

The Challenge



1 out of 4 people will have a mental health disorder in their life time. **1/2** of all mental disorders begin by the age of 14. **12-29%** prevalence rates of childhood disorders are reported in primary care facilities in Uganda, with most attended to at severe level. Low mental health literacy, and, learned attitudes & beliefs about mental health prevent children from seeking help when they need it, and limit caregivers' response to their needs.

Therefore delaying early identification and effective treatment which can lead to lifelong impairment, tremendous negative social consequences like isolation, discrimination and economic consequences.

The Wellness

Project

AIM: to empower children to thrive, benefit from their education, support and influence each other's help seeking behavior towards mental health challenges while promoting awareness and mental wellbeing in their community.



Patron Training

Training to respond to Mental health challenges & facilitate awareness activities in schools



Wellness Club

Mental Health Awareness activities in Schools



Interactive Sessions

3

student interactive sessions per school with psychologist

1

teacher sharing session per school



Community Activities

- School club Mental health awareness activities in community
- Community Run to raise awareness about mental health issues



IMPACT

By engaging students and teachers,

- Reduce stigma, increase children's knowledge & coping skills of, how to act when they or others are faced with a mental health challenge.
- Increase teachers knowledge and ability to support students help seeking behavior for challenges.
- Provide school patron ability to respond appropriately to children's mental health challenges, facilitate school awareness activities.

The Wellness Project will increase community awareness, provide MH intervention information, and preventative action therefore improving wellbeing of the community.



By WELLNESS PSYCHOLOGICAL SERVICES