



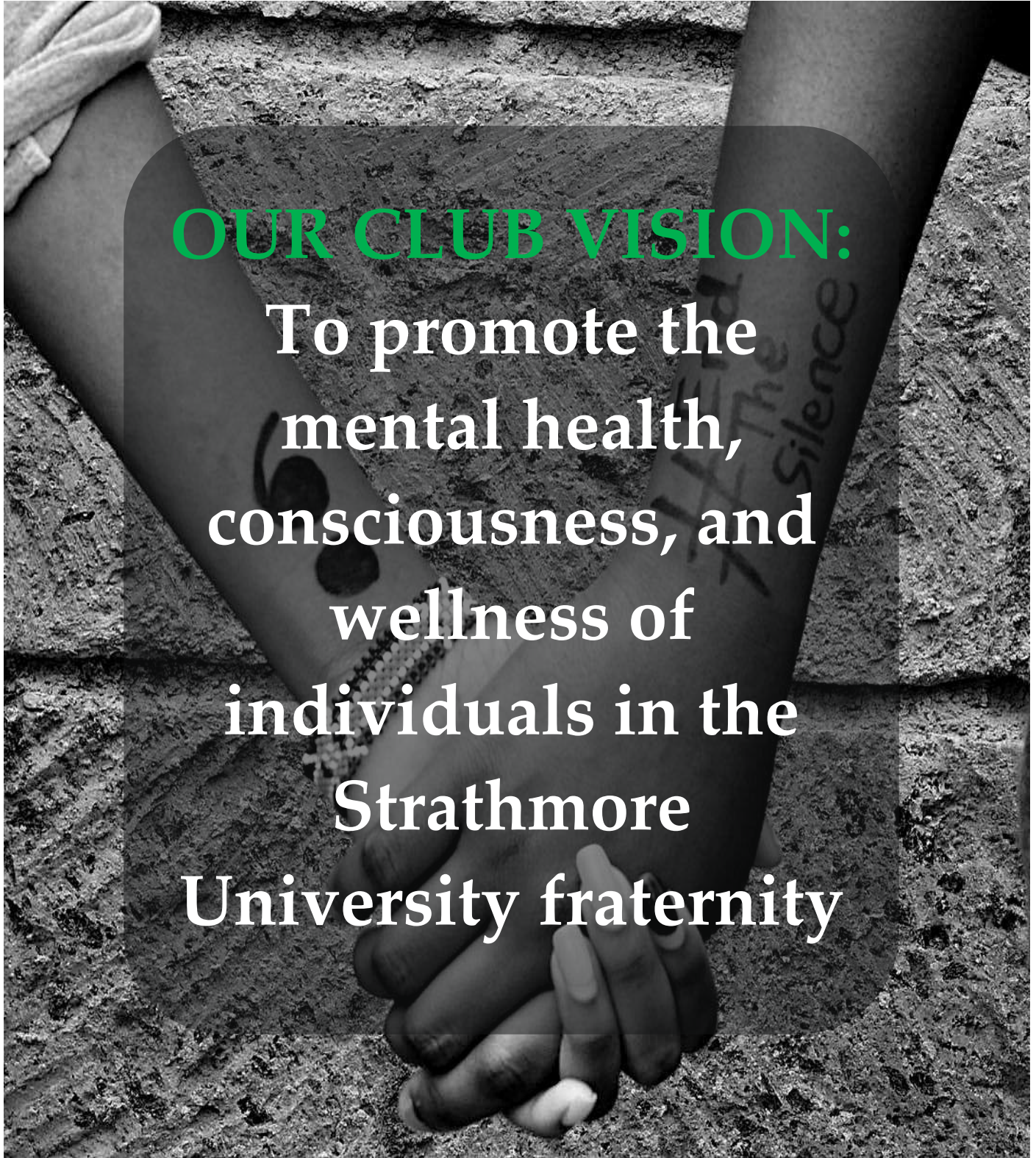
SU Mental Health Club  
"Mind your Power,  
Power your Mind"

# STRATHMORE MENTAL HEALTH CLUB

## Half Year 1 Report, Feb - July 2021

[www.sumentalhealthclub.co.ke](http://www.sumentalhealthclub.co.ke)  
[mentalhealthclub@strathmore.edu](mailto:mentalhealthclub@strathmore.edu)





## OUR CLUB VISION:

To promote the  
mental health,  
consciousness, and  
wellness of  
individuals in the  
Strathmore  
University fraternity

## About us

Founded in 2018, The Strathmore Mental Health Club has been at the forefront of mental health awareness initiatives both on-campus and outside the university. We run mental health events and campaigns throughout the year, our main event being the Mental Health Awareness Week around 10<sup>th</sup> October – World Mental Health Day.

