

THE COMMUNITY MENTAL HEALTH HANDBOOK

Second Edition 2023



normalising mental health conversations



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Mission

To create a unified voice of people that influences the provision of required services and opportunities for people with psychosocial disabilities in Uganda.

Vision

People with psychosocial disabilities in society are embraced with respect and enjoy their human rights as other citizens.

PREFACE

Mental Health Uganda (MHU), is an indigenous, Non - Government, membership-based Disabled People’s Organization, established in 1997 and formally registered as a National NGO in 2001.

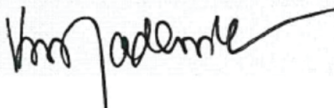
Our establishment was in response to the overwhelming marginalization, isolation and abuse of rights of persons with psycho-social disabilities/users of psychiatry services, and their families. Our mission is “to create a unified voice that influences the provision of required services and opportunities, in favor of people with and survivors of mental illness in Uganda”. To contribute to this mission, we have done lots of advocacy work on rights of persons with a lived experience of mental health problems. However, the gaps remain appalling. Stigma remains

According to the World Health Organization (WHO) “the COVID-19 pandemic disrupted or halted critical mental health services in 93% of countries worldwide and yet the demand for mental health services is increasing”. While the demand keeps increasing, awareness on mental health or disability for that matter, is still so low. As a consequence, so many affected people are unable to receive timely support and care due to a lack of knowledge. The knowledge lag has never been as prominent as has been since lock down. In a KAP survey conducted by MHU in Jinja City, 2023, 52% of households have suffered from mental health conditions, with minimal access to professional help.

As a response, we have partnered with Voice, to produce this second edition of the community handbook as contribution towards amplifying messages on mental health in Jinja City using the innovative Social Contact Approach.

Our experiences have shown that conversations change lives.

We wish you a good and fruitful reading



Derrick Kizza Mbuga.
Executive Director

FOREWORD

Close to 1 billion people are living with a mental health problem, 3 million people die every year from the harmful use of alcohol and one person dies every 40 seconds by suicide yet, few people around the world have access to quality mental health services. While access remains a major challenge, many mental health cases that we see are a consequence of a lack of understanding of mental health or mental illness for that matter. If communities had a fair understanding of mental health, we would have early detection and management of mental illnesses.

This handbook has come in so handy especially now that the impact of **COVID-19** on people's mental well-being has been so immense across the world, not only for those with pre-existing conditions but also created depression, anxiety and many have died, even more so here in Uganda. A document like this has been long overdue and I am so grateful to Mental Health Uganda for making this possible. Mental health has always been an area of great stigma and sharing information in communities will create a shift in attitudes because mental health challenges can affect any one of us and the impacts of COVID-19 make it even more likely.

I call upon all partners to support efforts that address the enormous mental health burden that we have as we draw towards community mental health care, to try and bring services closer to the people, while at the same time working through existing community structures to strengthen the existing clinical arm.

There is no health without mental health.



Dr. Hasfa Lukwata

Ag. Commissioner Health Services
Mental Health and Control of Substance Abuse
Ministry of Health



INTRODUCTION

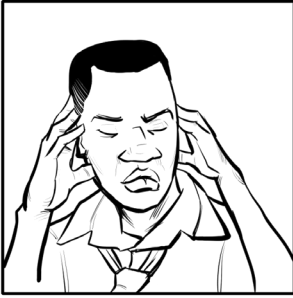
The general wellbeing of everyone greatly depends on their mental health. Mental health is just as important as physical health. However, majority of people ignore their mental health and do not take it as a priority and as a result, so many silently suffer from mental health problems. There are also a number of myths and negative perceptions on mental health problems in most societies. These negative perceptions have led to discrimination, stigmatization and the violation of the rights of those with mental health problems. Such negative perceptions need to be broken as these problems are very widespread and everyone is vulnerable and can

get a mental health problem. As such, it is the duty of everyone to know about mental health problems, how they manifest themselves and what should be done.

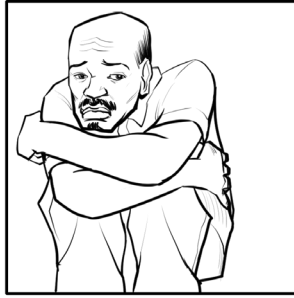
This handbook is a brief insight on mental health problems; what they are, the causes, signs and symptoms, and what one can do to support someone with a mental health challenge. It therefore suits everyone including but not limited to; community health teams, religious leaders, complementary healers, health workers, parents, family members, care givers but also persons with mental health problems.

