

WORLD MENTAL HEALTH MONTH

# STOP MENTAL ILLNESS FOUNDATION

OCTOBER

NEWSLETTER

We are excited to share the success of our event on October 10th at Edward Bayode Glorious School, where the Stop Mental Illness Foundation celebrated World Mental Health Day! This year's theme emphasized the significance of good mental health in the workplace, and we were excited to engage with the community on this essential topic. Our event provided a vibrant platform for employees, teachers, and students to express their feelings through various forms of creative expression, including art, writing, and music.

We believe that these creative outlets are powerful tools for promoting mental well-being and fostering open conversations about mental health.

**Event Details:**

Date: October 10th

Location: Edward Bayode Glorious School

Activities: Workshops in art, writing, and music focusing on mental health awareness.

We appreciate everyone who took the time to join us for a day filled with creativity and connection. These activities not only raised awareness about mental health but also encouraged individuals to share their experiences and emotions in a supportive environment.

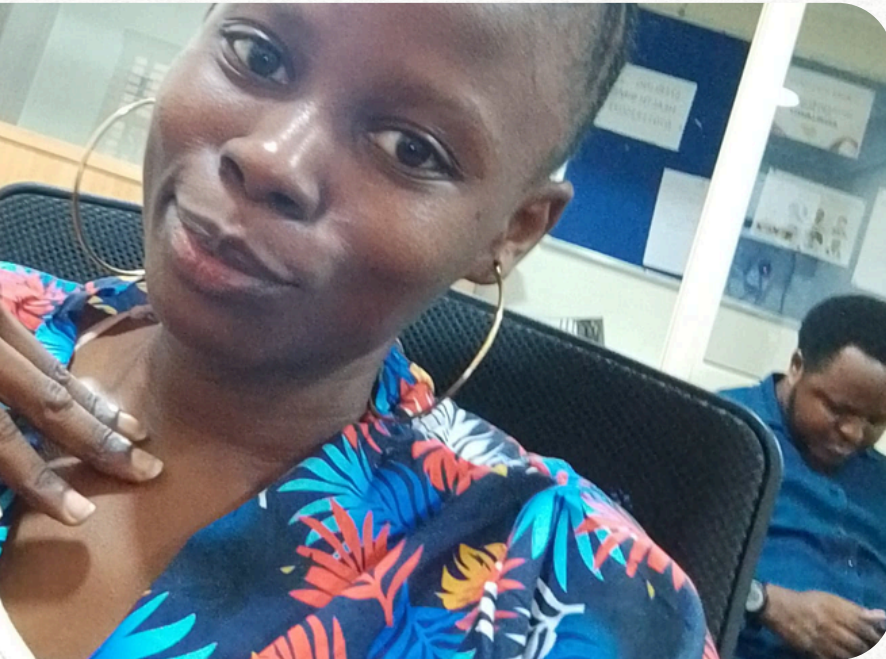
We would also like to extend our gratitude to Mrs. Adesola Okeleye, Mr. Ayoola Okeleye, and Miss Shulamite Oladehinde for going above and beyond to ensure the success of the event.

Together, we can break down the stigma surrounding mental health and promote a culture of understanding and support within our community. We look forward to more opportunities to connect and create positive change!

Thank you for your continued support!







## A JOURNEY OF HEALING AND RESILIENCE

In this month's Volunteer Corner, we are proud to share the inspiring journey of Balogun Kehinde, coordinated by our amiable Coordinator, Deborah Adebayo. Kehinde sought therapy at the Stop Mental Illness Foundation (SMIF) after experiencing frequent and debilitating panic attacks triggered by betrayal in a past relationship. Referred by Biola Adebayo Aderinde (Talk to B), Kehinde's emotional trauma left her feeling unsafe, anxious, and overwhelmed in both social and personal interactions. Her goal was to regain control over her emotions and find healing from the hurt that had significantly affected her mental health.

