

STOP MENTAL ILLNESS FOUNDATION

Navigating Transition: Mental Health During Life Challenges

Dear Supporters and Community Members,

As part of our ongoing commitment to educate and support our community about mental health, the Stop Mental Illness Foundation recently had the privilege of hosting an enlightening session led by one of our esteemed psychologists, Mr. John Adewumi. The theme of the discussion was "Navigating Transition: Mental Health During Life

We encourage everyone to reflect on the insights gained and to reach out for support when needed. Remember, mental health is a journey, and it's okay to seek help along the way.

Thank you for being a part of our community and for your continued support in our mission to raise awareness and educate others about mental health.

The Stop Mental Illness Foundation Team

Challenges," an important topic that resonates with many of us.

During this insightful session, Mr. Adewumi explored valuable strategies for managing mental health during significant life changes. He addressed common challenges that individuals may face, such as career transitions, relationship changes, and personal hardships, providing practical tools to navigate these difficult times.

Whether you are currently facing personal challenges or simply seeking to deepen your understanding of mental health, the knowledge shared in this talk was invaluable. Attendees left with a greater awareness of how to recognize their emotional responses to transitions and equipped with strategies to foster resilience and well-being.

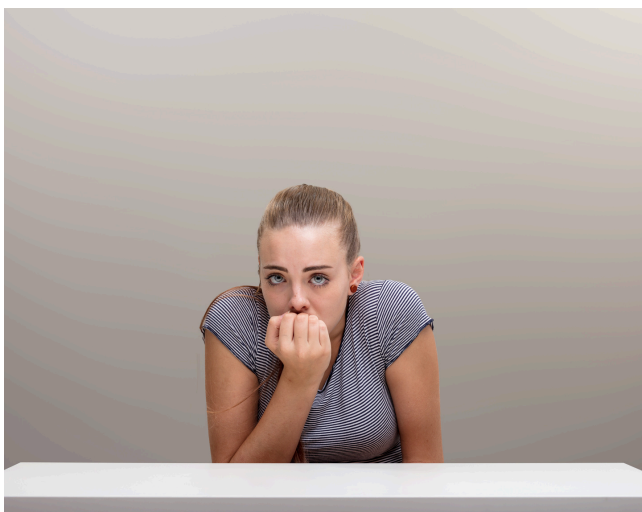


Volunteer's Corner

Finding Strength in Vulnerability

In this month's Volunteer's Corner, we are honored to share the inspiring story of our dedicated volunteer, Jaiyesimi Ayomipo. Jaiyesimi has bravely opened up about her personal journey through pain, depression, and anxiety—a journey that many can relate to but often feel too isolated to discuss.

For a long time, Jaiyesimi struggled in silence, unable to share her feelings with anyone. The weight of her emotions felt overwhelming, leaving her feeling trapped and alone.



However, everything began to change when she connected with the Stop Mental Illness Foundation and accessed various resources available through our community.

Through the support of the foundation and its programs, Jaiyesimi found the courage to speak out and seek help. She emphasizes that while the pains we experience in life may not be our responsibility, the healing process is indeed ours to navigate. By reaching out and engaging with others, she discovered that healing is not a solitary journey but one that can be shared with compassionate support.

Jaiyesimi's journey serves as a powerful reminder that it's essential to seek help when facing mental health challenges. Speaking out can be a transformative step toward healing, and there is strength in vulnerability.

We are grateful to Jaiyesimi for sharing her story and hope it encourages others to take that brave step toward seeking the support they deserve. Remember, you are never alone, and help is always available.

Thank you to all our volunteers for your dedication and for making a difference in the lives of those around you.

With warmth and gratitude,

The Stop Mental Illness Foundation Team

Mrs Oluseyi's Corner

Finding Joy in Difficult Times

Dear Readers,

This month, we are excited to highlight an appearance by our esteemed International Social Worker and Mental Health Advocate, Mrs. Oluseyi Elizabeth Odudimu, on Galaxy TV's Family and Values show. Mrs. Oluseyi addressed a profoundly important question: Can a depressed person ever feel happiness?

In her segment, Mrs. Oluseyi shared valuable insights and personal experiences drawn from



navigating their own mental health challenges. Remember, it's essential to seek support and understand that happiness can coexist with difficult emotions.

Stay tuned for this enlightening episode, and thank you for your ongoing support in our mission to raise awareness about mental health.



FAMILY AND VALUES



her extensive work as an international social worker. Her unique perspective sheds light on the complexities of depression and the pathways to rediscovering joy, even in the most challenging circumstances.

Throughout the discussion, viewers gained practical tips on how to cultivate happiness amidst adversity. Mrs. Oluseyi's compassionate approach emphasizes that while the journey through depression can be daunting, it is possible to find moments of joy and connections.

It was indeed a very important conversation, as Mrs. Oluseyi offered words of hope and encouragement to those



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