



FACT SHEET

The Youth Mental Health Project



SOS CHILDREN'S VILLAGES

Introduction:

This fact sheet provides an overview of The Youth Mental Health Project, an initiative led by Mental Health Uganda (MHU) and SOS Children's Village Uganda. The project aims to strengthen youths' rights to education and health.

PROJECTS OVERVIEW:

- **Project Name:** Youth Mental Health Project
- **Funded by:** Operation Days Work (ODW)
- **Lead Organizations:** Mental Health Uganda (MHU) and SOS Children's Villages Uganda
- **Target Districts:** Gulu and Wakiso, Uganda
- **Implementation Model:** Peer-to-Peer support

Focus Areas:

1. Normalizing mental health conversations, reducing stigma and discrimination
2. Promoting accessible psychosocial support in schools

Key Statistics

State of Mental Health among school going youth (13-19 years)

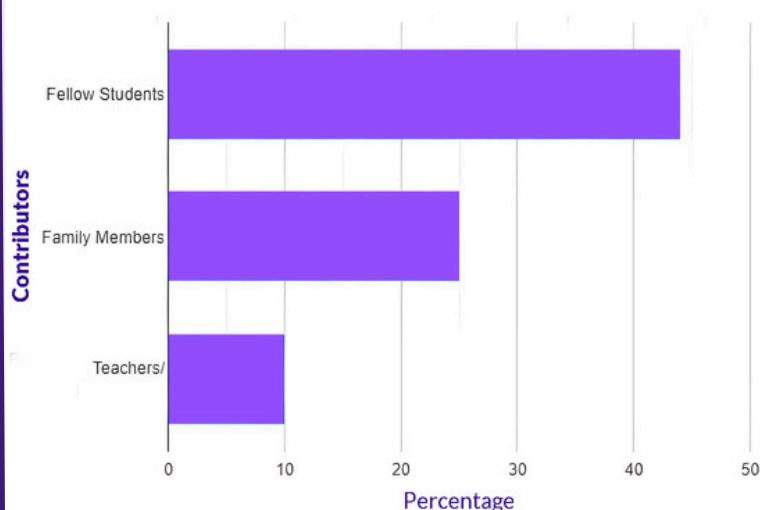
64%

experienced a mental health challenge since the COVID-19 pandemic.

20% experienced suicidal thoughts.

36% experienced prolonged sadness.

Contributors to Mental Health issues Among School going Youth



PROJECT RESULTS:

Outcome. 1: Normalizing Mental Health Conversations

- School-based awareness campaigns using music, dance, drama, poetry, and IEC materials aimed at reaching the entire school community with mental health awareness information. Over **10,000** students, teachers and school administrators have been reached.
- Installation of talking compounds and posters with mental health messages to promote student awareness on mental health, risk factors for developing mental health problems and coping skills.

- Ran essay writing competitions on mental health topics to promote student’s knowledge and awareness of mental health and mental health conditions through research and writing and enrich the school libraries with reading materials on mental health for students to access.
- Held radio talk shows on CBS FM, Capital FM, and Mega FM in Gulu to raise mental health awareness at the community level. The shows have reached over **100,000** people.
- Created safe spaces in schools equipped with mental health literature, board games, and IEC materials for students to relax, meditate, play and freely discuss mental health challenges.

Outcome. 2: Promoting Accessible Psychosocial Support

i). Mental Health Champions:



ii). Mentor Champions:



iii). Referral:

- Mapped mental health service providers to facilitate effective referral
- Developed a simplified inventory, displayed prominently in key places
- Established linkages to key actors, especially the MHU toll-free helpline for professional tele-therapy