What is Mental Health?

The World Health Organization (WHO) defines Mental Health as a state of wellbeing in which every individual realizes his or her own potential, can cope with normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.



THINKS



FEELS



AFFECTS OTHERS

What is Mental Illness?

Mental Illness is a condition that impacts a person's thinking, feeling or mood and may affect his or her ability to relate to others and function normally.

According to the United Nations, millions of people worldwide have mental health problems and an estimated one in four people globally will experience a mental health problem in their lifetime. Almost one million people die due to suicide every year, and it is the third leading cause of death among young people. Persons with mental and psychosocial problems often face stigma and discrimination, as well as experience high levels of physical and sexual abuse, which can occur in a range of settings, including police cells,

prisons, hospitals, homes and others.

While mental health data is scarce in Uganda, current estimates reveal mental disorders make up 14% of the global burden of disease. About 75% of this is borne by populations in low and middle-income countries. Also considering that 78% of Uganda's population is under 30 years, mental health problems should concern us because 75% of all these problems start before the age of 24.



Who is likely to suffer from a mental health problem?

Anyone is likely to suffer from a mental health problem regardless of gender, race, religion, age, tribe and profession. However, some people are more vulnerable than others. These may include people with chronic health conditions, minority groups, and persons exposed to and/or displaced by war or conflict.

What are the possible causes of mental health problems?

The cause of mental health problems is not known, however there are a number of associated factors which can be classified into 2; hereditary and environmental factors.

Hereditary factors

Mental illness is common in people whose blood relatives also have a mental illness. Certain genes may increase one's risk of developing a mental illness, and life situations may trigger it.

Environmental factors

These may include but not limited to;

- ❖ Unhealthy relationships and effects like divorce/separation
- ❖ Living in extreme poverty including homelessness
- ❖ Violence (domestic, gender-based violence (GBV), and violence against children)

- ❖ Excessive consumption of alcohol and other harmful substances.
- ❖ Major negative life events such as loss/change of jobs or retrenchment / Loss of loved ones.
- ❖ Direct injury to the brain e.g. through accidents



DRUG AND
SUBSTANCE
ABUSE

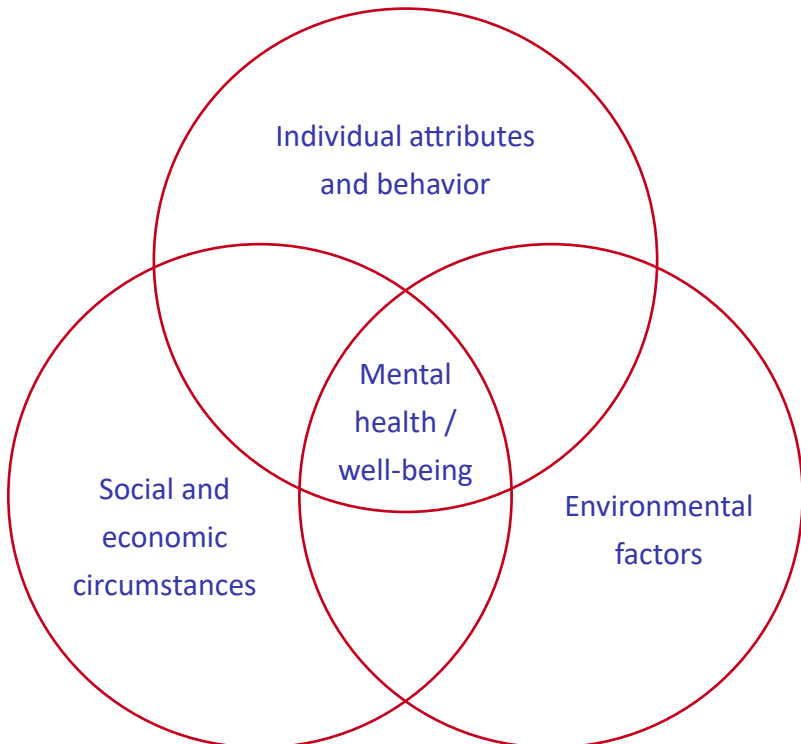
- ❖ Disasters such as landslides, pandemics, wars, etc.
- ❖ Chronic illness e.g. HIV, cancer etc.

