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Dr. Carmen Valle-Trabadelo is a Technical Advisor on Mental Health and Psychosocial Support (MHPSS) working at the Red Cross Red Crescent Movement MHPSS Hub. Carmen is a psychologist with over 20 years' experience in mental health in academia, directing specialised services, and in development and humanitarian work, where she has implemented and coordinated MHPSS responses in over 30 humanitarian contexts.