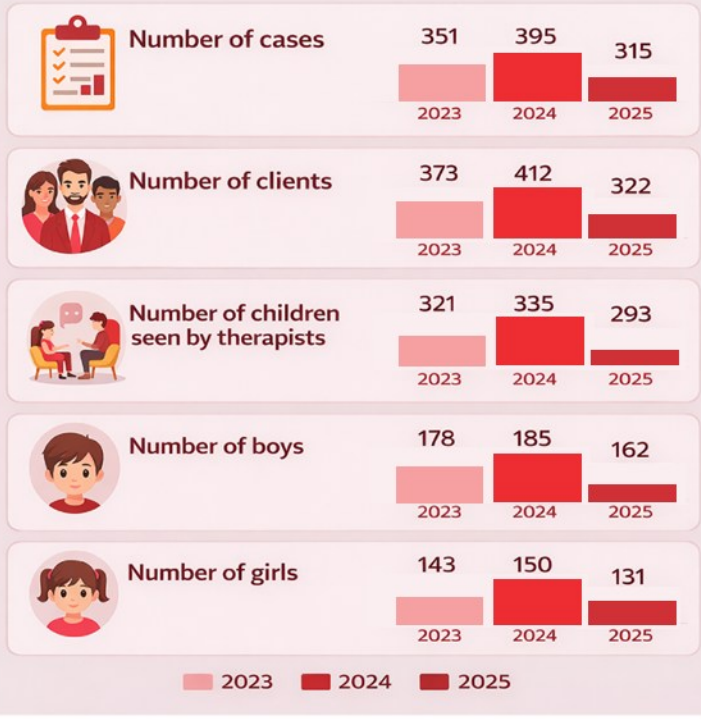
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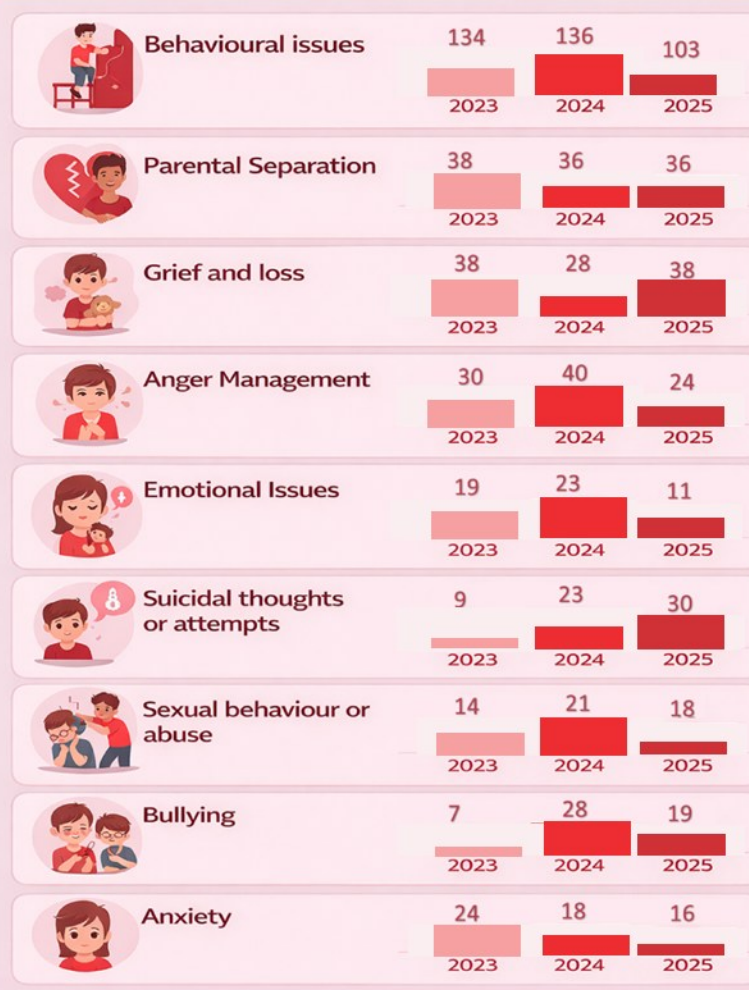
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# Annual Stats



# Reason to Hope

## Most Presenting Concerns



Another key insight from our therapists is that behavioural challenges remain the most common concern among children and adolescents. These issues often relate to self-regulation, coping mechanisms, and conduct both at home and in school environments.