Having one or 2 factors listed above, is not sufficient that you will have a mental health challenge in life, there will always be a predisposing, or perpetuating factor that will cause a mental illness in an individual.



FAMILY OF 5 LOST IN ACCIDENT

Mental well-being is achieved through a combination of factors (see below)



What are the signs and symptoms of mental illness?

EXCESSIVE
FEARS,
WORRIES AND
ANXIETIES



People with mental health problems show different characteristics. However, the common indicators that someone is developing or having a mental health problem include;

- ❖ Hearing voices or seeing people/things that other people do not hear or see
 - ❖ Excessive fears, worries and anxieties
 - ❖ Social withdrawal e.g. from friends and activities
 - ❖ Being overly loud or shouting
 - ❖ Sudden changes in eating or sleeping habits.
- ❖ Suicidal thoughts or attempts (wanting to take away one's life)
 - ❖ Feeling guilty and worthless
 - ❖ Signs of violence like throwing stones to people, etc.

SIGNS OF
VIOLENCE LIKE
THROWING
STONES TO
PEOPLE

Note: Again, these are just a few signs and symptoms of mental illness. Having one or even more, of the symptoms above is not sufficient to conclude that an individual is suffering from mental illness. The signs or symptoms should only indicate the need for support or referral to professionals that will do further investigations.





STIGMA AND
DISCRIMINATION
FROM FAMILIES AND
COMMUNITIES

Challenges that people living with mental health chall

- ❖ Stigma and discrimination from the families and communities,
- ❖ Violation of their human rights
- ❖ Unemployment,
- ❖ Poor quality of care due to the limited number of Mental Health professionals,
- ❖ Institutionalized service provision,
- ❖ Weak enforcement of laws protecting rights of persons with mental health challenges,



UNEMPLOYMENT

The Rights of Persons with Mental Health Problems

The best interests of the person with a mental health problem should always be considered in upholding their rights, as enshrined in the Constitution of the Republic of Uganda. The rights include but are not limited to the following;

- ❖ The person, human dignity and privacy of a person with a mental health problem, should always be respected.
- ❖ A person with a mental health problem has the right to protection from physical, economic, social, sexual and other forms of exploitation and abuse.
- ❖ A person with a mental health problem shall be provided with care and treatment that improve his or her mental capacity to develop to full potential and which facilitate his or her integration into ordinary life.
- ❖ A person shall not be discriminated against, by any person, on grounds of his or her mental illness.
- ❖ An employer shall not discriminate against an employee who is a person with a mental health problem, on the basis of the mental health problem of that employee.
- ❖ A mental health practitioner who attends to a person with a mental health problem shall provide the person with all the necessary information such as information about his or her admission, the treatment to be administered, and the right to consent to the treatment, support groups and any other resources.

Note: *These are just a few and not an exhaustive list of all the rights. Persons with mental health problems should enjoy equal rights to any other persons as stipulated in the constitution of the Republic of Uganda.*

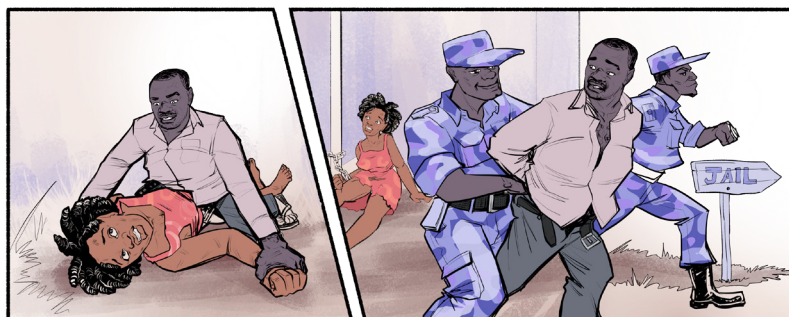


The Role of the Police in Protecting the Rights of Persons with Mental Health Challenges

The police have a duty to protect the life, property and rights of all persons including Persons with Mental health challenges. As such they should; -



REFER PERSONS WITH MENTAL HEALTH CHALLENGES TO MENTAL HEALTH SERVICE PROVIDERS



TAKE CLEAR ACTIONS TO STOP HUMAN RIGHT ABUSES TOWARDS PEOPLE WITH MENTAL ILLNESS.

