

Stop Mental Illness Foundation



Re-Introducing Our Educational Approach to Mental Health Awareness

Dear Supporters and
Community Members,

We are excited to announce the re-introduction of our educational approach at the Stop Mental Illness Foundation! Starting this month, we will be sharing daily mental health educational information, resources, and support services across all our social media platforms. This initiative comes in response to the numerous messages we've received from beneficiaries of our services who have found our previous approach incredibly helpful in navigating their mental health challenges.

While we had to pause this initiative for several months due to financial constraints, we recognize the importance of providing consistent and accessible mental health education. To continue offering these valuable resources, we encourage each of you to support us in various ways, including:

1. Volunteering: Join our team and contribute your skills and time to help promote mental health awareness.
2. Financial Support: Any financial contributions, no matter how small, will greatly assist us in sustaining our educational programs and support services.
3. Sharing Your Stories: Your experiences can inspire others and foster a sense of community. We invite you to share your journey with us.
4. Asking Questions: Don't hesitate to reach out with questions or topics you'd like us to cover in our educational content.

Joining Our Support Groups: Connect with like-minded individuals and find solace in shared experiences by emailing us at info@smifnigeria.org.

In this newsletter
you can expect:

Volunteer's
Corner

Mrs Oluseyi's
Corner



Account Name:
**Stop Mental Illness
Foundation**

Account no:
1305765292 (NGN)

Bank: Providus Bank



Exciting Partnership Announcement

In addition, we are thrilled to announce our partnership with FOBDEF Care through the newly introduced Unruffled Mind App. This innovative platform will allow us to collaborate in providing mental health services to patients, offering access to free mental health resources tailored to their needs. Users will also have the opportunity to connect with mental health professionals for therapeutic interventions, ensuring that support is readily available.

Together, we can make a significant difference in the lives of those struggling with mental health challenges. Thank you for your continued support, and we look forward to embarking on this journey of education, healing, and hope with you!

Volunteer's Corner

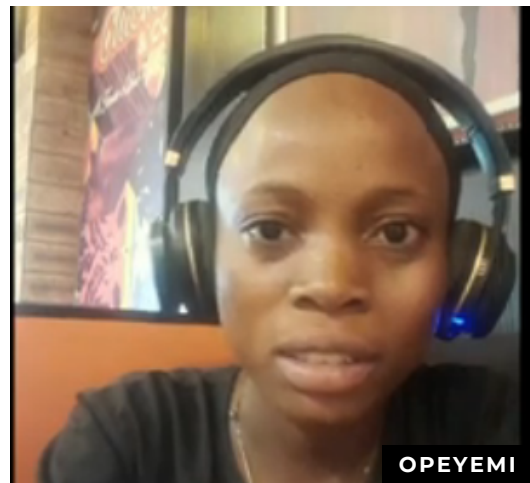


Empowering Journeys of Healing

In this month's Volunteer's Corner, we are proud to highlight the remarkable journey of Opeyemi Oluwatobi, coordinated by our dedicated Coordinator, Deborah Adebayo. Opeyemi was referred to us by Biola Adebayo Aderinde (Talk to B) in search of help for her struggles with sexual addiction—a habit she had battled for years. Throughout her journey, she expressed feelings of guilt and shame, alongside a strong desire to break free from this cycle that had negatively impacted her self-esteem and overall mental health.

Therapeutic Approach

During the two-month therapy period, led by our appointed psychologist, John Adewumi,



and reviewed by international social worker Oluseyi Elizabeth Odudimu, Opeyemi engaged in therapy sessions focused on several key areas:

1. **Identifying Triggers:** Together, we worked to uncover the emotional, environmental, and psychological factors that contributed to her habit, helping her gain insight into her behaviors.
2. **Cognitive Behavioral Therapy (CBT):** This technique was instrumental in helping Opeyemi recognize and replace negative thought patterns with healthier coping strategies, empowering her to change her mindset.
3. **Emotional Regulation:** Opeyemi learned

practical tools to manage stress, loneliness, and anxiety—common triggers for her actions—enabling her to respond to challenges more effectively.

4. Accountability Systems: She was encouraged to establish routines, journal her progress, and engage in positive habits, which helped redirect her focus and maintain accountability.

5. Faith Integration: Incorporating her personal values, spiritual guidance was used to strengthen her resolve and provide a sense of purpose in overcoming her addiction.

