

June Newsletter

# Stop Mental Illness Foundation [SMIF]

Men's Health Month



STOP  
MENTAL ILLNESS  
FOUNDATION  
SMIF



## INTRODUCTION

As we reflect on June, a month dedicated to Men's Health, the Stop Mental Illness Foundation focused on various activities aimed at promoting awareness and support for men's mental health. Through our social media platforms, we shared impactful stories and resources that encouraged open conversations and sought to break down the stigma surrounding mental health issues.

As part of our ongoing efforts, we conducted interviews with fathers, revealing a concerning trend in today's Nigerian economy. Many fathers are facing significant challenges in providing for their families but often struggle to open up about these difficulties and their mental health impacts.

One such father, Mr. Ayelabegan Fatai, exemplifies unwavering dedication. He goes to extraordinary lengths to care for his family, despite the adversities he faces. It is crucial that we recognize and appreciate these fathers for their resilience, strength, and commitment to their loved ones.

Together, let us support and uplift fathers who may be silently battling their mental health, reminding them that they are not alone in their struggles.



## Empowerment and Skill Acquisition Programs

In our commitment to improving mental health amidst Nigeria's economic challenges, the Stop Mental Illness Foundation collaborated with Lavista to create a three-day Skillful Acquisition and Empowerment Program. Our goal is to provide individuals with valuable skills that can enhance their livelihoods and mental well-being.

Moreover, we are dedicated to fostering a community that values and prioritizes women's mental health. In partnership with Lavista Exclusive, we are working to break the stigma surrounding mental health issues and empower women to take control of their mental wellness.

Through workshops, educational programs, creative activities, and support networks, we are equipping women with the tools and knowledge needed to prioritize their mental health and well-being. Our graduates have created beautiful bags, shoes, and various traditional accessories using vibrant ankara fabric.



By addressing the unique challenges faced by women and providing a platform for education and awareness, this collaborative effort is paving the way for a brighter and healthier future for women and their families in African communities.

Thank you for your continued support of the Stop Mental Illness Foundation.

Together, we can create a more understanding and supportive environment for all individuals facing mental health challenges.







## Volunteers' Corner

This month, we shine a spotlight on our dedicated volunteer, Mr. Mekutimabasi, who has created an inspiring video to raise awareness about mental health. In his thought-provoking presentation, he beautifully compares our mental health to a flower that needs daily watering to flourish, just as our bodies require regular exercise to thrive.

Mr. Mekutimabasi emphasizes the importance of nurturing our mental well-being, encouraging everyone to take bold steps toward caring for their mental health. His creative approach not only highlights the significance of daily self-care but also serves as a reminder that prioritizing mental health is essential for living a fulfilling life.

We are grateful for volunteers like Mr. Mekutimabasi, who use their talents to spread awareness and inspire others. Let's all take a moment to reflect on our mental health and commit to watering our own "flowers" every day. Together, we can cultivate a supportive community that values mental well-being.

Thank you, Mr. Mekutimabasi, for your incredible work!

## MRS. OLUSEYI'S CORNER

I am excited to share that I have officially become a British Nigerian! This milestone is not just a personal achievement; it strengthens my commitment to serve both the UK and Nigeria, as well as the global community, using my skills, expertise and experience as an international social worker, mental health advocate, and social researcher.





My educational journey, which began at Lagos Polytechnic and continued at Milton Keynes College and the University of Bedfordshire, has equipped me with the knowledge and tools necessary to make a meaningful impact in the lives of others. Both countries have positively influenced my career, shaping me into the change-maker I am today.

I take great pride in my role as an advocate for mental health and social justice, working to maintain diversity and inclusion in our efforts to create a better world for all. Together, we can foster understanding, support, and empowerment within our communities, ensuring that everyone has the opportunity to thrive.

Thank you for your ongoing support as I embark on this exciting journey. Let's continue to work together to make a difference!

## CONTACT US:



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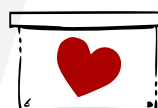
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