- ❖ Be kind and supportive to persons with mental health challenges
- ❖ Advocate for their rights.
- ❖ Talk about mental health challenges on all forums.
- ❖ Refer persons with mental health challenges to mental health service

providers and follow up

- ❖ Take clear actions to stop human rights abuses by others towards people with mental health problems, including supporting prosecution.

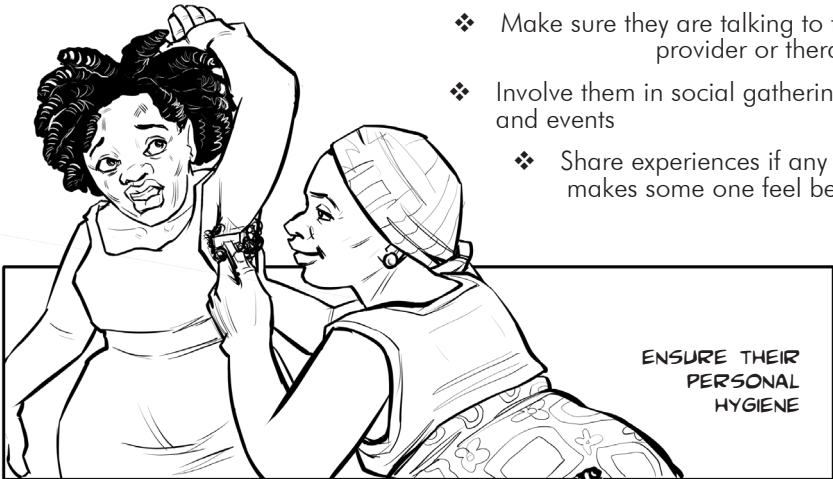


Powers of the Police.

A police officer shall not arrest or detain a person suffering from mental illness but shall take the person for an assessment of his or her mental health. The police officer shall then deal with the person based on the results of the assessment and where the police officer determines that the person requires treatment for mental illness, the person shall be taken to a health unit, by the police officer.

What can a family, community member, or concerned citizen do to support someone with a mental health problem?

- ❖ Tell someone you love them and support them.
- ❖ Tell them that they are not broken and they are the person they have always been, but they just have a mental health problem.
- ❖ Learn about their mental health problem
- ❖ Help them get treatment and support, as necessary. Escort them to appointments.
- ❖ Make sure they have and take their medication.
- ❖ Give them equal opportunities
- ❖ Encourage them to be positive about themselves.
- ❖ Ensure their personal hygiene and proper feeding.
- ❖ Advocate for their rights.
- ❖ Talk about mental health in all forums.
- ❖ Make sure they are talking to their provider or therapist
- ❖ Involve them in social gatherings and events
- ❖ Share experiences if any (this makes some one feel better)



Some of the things you should never say to someone with a psychosocial problem.

- ❖ That is small
- ❖ Stop pretending / acting
- ❖ You are just dreaming
- ❖ Medication is for weak people
- ❖ Are you a mad person?
- ❖ You will never get better

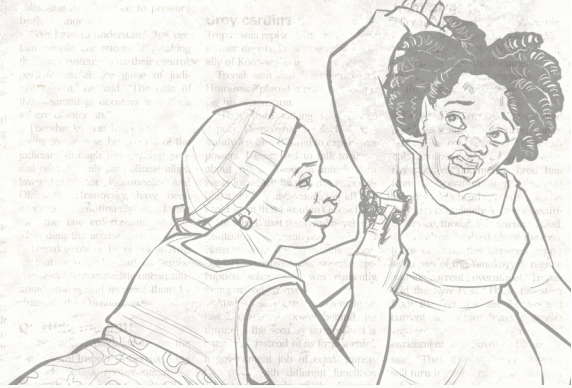
You could alternatively say...

- ❖ This must be so hard for you
- ❖ I am not sure how I would handle what you are going through, but if therapy seems a workable option, then go for it.
- ❖ How are you? Or I am here for you.
- ❖ Is there anything you think I can do to help you?
- ❖ I have been there too or I know someone who has been through the same (share experiences).
- ❖ With the right help, I know you will overcome this situation. Do not lose hope.

In summary

There is more to good health than just a physically healthy body; most of us agree that a healthy person should have a healthy mind. This can mean a number of things; the person should be able to think clearly, solve various challenges they may face in life, they should feel satisfied with the quality of their life and enjoy good relationships with friends, family and colleagues at work.