Outcome

By the end of the therapy sessions, Opeyemi reported significant improvements:

- She successfully stopped the addictive behavior within two months.
- Her self-esteem and confidence improved, resulting in a brighter outlook on life.
- She adopted healthier coping mechanisms and reported feeling more in control of her thoughts and actions.

Opeyemi's transformation is a testament to her determination and the effectiveness of targeted therapy. Through the support of the Stop Mental Illness Foundation and the therapeutic process, she has begun a new chapter filled with freedom and wholeness.

We celebrate Opeyemi's achievements and are grateful to all the volunteers and professionals involved in her journey. Your dedication and support continue to make a profound impact in the lives of those we serve.

Mrs Oluseyi's Corner



In this month's edition of Oluseyi's Corner, we celebrate Mrs. Oluseyi Elizabeth Odudimu's recent lecture at the University of Bedfordshire, titled "My Journey in Health and Social Care Sector: From Education to Impact." During this enlightening session, she provided invaluable insights into her personal and professional journey, detailing the challenges, obstacles, and successes of the Stop Mental Illness Foundation since its founding.

The first lecture took place on Tuesday, 26th at 2 PM at the Luton campus, Business School, followed by an insightful interview with the career team on the 29th. Throughout these events, Mrs. Oluseyi shared a guiding belief that has shaped her path: "Your drop of water in the



Inspiring Change Through Education and Advocacy

ocean may not fill the ocean, but it can make a difference if you're consistent." This philosophy emphasizes the power of persistence and the impact that each individual can have, no matter how small their contribution may seem.

Mrs. Oluseyi reflected on her deep personal motivation to create something that positively impacts both African and global communities, particularly in healthcare. Her journey became profoundly personal when she lost two sisters in her early 20s. This tragic loss prompted her to question societal norms, including those surrounding mental and emotional well-being.

Grief, as she described, is a complex and personal experience that often lacks a

supportive environment for healthy processing. For too long, she carried the trauma of her sisters' loss without adequate acknowledgment of the mental health support she needed. Growing up in a culture where strength was equated with silence, Mrs. Oluseyi understood the importance of breaking that silence and advocating for those who feel isolated in their struggles.

Her experience has led her to ask poignant questions: What about those lacking the resources to process their grief? What about those who feel they cannot express their sorrow without fear of judgment? These are the individuals she aims to advocate for, emphasizing that society must learn to embrace vulnerability rather than suppress it.

Throughout her lecture, Mrs. Oluseyi shared practical advice for students and aspiring professionals:

1. Embrace Lifelong Learning: Education is a powerful tool that opens doors. Take advantage of every opportunity to learn from your lecturers and peers.
2. Cultivate Humility: Be open and willing to learn from every interaction; growth comes from listening and engaging with others.
3. Pursue Your Passion: If you are passionate about making a difference, pursue it relentlessly, even when faced with obstacles.
4. Set Achievable Goals: Understand that challenges are part of the journey, but with dedication and focus, you can overcome them.

Reflecting on her personal journey, Mrs. Oluseyi recounted how her move to Spain with her husband opened her eyes to the realities faced by individuals living with mental illness. This experience fueled her thirst for knowledge about mental health, leading her to further her education in the UK.

With a degree in Health and Social Care and a Master's in International Social Welfare and Social Development from the University of Bedfordshire, Mrs. Oluseyi felt empowered to address mental health challenges within African

communities. In light of this, she founded the Stop Mental Illness Foundation, driven by a desire to combat stigma and provide meaningful support.

As a response to the current challenges facing our communities, including economic hardships, the foundation has tailored its programs to meet the unique needs of those we serve. Key initiatives include awareness campaigns, educational events, counseling services, and empowerment programs.

In her ongoing efforts, Mrs. Oluseyi has also conducted research titled "The Role of Mental Health Non-Governmental Organizations in Nigeria," revealing crucial insights into the challenges faced by these organizations and highlighting the need for accessible mental health resources.

To further support individuals in their mental health journeys, she launched the "Unruffled Mind" app, which offers tools and strategies for managing mental well-being, providing a safe space for reflection and connection with mental health professionals.

Through these initiatives and her new book, "Mindscape: Tales of Healing and Hope in Africa," Mrs. Oluseyi continues to advocate for understanding and awareness of mental health issues, challenging misconceptions and fostering a culture of support.

We thank Mrs. Oluseyi for her unwavering commitment to mental health advocacy and for inspiring others to join the journey toward healing and understanding.

Thank you for reading!