## Our Mission

- ♥ To promote open & honest dialogues surrounding mental health.
- ♥ To create awareness surrounding mental health
- ♥ To collaborate with mental health organizations to create this awareness.

## Why Mental Health Club?

### **Ignite your passion for mental health**

The Club brings together a community of mental health enthusiasts and those who share the passion for mental health awareness. Club members widely interact in mental health information and discussion while exchanging thoughts, perspectives, and insights amongst each other about mental health.

### **A safe space to express yourself**

The Club appreciates the importance of safe spaces for individuals to freely express their feelings, thoughts, and ideas. The club seeks to expand safe spaces even outside the club by consistently encouraging the importance of creating an environment of empathy, consciousness and encouraging individuals to seek support.

### **A fulfilling club experience**

Members are consistently involved in the activities of the club with some of them actively participating in our events and projects including hosting events and podcasts. We engage members through meetings and in fun activities during our bi-annual retreats. Members as well get opportunity to be in working teams, manage projects or take transitional leadership positions.

### **Make an impact**

We welcome ideas that are geared towards promoting mental health awareness. With that in mind we value the relationship we have with our members, partners, and the Strathmore fraternity.

## Our Core Values



## CLUB LEADERSHIP



**Peter Wanyangi**  
President



**Wendy Akumu**  
Vice President



**Tim Sang**  
Human Resource Executive



**Wahu Mbote**  
Partnership Director &  
Ag. Media Director



**Wendy Kuyoh**  
Head of club productions  
& Activities

# HALF YEAR 1 EVENTS & ACTIVITIES

## 1. Launch of the Club website



The Club officially launched [WWW.SUMENTALHEALTHCLUB.CO.KE](http://WWW.SUMENTALHEALTHCLUB.CO.KE) on 19<sup>th</sup> February. This followed months of planning, consulting our members and stakeholders in the club, and working with the web developer to have a product that will be beneficial to the club. The website serves as our core information and communication site. We also have a site for blogs and arts exhibition from the Stratizens. The Strathmore mental wellness contacts can also be accessed via the site. We are grateful to the office of the Dean of Students for funding this project.

## 2. Club Retreat & Team building



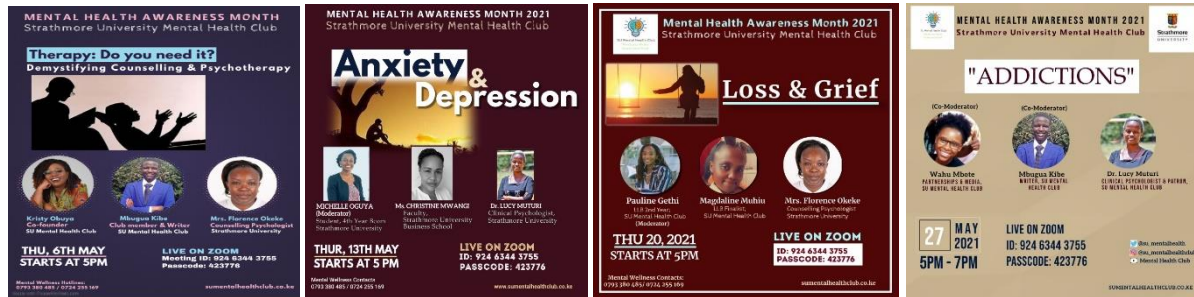
Club members retreated to Paradise Lost on 13<sup>th</sup> March. This followed the recruitment of new members in August 2020. The retreat provided the opportunity for members to meet and interact in games, chats, and fun team activities. The team building was also an opportunity for members to engage on various mental health issues.

## 3. Virtual Club Members' Hangouts



In the onset of the pandemic when classes resumed virtually, the club held virtual meetups with members as well online games and interaction. The opportunity to engage online amidst the restrictions in physical interaction enabled us to continue with our activities and interact via Zoom.

## 4. Mental Health Awareness Month (May)



The club for the first time ever held a mental health awareness month event which is observed globally in the month of May. The event took place virtually and graced by amongst others, our university psychologists Dr. Lucy Muturi & Mrs. Florence. Club members and fellow Strathmore students featured as moderators and panel for the 4 weeks event. The theme of the awareness month was, "Identifying our struggles and overcoming them". We demystified psychotherapy and counselling; discussed anxiety and depression; loss and grief and dwelt on the topic of addictions.