As earlier mentioned, mental illness knows no age, race, tribe or religion; it can be me or you, let's be kind and support people living with mental health problems.



Health and Rehabilitation

Name of the MH service provider	Registration status	Location (District, sub-county, parish, village)	Contact person, Position, contact details
Jinja Regional Referral Hospital	Government	Jinja Town	Director Dr. Alfred Yayi. Psychiatric clinical officer: Mukyala Damali 0700-357630
Buwenge General Hospital	Government	Kagoma, Buwenge; Jinja-Kamuli Road	Incharge: Dr. Bameka-0777-052680. PCO (mental health focal person): Kwagala Rebecca-0702-208395/0789-735377
Mpumudde HCIV	Government	Mpumudde, Kamuli Road	Incharge: Dr. Kisira- 0754-448601/0772-448600. PCO: Byamukama Agatha -0704-780184/0787-465455
Buwenge HCIV	Government	Buwenge Town Council	Incharge; Dr. Mwanje- 0772-628168. psychiatric clinical officer: Nakamome Proscovia- 0787-116534
Jinja Central Hospital	Private	Jinja Town, near High Court	Medical clinical officer: Namuganza Jenifer- 0772517468
Nile International Hospital	Private	Scott Road, Plot 2-16, Walukuba, Jinja	Tel: +256-777 956162, +256-706 202590. Email: info@nih.co.ug
Bridgestone Health Access	Private	Plot 2, 6 Nalufenya B, Jinja City	+256 756 916726
Budondo HCIV	Government	Budondo, Jinja	Incharge: Dr. Mutebe Robert-0704-718224. Psychiatric clinical officer: Kyozi Deborah-0779-456196
Walukuba HCIV	Government	Walukuba, Jinja	Incharge: Dr. Hamza Isabirye-0752-618610
Kakira HCIII	Government	Kakira, Jinja	Kakira, Jinja - Mbale road. Incharge: Clinical officer-Naguyo Suzan. Tel: 0701174474; 0776836912
Lukolo HCIII	Government	Mutai, Kamuli Road	Medical Clinical Officer: Shem Nsenjere-0757-999650
Kakaire HC III	Government	Near Buyengo sub-county, 3kms off Kamuli Road	MCO in charge: Malingumu Wilson Tel: 0776981374
Wakitaka HC III	Government	Jinja City	Medical clinical officer: Lubaluka Richard. Tel: 0701185690
Budima HCIII	Government	Budima, Budondo	Incharge: Clinical officer-Olive Kirabira

Kimaka HCIII	Government	Amber Court, Kimaka, Budondo Road	Clinical officer in charge: Juma Muweta. Tel: 0752900084; 0788652521
Mpambwa HCIII	Government	Mpambwe, Jinja	Clinical officer-Anthony Tulliba 0752-041422
Magamaga HCIII	Government	Magamaga, Jinja - Mbale Road	Incharge: Clinical officer-Juliet Balaka 0782-410051/0704-453729
Busedde HCIII	Government	Busedde, Jinja	Incharge: Clinical officer- Baligeya Steven
Butagaya HCIII	Government	Budondo Road, Jinja	Incharge: Clinical officer- Buyinza Samuel.
Police Barracks HC III	Government	Jinja Central (Kiira)	Medical Clinical Officer: Asolo Michael. Tel: 0707945365
Mufumba Quality Care	Private	Bugembe HCIV	Mr. Semwanga Joel. 0703-966340/0787-666083 Email: umh-ja2011@gmail.com
Kakira Sugar Works Hospital	Private	Kakira, Jinja	Medica Clinical Officer in charge: +256 752 799970
Ring of Hope Rehabilitation Centre	Private	Mafubira, Jinja	Contact person-Silvia Walusa 0771651604 Executive Director: Mr. Isabirye Jackson 0756-5904060/0775-952174. Email: ringofhopeuganda@yahoo.com
Derrick and Emily Memorial Medical Centre	Private	Kainogoga, Mafubira - Wakitaka; along Kamuli Road.	Denis Lukabwe (Director) & Mukyala Justine, (Psychiatric Clinical Officer). Tel: 0701977258; 0781771236
The AIDS Support Organization (TASO - Jinja)	Government	Baxs Road, Jinja City (within the Regional Referral Hospital)	Moro Moses (Head of Counselling department). Tel: 0700175505

