

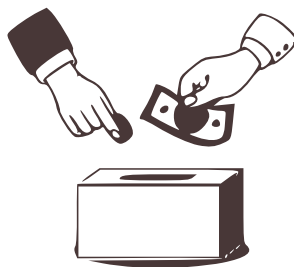
KICKOFF OF MINORITY MENTAL HEALTH MONTH

# STOP MENTAL ILLNESS FOUNDATION (SMIF)



## Introduction

In July, the Stop Mental Illness Foundation proudly kicked off Minority Mental Health Month. Throughout this month, our focus has been on raising awareness and sharing stories that highlight the unique challenges and experiences faced by individuals from minority communities regarding mental health.



**Account Name: Stop Mental Illness Foundation**  
**Account no: 1305765292 (NGN)**  
**Bank: Providus Bank**





## JULY NEWSLETTER



## CONT'D FROM COVER

Minority Mental Health Month serves as an important opportunity to amplify voices, break down stigma, and foster understanding around the mental health disparities that exist among marginalized communities. By shining a light on these issues, we aim to create a more inclusive dialogue about mental health, encouraging individuals to share their experiences and seek support.

As part of our commitment to this initiative, we conducted both qualitative and quantitative research to inform the development of tailored strategies, initiatives, and resources aimed at fostering a supportive environment for mental health conversations within Nigerian communities.

Our findings reveal a concerning trend: a significant proportion of individuals have not sought professional help for their mental health concerns. This suggests that stigma and barriers may prevent people from accessing the support they need. Additionally, the data indicates a potential lack of awareness or access to mental health services among respondents.

Moving forward, we recognize the pressing need for further outreach and education to encourage more individuals to seek the support necessary for their mental well-being. By working together, we can dismantle these barriers and promote a culture that prioritizes mental health for everyone.

Thank you for your continued support and engagement as we strive to make a difference in the lives of those in our communities. Let's continue to raise awareness and foster understanding around mental health, especially within minority groups.




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JULY NEWSLETTER

# VOLUNTEER'S CORNER



## A STORY OF RESILIENCE AND SUPPORT

This month, Mrs. Bosede Beatric Olanusi shares a poignant story that highlights the importance of recognizing mental health symptoms in ourselves and those around us.

She tells the story of a registered nurse who relocated to Nigeria with high hopes of advancing her career. However, upon starting her new position at a local hospital, she found herself in a role that did not meet her qualifications or expectations. This mismatch led her to experience feelings of frustration and disappointment, which gradually escalated into depression.

As her condition worsened, she began to display clear symptoms of depression. Thankfully, she sought help and was diagnosed and treated at a neuropsychiatric hospital in Nigeria. Her journey emphasizes a critical lesson: we must pay attention to the signs of mental illness in our loved ones, colleagues, and friends.

Mental health challenges can affect anyone, regardless of their background or profession. By being vigilant and supportive, we can provide the encouragement needed for those struggling to seek help. It's essential to foster an environment where individuals feel safe to express their feelings and seek support without fear of stigma.

Let us all commit to being there for one another, recognizing the signs of mental health issues, and offering our support. Together, we can make a difference and help create a more understanding and compassionate community.

Thank you, Mrs. Olanusi, for sharing this important story.



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# MRS OLUSEYI'S CORNER



I am pleased to share insights from a recent research study I conducted with 54 individuals from diverse backgrounds and geographical areas across Nigeria. The data reveals a concerning trend: a significant proportion of individuals have not sought professional help for their mental health concerns. This highlights a critical need for accessible mental health support.

To address this issue, I believe it is essential to create a teletherapy platform that allows individuals to seek the help they need for their mental well-being. This approach can break down barriers, providing greater access to mental health services, especially for those who may feel uncomfortable seeking help in person.

One of the key reasons I am excited to announce the formation of a dedicated team of professionals and stakeholders is to launch the Unruffled Mind App in collaboration with the Stop Mental Illness Foundation. This app aims to provide adequate mental health services, offering resources, support, and guidance to those in need.

By harnessing technology, we can reach more individuals and ensure that mental health support is available at their fingertips. Together, we can create a more supportive environment that encourages open conversations about mental health and empowers individuals to take charge of their well-being.

Thank you for your continued support as we work towards making mental health services more accessible for everyone in our communities. Let's move forward together to make a meaningful impact!



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