

# stop mental illness foundation [smif]

May Newsletter

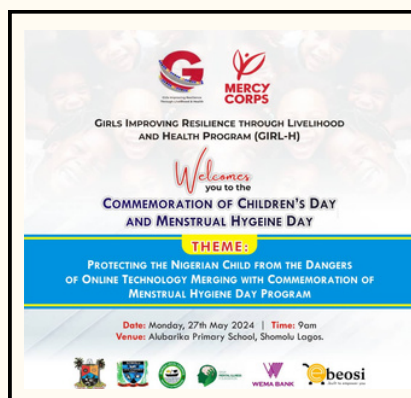
## Global Mental Health Awareness Month



As we celebrate Global Mental Health Awareness Month in May, we at the Stop Mental Illness Foundation are excited to reflect on our recent Children's Day event held in Ibadan. Themed "Celebrating Every Child's Potentials: Nurturing Minds and Building the Future," the event was a resounding success!

The Children's Day event in Ibadan was a vibrant and joyful occasion, filled with a variety of activities for our beautiful children. It was heartwarming to see so many smiling faces as we engaged in games, arts and crafts, and educational activities designed to inspire and uplift.

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### Mrs. Oluseyi Elizabeth Odudimu: Children's Day Celebration in Lagos

We are excited to share that the Stop Mental Illness Foundation recently collaborated with Mercy Corps and other reputable organizations to celebrate Children's Day in Lagos. This event was a wonderful opportunity to engage with the community and raise awareness about important issues affecting our children.

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Image: Pictures of SMIF volunteers with some of the pupils Israbel Schools and their teachers

In addition to the fun, we were excited to distribute school supplies, including stationery and bags, to our lovely children. These resources are vital in supporting their educational journeys and helping them feel prepared and confident as they head back to school.

The event was not just a celebration, but also a reminder of the importance of nurturing our children's potential and promoting mental health awareness. We thank everyone who contributed to making this event a success, from volunteers to community partners. Your support is invaluable!

At the Stop Mental Illness Foundation, we believe that educating individuals from a young age is essential. Research shows that initiating mental health education early can significantly prevent the escalation of mental health challenges in future generations. By fostering awareness and understanding, we can empower our children to build a healthier future.

Our commitment to mental health education extends beyond children; we are dedicated to educating adults as well, including women and men.

We recognize that mental health is a community-wide concern, and we strive to create programs that cater to all demographics.

As we move forward, our unwavering dedication to fulfilling our goals and missions remains strong. Together, we can work towards a future where mental health is prioritized, understood, and supported across all ages.

Together, let's continue to create a brighter future for our children, ensuring they have the tools and resources they need to thrive. Let's continue to promote awareness, acceptance, and action for mental health in our communities!



## VOLUNTEER'S CORNER

### Breaking the Silence on Postpartum Depression

In this month's Volunteer's Corner, our amiable volunteer, Mrs. Tolu Aladesanmi, shares a poignant story that highlights the importance of addressing mental health, particularly postpartum depression.

Recently, she visited a dear friend who had just welcomed a new baby. As she spent time with her, she couldn't help but notice signs that suggested she might be struggling with postpartum depression. She appeared overwhelmed, often withdrawn, and unable to find joy in the moments that should have been filled with happiness.

Mrs Aladesanmi said despite her concerns and willingness to support her navigate her healing journey, her friend refused to discuss her feelings or seek help, a choice driven by the stigma surrounding mental health issues in Nigeria.

She said it was heartbreaking to witness her pain, knowing that she felt trapped by societal expectations and fears of judgment. This experience reinforced her belief that remaining silent about mental health challenges is simply not the best approach.



The stigma attached to mental health can be incredibly isolating, preventing individuals from reaching out for the support they desperately need.

Mrs Aladesanmi encourage everyone to break this cycle of silence. Seeking help is a sign of strength, not weakness. It's essential to foster an environment where we can talk openly about mental health, especially in the context of postpartum depression, which affects many women yet often goes unaddressed.

If you or someone you know is struggling, please don't hesitate to seek support. Whether it's through friends, family, or professional resources, reaching out can be the first step toward healing. Together, we can create a supportive community where mental health is prioritized, and individuals feel empowered to share their experiences without fear.

Let's continue to promote understanding and compassion in our communities. Together, we can make a meaningful difference!



MRS OLUSEYI'S CORNER

## Children's Day Celebration in Lagos Cont'd



Image: Olabisi (a volunteer) represented SMIF at the Event

Our founder, Mrs. Oluseyi Elizabeth Odudimu, delivered a crucial talk on “Dealing with the Stigma of Menstrual Cycles and Mental Health.” She emphasized the importance of breaking the silence around menstruation and its mental health implications. By addressing these topics openly, we can create a supportive environment for young people, helping them navigate these natural processes without shame or stigma.

Additionally, Mrs. Oluseyi provided valuable insights on the “Mental Health Risks of Online Technology.” In today’s digital age, it is essential to understand how excessive screen time and social media can impact the mental well-being of children and adolescents.

Her discussion highlighted the need for balanced technology use and the importance of fostering healthy online habits.

The event was a resounding success, bringing together families, educators, and mental health advocates to celebrate our children's potential and well-being. We are grateful for the partnerships that made this celebration possible and look forward to continuing our efforts in promoting mental health awareness in our communities.

Thank you to everyone who participated and supported this important cause. Together, we can make a difference in the lives of our children!