### Therapeutic Approach

During the two-month therapy period, led by our appointed psychologist, John Adewumi, and reviewed by international social worker Oluseyi Odudimu, the focus was on addressing the root causes of her panic attacks and equipping her with effective tools to manage and overcome them. Key interventions included:

1. **Trauma Processing:** Kehinde was guided to confront and process the emotional pain resulting from her betrayal in a safe and non-judgmental environment.
2. **Psycho education on Panic Attacks:** She received education on the nature of panic attacks, which helped her understand the physiological and psychological aspects, thereby reducing her fear of these episodes.

3. **Cognitive Behavioral Therapy (CBT):** This intervention enabled her to challenge irrational fears and replace them with positive, rational thoughts regarding relationships and trust.

4. **Mindfulness and Relaxation Techniques:** Kehinde learned breathing exercises, grounding techniques, and mindfulness practices aimed at calming her mind and body during moments of anxiety.

5. **Emotional Resilience Building:** Therapy sessions emphasized building her self-worth and confidence, preparing her to navigate future relationships and experiences without fear or apprehension.

### Outcome

By the end of the two-month therapy period, Kehinde reported significant progress:

- She no longer experienced panic attacks and felt a renewed sense of calm and stability.
- Her self-confidence improved, and she expressed readiness to approach relationships with a healthier mindset.
- She gained practical tools to manage stress and maintain emotional balance.

Kehinde's journey from fear and anxiety to healing and resilience underscores the power of timely and focused intervention. Through therapy, she regained her peace and confidence, marking the beginning of a new, empowered phase in her life.

We are grateful to all the volunteers and professionals involved in Kehinde's care. Your dedication and support play a vital role in transforming lives and promoting mental well-being in our community.





University of  
Bedfordshire

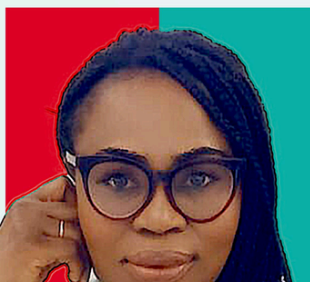
## MY JOURNEY IN HEALTH AND SOCIAL CARE SECTOR

FROM EDUCATION TO IMPACT

NOV 26TH & 28TH, 2024

NOVEMBER, 26TH,  
LUTON CAMPUS,  
BUSINESS SCHOOL  
(POSTCODE: LU1) | 2PM

NOVEMBER, 28TH,  
ROOM G2.01 AT THE  
BEDFORD CAMPUS,  
POLHILL AVE, BEDFORD  
(MK41 9EA) | 10:50 AM



Oluseyi  
Odudimu

## BALANCING LIFE AND PURPOSE

In this month's edition of Oluseyi's Corner, we are excited to share insights from Mrs. Oluseyi Elizabeth Odudimu's recent social media post, where she reflected on her inspiring journey and the evolution of the Stop Mental Illness Foundation.

During a lecture at the University of Bedfordshire in the Social Enterprise Unit, Mrs. Oluseyi discussed the challenges, obstacles, and successes the foundation has faced since its inception. Her passion for mental health awareness and support has driven her to overcome numerous hurdles along the way.

One of the most fascinating aspects of her talk was her candid discussion about the struggles of being a mother while trying to balance a career, particularly while living abroad. Finding external childcare support can often be a daunting task, adding an extra layer of complexity to the lives of working mothers. However, Mrs. Oluseyi expressed her gratitude for the transformative journey as children grow into teenagers and adults, allowing mothers to reclaim time to pursue their careers and live independent lives.

Throughout her journey, Mrs. Oluseyi has navigated many challenges as a career woman, mature student, mother, and wife, all while serving as the registered manager of a care

company and leading the Stop Mental Illness Foundation. Despite the difficulties, she has never wavered in her vision and commitment to making a difference in the field of mental health.

Her story is a powerful reminder that perseverance and dedication can lead to meaningful change, both personally and within the community. As we continue our mission to raise awareness and provide support for mental health, we are inspired by her unwavering spirit and the impact she has made.

Thank you, Mrs. Oluseyi, for sharing your journey and inspiring us all to keep pushing forward, no matter the obstacles we face.



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