At the same time, we have observed a notable increase in high-risk cases, including children experiencing suicidal thoughts or attempts. This trend is deeply concerning and reminds us that children today face complex pressures.

Many of these pressures stem from external influences such as:

- Family instability
- Social pressures
- School environments
- Emotional stressors



These realities reinforce why early intervention, supportive families, and strong communities are essential for protecting children's well-being.



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# Building Stronger Communities Through Training

While therapy focuses on supporting children directly, our Training Section focuses on prevention and awareness.

Over the past few years, we have significantly expanded our training and education initiatives.

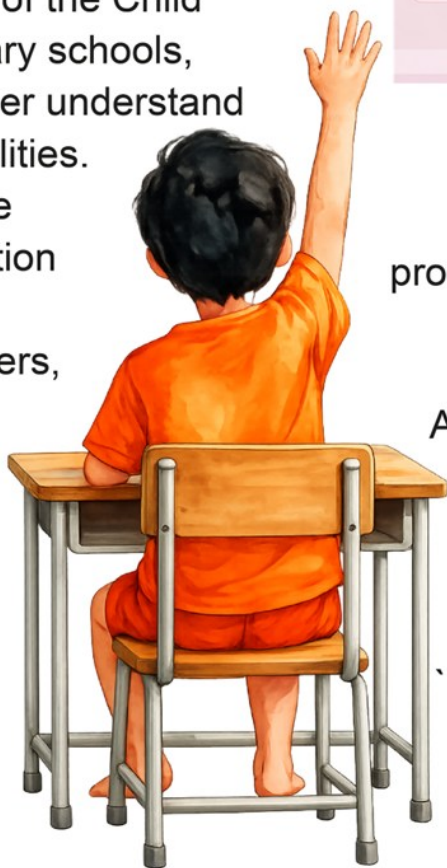
Between 2023 and 2025, NCC introduced and scaled several programmes designed to strengthen safeguarding knowledge across the country.

One of the highlights has been the strong participation of Primary 6 students in safeguarding education programmes, ensuring that children understand their rights and how to seek help.

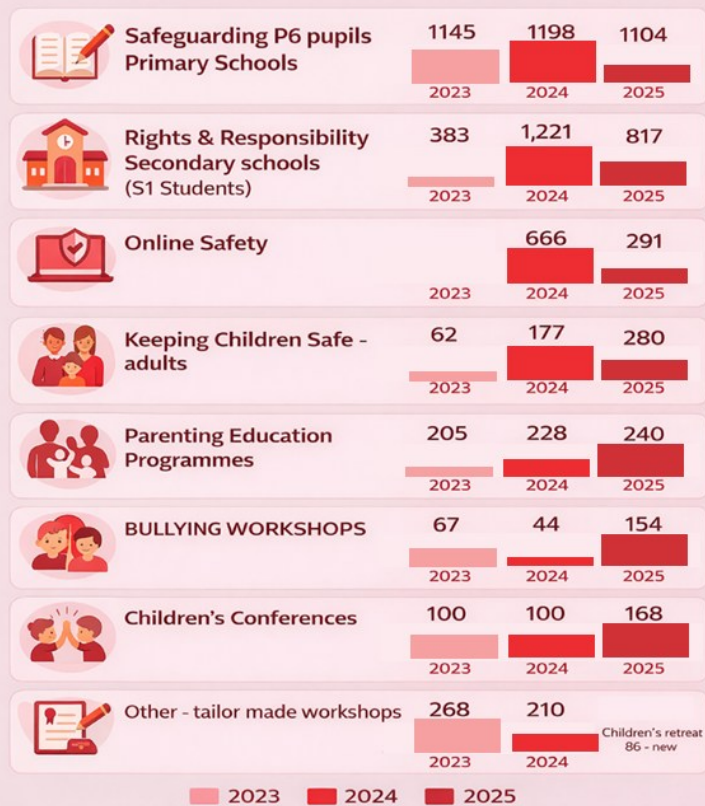
We have also successfully expanded education on the United Nations Convention on the Rights of the Child (UNCRC) across secondary schools, helping young people better understand their rights and responsibilities.