## 5. #LetsTalkTuesday sessions



This session took place during the mental health awareness month. It involved inviting students to a pre-registered session where they would discuss their mental health. The presence of a psychologist in these sessions enabled those who attended get professional advice on the issues brought up for discussion.

## 6. Support groups at the club

We launched support groups internally at the club. Members were voluntarily put into small groups virtually and formed WhatsApp groups to know more, engage and support each other. The Club has a plan to roll out support groups physically at the university.

## 7. Club Fair 2021



The club participated in the club and sports fair hosted by the Student Council on July 23<sup>rd</sup>. This was an opportunity to market the club and what we do. We also signed up prospective members. We also had those who visited our tent take part in a photo campaign that was geared on spreading mental health awareness - #MentalHealthInstaChallenge.



## 8. Call for submissions of mental health article and art pieces

STRATHMORE MENTAL HEALTH CLUB

**CREATIVE ART PIECE**

WOULD YOU LIKE TO DISPLAY YOUR ARTISTIC WORK?

**SEND YOUR WORK TO:**  
**MENTALHEALTHCLUB@STRATHMORE.EDU.**

STRATHMORE MENTAL HEALTH CLUB

**CALL FOR WRITERS?**

Are you a writer or you have a blog, article or story around mental health?  
 We invite you to come write with us on our website:  
[WWW.SUMENTALHEALTHCLUB.CO.KE](http://WWW.SUMENTALHEALTHCLUB.CO.KE)

**REACH OUT TO US**  
[mentalhealthclub@strathmore.edu](mailto:mentalhealthclub@strathmore.edu)

Please share with us your feedback/suggestions concerning our website

The Club through its website has been uploading articles on mental health and is working on exhibiting artwork on the website. Currently, the site has over 20 articles written by Strathmore students on various mental health topics and from some personal experiences. We believe that availing platforms for students to express themselves through art and artistic works is a creative way for mental health awareness and spreading mental health information.

## HALF YEAR 2 PLANS & ONGOING INITIATIVES

### 1. Club podcast launch



The club is currently engaging “The Stratizen Podcast” – a subsidiary of the Strathmore University Media Group for a podcast show for the mental health club. This will enable us leverage podcast as a medium for promoting mental health awareness. We wish to make this project permanent and start recording in early August while using the studio at the Student Centre.

### 2. Mental health video campaign

The Club wishes to engage the Strathmore community to share content through videos. Through this project, students will be able to share videos on various mental health topics and personal experiences. The videos will thereafter be shared on our Instagram and Twitter platforms.

### 3. Stratizen Mental Health Forums

In our objective to expand safe spaces for mental health conversations, we are introducing Stratizen mental health forums at the University. This is a series that will encompass episodes in the foreseeable future on mental health. We will host students in a platform where they will discuss on topics that affect them.

Plans are currently underway for the 1<sup>st</sup> event in the series under the theme of Men and Mental Health to be held physically at the university. Students will also be engaged on critical topics which will form basis for the forum discussions.

### 4. Mental Health Awareness Week

The Club has slated the week of 4-8 October, for the Awareness Week. This is a grand event in the club’s calendar which will feature week-long events. The Club is currently discussing content for the event to be tentatively held at the university.

### 5. Members team building

The club is also in talks with the members for a team building on 28<sup>th</sup> August. This is very important for club members to meet and especially for those who have joined the university virtually.

### 6. Club council elections

The club leadership is mentoring members who will prospectively be in the next leadership after the current council leaves office. Elections have been scheduled for late October.

