

STOP MENTAL ILLNESS FOUNDATION [SMIF]



These events provided valuable resources and support to individuals struggling with mental health challenges, as well as to those who may be affected by the loss of someone to suicide.

Program Details:

1. Online Awareness Webinar

It was an exciting moment to see many people join us for an enlightening online webinar featuring mental health experts, including Dr. Ola, who discussed effective strategies for suicide prevention, the importance of recognizing warning signs, and how to provide support to those in need. This interactive session allowed participants to ask questions and share experiences.

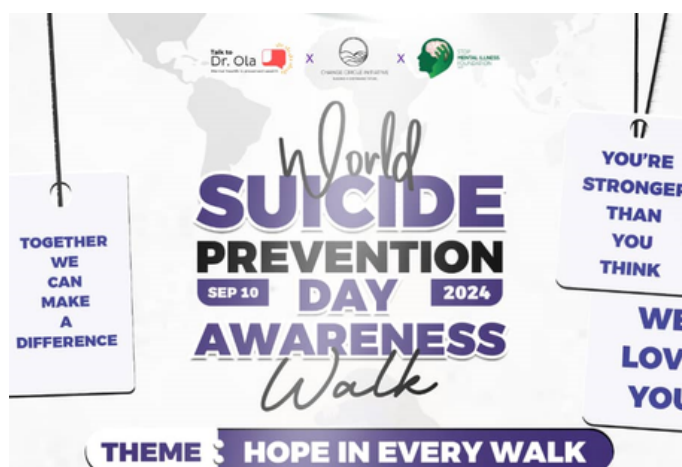
2. Street Awareness Walk

We are grateful to all participants who took part in our Street Awareness Walk, where we raised awareness about suicide prevention. This event promoted community solidarity and fostered conversations about mental health. Together, we can break the silence and encourage those who may be struggling to seek help.

World Suicide Prevention Month

As we recognize September as World Suicide Prevention Month, the Stop Mental Illness Foundation is dedicated to raising awareness and educating our community about the critical topic of suicide prevention. This month serves as a vital reminder of the importance of mental health and the need for open conversations surrounding this often-stigmatized issue.

In collaboration with Dr. Ola and the Change Circle Initiative, we organized and implemented a series of impactful events throughout September designed to inform, engage, and empower our community.



3. Secondary School Outreach

As part of our outreach efforts, we visited local secondary schools to educate students about mental health and suicide prevention. Our team engaged with students through workshops, discussions, and activities designed to promote understanding, resilience, and the importance of seeking help.

We appreciate all community members who took part in these events and helped us spread the message that support is available and that no one is alone in their struggles. Together, we can make a difference in the lives of those affected by mental health challenges and work towards preventing suicide.

Thank you for your continued support in our mission to raise awareness and provide resources for mental health.

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Embracing Mental Health Awareness

In this month's Volunteer's Corner, we shine a spotlight on one of our wonderful volunteers, Yusuf Aminat, who passionately addressed the importance of mental health during her recent outreach activities.

Yusuf emphasized that mental health is just as crucial as physical health, highlighting the significance of acknowledging and addressing our emotional well-being. She reassured everyone that it's perfectly okay not to be okay and that recognizing this is the first step toward healing. By opening up about mental health struggles, individuals can begin to build a supportive network that can aid in their recovery.



During her talk, Yusuf shared her personal strategies for maintaining mental wellness, including engaging in activities that bring her joy, such as exercise and reading. She also highlighted the value of our rich African traditions that support mental health. These include:

1. Consultation with Traditional Healers: Many individuals find comfort and guidance in seeking advice from traditional healers, who often provide culturally relevant support.
2. Herbal Remedies: Traditional herbal treatments can play a significant role in promoting mental well-being, offering natural alternatives to conventional methods.
3. Communal Activities and Festivals: Participating in communal gatherings and cultural festivals fosters a sense of belonging and connection, which is vital for mental health.

Yusuf concluded her talk by encouraging everyone to seek support when needed. She reminded us that reaching out for help is a sign of strength, and there are numerous resources available to assist those facing mental health challenges.

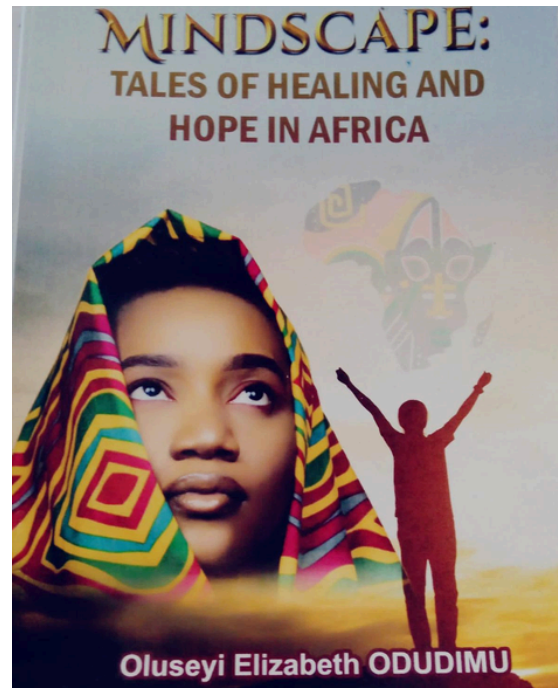
Thank you, Yusuf, for your dedication and for sharing your valuable insights with our community. Your passion for mental health awareness inspires us all to embrace our emotional well-being and seek the support we deserve.

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Celebrating New Beginnings in Mental Health Awareness

In this month's edition of Oluseyi's Corner, we are thrilled to announce the release of Mrs. Oluseyi Elizabeth Odudimu's new book, "Mindscape: Tales of Healing and Hope in Africa." This inspiring collection features a variety of stories that delve into the journeys of individuals navigating the complexities of mental health and finding paths to healing.

"Mindscape" is not just a book; it is a beacon of hope and inspiration. Each story highlights the resilience of the human spirit and offers valuable insights into the various ways people cope with mental health challenges. Mrs. Oluseyi's work aims to change



misconceptions and combat the stigma surrounding mental health, particularly within our communities.

Through these powerful narratives, readers will discover that they are not alone in their struggles and that healing is possible. The book emphasizes the importance of sharing stories, fostering understanding, and encouraging open conversations about mental health.

You can find "Mindscape: Tales of Healing and Hope in Africa" available for purchase on Amazon and Google Books. We encourage everyone to support this important work and share it with friends and family, as it has the potential to inspire meaningful discussions about mental health.

Thank you, Mrs. Oluseyi, for your dedication to raising awareness and providing hope through your writing. Your efforts continue to make a significant impact in our community.



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