At the same time, we have begun shifting more attention toward training adults, including parents, caregivers, and professionals who work with children.

This shift reflects an important reality: Protecting children is not only the responsibility of institutions, it requires the involvement of the entire community



## Data from NCC Training Section 2025



These initiatives allow us to engage children, families, and communities in meaningful conversations about protection, well-being, and empowerment.

### Innovation and Looking Ahead

Another exciting development has been the introduction of new and innovative programmes. From online safety awareness to children's retreats and conferences, we continue to explore creative ways to engage young people and provide safe spaces where their voices can be heard.



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Some workshops have naturally evolved or been replaced by more specialised programmes. This is part of our commitment to ensuring that our work remains relevant, impactful, and responsive to emerging challenges.

## Every Child Matters

At NCC, we are constantly reminded that behind every programme, every training session, and every therapy appointment is a child whose life can be positively influenced through care, support, and understanding.

As CEO, I remain deeply committed to strengthening the systems that protect children in Seychelles and ensuring that every child has the opportunity to grow in a safe and nurturing environment. Together with families, schools, communities, and partner organisations we can continue building a society where every child feels supported, valued, and heard.

Saviez-vous que nous avons du personnel francophone ?  
Voici Mme Karine Trioullier.

En tant que psychologue clinicienne au Conseil National pour l'Enfance, je consacre mon expertise à accompagner les enfants de Praslin et leurs familles. Mon rôle consiste à les soutenir dans leur développement éducatif et à les aider à surmonter les troubles qui peuvent entraver leur épanouissement. Rejoindre le Conseil National pour l'Enfance a été bien plus qu'une étape marquante de ma carrière, ce fut une rencontre avec une vocation, et l'opportunité de mettre mes compétences au service d'une cause qui me tient à cœur : le bien-être et l'avenir des enfants.

Mon intégration au sein du ncc a été extrêmement positive, dès mon arrivée j'ai été touchée par l'accueil chaleureux et l'engagement de l'équipe et notre collaboration a renforcé ma conviction que le travail d'équipe est essentiel pour accompagner les enfants.

En tant que francophone, j'ai découvert une richesse supplémentaire dans la culture et la langue seychelloises. Cette immersion a nourri ma pratique, m'aidant à développer une approche adaptée aux besoins spécifiques des familles seychelloises tout en valorisant la richesse de mon patrimoine linguistique.



Au quotidien, c'est l'espoir qui guide mes actions : l'espoir de voir chaque enfant grandir en confiance, malgré les obstacles. Après 20 années au service du NCC, je suis plus convaincue que jamais que l'écoute, la patience et l'empathie sont les clés d'un accompagnement bienveillant et efficace. Et c'est avec ces valeurs en cœur que je continue, chaque jour, à semer des graines d'espoir et de résilience. Mon engagement quotidien est guidé par la l'espoir de voir chaque enfant s'épanouir, malgré les défis. Ces 20 années au service du ncc ont renforcé ma conviction que l'écoute, la patience et l'empathie sont les piliers d'un accompagnement réussi.



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# National Council for Children

Hey what about the fun stuff we did?



# Festival Zanfana



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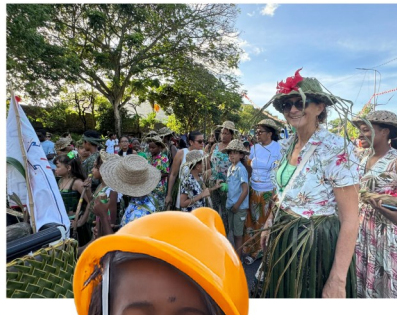


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# Music Show at Paradis des enfants



# National Council for Children Carnival



# Children's Bazaar



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