Education

Name of the MH service provider	Registration status	Location (District, sub-county, parish, village)	Contact person, Position, contact details
St. Ursula Special Needs School	NGO	Musima village, Wanyange - Jinja	Tel. 0782 522 967 / 0775 105 245
Special Needs Primary School	NGO	Spire road, off Nadiope Road East; Jinja Municipal Council	Spire Road Jinja, contact person; Deputy HM/Counselor-Ms Beatrice Nansamba 0779-107336/0755-273270

Mpumudde Vocational Rehabilitation Center	Government	Kakira-Buwenge	Rehabilitation officer-Ms Lekulu Emily 0775994003
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Non Government Organizations and CBOS

Name of the MH service provider	Registration status	Location (District, sub-county, parish, village)	Contact person, Position, contact details
Jinja District Union of Persons with Disabilities (JIDU)	NGO	Kamuli Road, Jinja City	Tel. 0753 239 9994/ 0759 369 673 . Email: info, jidujinja@gmail.com
Uganda Mental Health Fellowship - Atane-kontola	NGO	Bugembe HC IV, Bugembe - Jinja	Mr. Semwanga Joel. 0703-966340/0787-666083 Email: umh-ja2011@gmail.com
Triumph Uganda - Mental Health Support and Recovery Program	NGO	Plot 5, Oboja Road, Jinja City; opposite Nile Baptist Church	Ms. Robinah Alambuya. Tel: 0751122265; 0776122265
Nakapachu Foundation	NGO	Gabula Road, Jinja	Ms. Nanteza Resty Nakapachu. Tel: 0752651172; Executive Director Dr. Wekesa Anthony 0753890896. email: nakapachufoundation@gmail.com
Rays of Hope Hospice - Jinja	NGO	Plot 18b, Kiira Road, Jinja City	Executive Director Ms Nakami Sylvia 0771619991/0700308862 Email: ray-sofhopehospicejinja@gmail.com
Frontline Social Work Organization	NGO	Plot 10, Iganga Road, Jinja City	Senior social worker/ Director: Abdulhamed 0702376074. email: ibrahim.abdulhamed@gmail.com
Jinja Network of Parents Support Group	NGO	Kyagwe Road, Jinja	Mr. Tenywa. Tel: 0434 131 081, 0754 674 717. Email: jinepas@yahoo.com
Gemakumwinho Persons with disability group	NGO	Kyabazinga Road, Bugoya Parish, Busede, Jinja	Contact: Kowa Karim; Tel: 0779814213 or Babwetenda Catherine: 0788334046
Peace Foundation	CBO	Nalufenya Road, Jinja City	Director; Bogere Jackson-0702679767. Email: jacksonbogere272@gmail.com
S.A.L.V.E International	NGO	Wabulenga, Namulesa, Butiki Kamuli road, Mafubira sub-county.	Director: Ochaya Alfred 0777538083/0752786437. email: alfred@salveinternational.org
Courtland Children's Home	CBO	Mafubira, Kamuli Road	Mr. Mumbya Joseph 0754164571. Email: mumbyajoseph27@gmail.com/ courtlandchildrenhome@gmail.com

Home of Hope	NGO	Kainogoga, Mafubira-Wakitaka; Jinja	Director Denis Lukabwe, 07811771236/0701977258. Email: denislukabwe1@gmail.com.
Nkabbi Community works	NGO	Wakitaka, Jinja	Joseph Lugowa. 0760-832701. Email: communityworkuganda@gmail.com
Restless Development	NGO	Plot 6, Acacia Road, Jinja Town.	Tel: +256 332 276 185; email: infouganda@restlessdevelopment.org
His Grace of Hope African Mission	NGO	Jinja main street City complex building, Jinja City	Nalya Charles. 0703444052/0392911584. Email: charlesnalya@gmail.com/hisgraceofhopeforafricanmission@yahoo.com
Rural Adolescent Girl Child Education Empowerment	CBO	Mafubira, Kamuli Road	Program coordinator: Mr. Kuteesa Solomon 0788947452, Executive director: Mrs Tenywa Harriet 0701434152