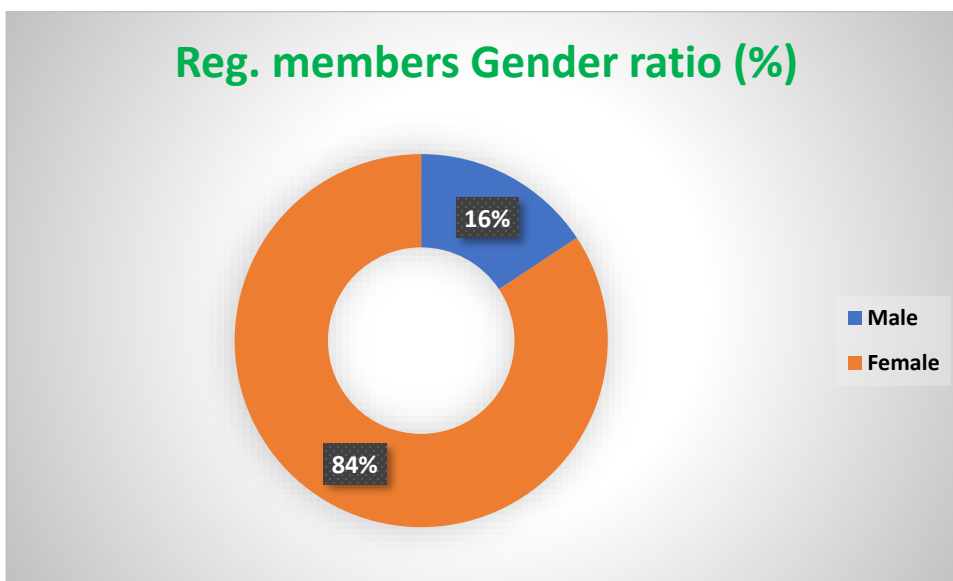
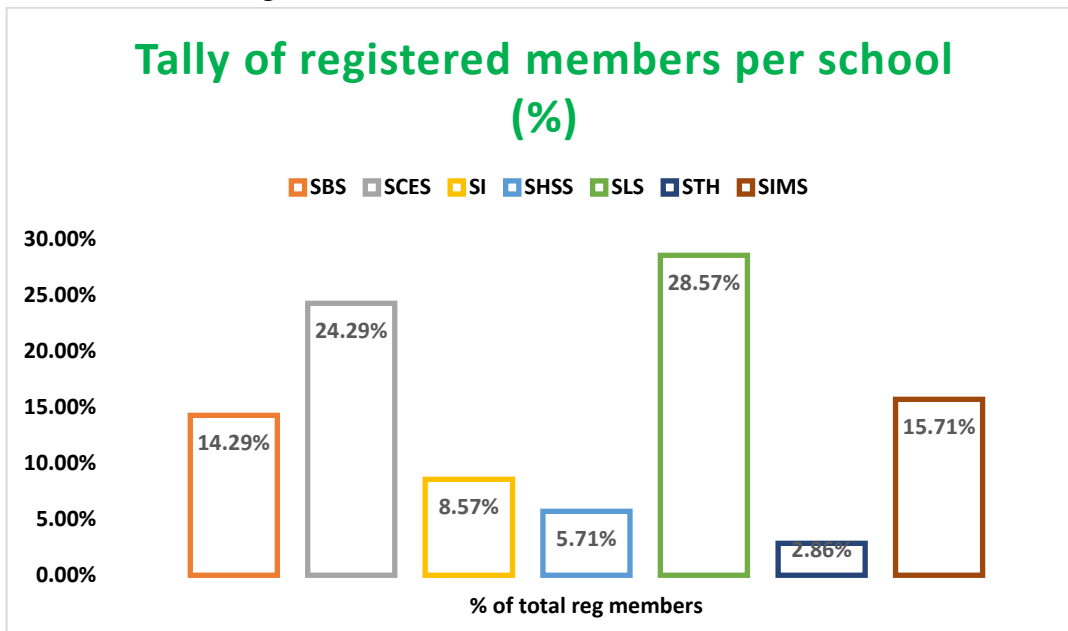


## 7. #LetsTalk sessions and support groups

We wish to roll out this initiative at the university on a large scale to enable students meet and have sessions where they can talk about their mental health.

### MEMBERSHIP

The club has 70 registered members.



## MEMBERS' SPOTLIGHT



Michael Kidero

BSc. Telecommunications

*I joined Strathmore in 2020, we were in a lockdown and were attending classes online and would continue to do so until a year later. Joining the Mental Health Club gave me the awareness of my thoughts and feelings enabling me to deal with them in a healthy way when there was no one else to turn to but myself. The club also gave me reassurance through webinars that anything I go through is not unique to me and that there are places and people I can go to for help if I need it.*



Vidaline Williams

Bachelor of Laws

*Being a member of the Mental Health Club has been a wonderful and eye-opening experience. What stood out to me the most was the effort made to create a safe space where I can learn more about mental health from experts as well as the experiences of my peers. The activities and discussions organized by the club have covered a range of interesting topics and I look forward to attending more in the future."*



**It's okay  
to be  
down**

**CALL OUR  
MENTAL HEALTH  
HOTLINE:**

**0724 255 169**

**OR**

**0793 380 485**



**The Strathmore University  
Mental Health Club**



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## Club Contacts:

Instagram: @su\_mentalhealthclub

Twitter: @su\_mentalhealth

YouTube: Mental Health Club

Web: [www.sumentalhealthclub.co.ke](http://www.sumentalhealthclub.co.ke)