Judiciary and Legal services

Name of the MH service provider	Registration status	Location (District, sub-county, parish, village)	Contact person, Position, contact details
Jinja High Court	Government	Busoga Square, Oboja Road, Jinja City	jinhahighcourt@judiciary.go.ug
<u>Jinja Chief Magistrate's Court</u>	Government	Jinja Town council. Contact person: Ms. Namatende Mwajjuma; 0756-760886.	jinjacmcourt@judiciary.go.ug
Jinja Magistrate's Grade I Court	<u>Government</u>	Jinja Main Street, Jinja City	jinjacmcourt@judiciary.go.ug
<u>Bugembe Magistrate's Grade II Court</u>	Government	Bugembe, Jinja	bugembecmcourt@judiciary.go.ug
Kakira Magistrate Grade II Court	Government	Kakira, Jinja	kakiracmcourt@judiciary.go.ug
Busedde Magistrate Grade II Court	Government	Busedde, Jinja	buseddecmcourt@judiciary.go.ug
Kagoma Magistrate Grade II Court	Government	Kagoma, Jinja	kagomacm@judiciary.go.ug
Legal Aid Project of the Uganda Law Society	<u>NGO</u>	Plot 9/11 Main Street, Nathani Chambers, 2098, Jinja	jinja@uls.or.ug

Domestic Violence Legal Aid Uganda (DOVILAIID-U)	<u>NGO</u>	Bugembe Town Council, Jinja	Tel: 0709989665
Justice Centres, Uganda	NGO	Jinja High Court, Oboja Road, Jinja City	Jinja High Court Building. Tel. 0800 100 214 0700 500 447 Email: info@justicecentres.go.ug

Police

Name of the MH service provider	Registration status	Location (District, sub-county, parish, village)	Contact person, Position, contact details
Jinja Central Police	Government	Ripon Road, Jinja Town/City	Amiti Leah-0776-612868/0751612868 ASP Logose Cissy-0788840426/0705112553479
Main Street Police Station	Government	Jinja Main Street, near Main Street Primary School; Jinja City	Tel: 0714668018
Buwenge Police Station (Kiira North)	Government	Buwenge Town, Jinja-Kamuli Road	Tel: 0713534923
Kakira Police Station (Kiira East)	Government	Kakira, off Jinja-Mbale-Tororo Road	717125145
Nalufenya Police Station	Government	1 Kyabazinga way, Jinja City	
Magamaga Police Station	Government	Magamaga; Jinja-Mbale-Tororo Road	
CPS Kiira north	Government	Buwenge	Address: Buwenge town DPC -Namawuba Christine 0702133948/0789176454
Kirinya Prison	Government	Kirinya	Contact persons: OC-Mr. Ben More-sk Oboit 0776-122222, Deput OC-Mr. Obong Richard 0772-969579, Dr. Mugaru Mark 0773056938, PCO Draleku Julius

Spiritual services

Name of the MH service provider	Registration status	Location (District, sub-county, parish, village)	Contact person, Position, contact details
Ekisinga Ministries	FBO	Plot 11 bridge lane Mpumudde kimaka division, Jinja	Tel. 0782833270
Lake Victoria Correspondence Centre	FBO	Rugaga, Mpumudde/ Kimaka; Jinja	Pastor James Allen Otto. Tel: 0779528137 0754270240
Fountain of Hope Ministries International	FBO	Plot 52 Menya road, Walukuba Masese	0776478344 0772965071
Busoga Children Ministry Uganda	FBO	Kuyunga kukatapu, Kamuli Road, Jinja	Tel: 0754270240
Ekisa Ministries and Children's home	FBO	Kimaka, Budondo	Mr. Adam Kisambira 0779507246, project officers: Woira Samuel 0783727232 Email: info@ekisa.org
Abba Father's House Ministries	FBO	Mpumudde, Kamuli Road, Kyabazinga Hill; Jinja	Tel. 0393256513
Called Christians	FBO	Plot 45, Kisinja Road, Jinja	
Church of Nazarene	FBO	Plot 2, Nanyumba Road, Masese I; Jinja	715645512
Promise Faith Centre Church	FBO	Mafubira Zone B, Jinja	Tel: 0777086317
The True Worship Centre	FBO	Plot 52 Menya road, Walukuba Masese	
Jinja Town Church	FBO	Plot 23, Wilson Avenue	774145047
Messiah's Heart Ministries	FBO	Plot 55, Tabingwa Road, Walukuba, Jinja	
Springs of Destiny Ministries	FBO	Kakira Town Council	

CALL US FOR FREE MENTAL HEALTH COUNSELING

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A publication to support normalisation of mental Health Conversations



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