



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

STRATHMORE UNIVERSITY MENTAL HEALTH CLUB

CONCEPT NOTE: MEN TUBONGE SERIES, EPISODE 3

The Uncomfortable Conversation



Email: [mentalhealthclub@strathmore.edu]
Website: [www.sumentalhealthclub.co.ke]
Physical Address: [Strathmore Student Centre 3rd floor]

Date: Thursday 16th December

Time: 5:30 pm – 7:30 pm

Venue: Microsoft Auditorium - STM Building, Strathmore University.

Episode Title: The Uncomfortable Conversation (A men exclusive event).

Brief Background about Men *Tubonge* series

Men *Tubonge* (let's talk in English) series was established on August 1st, 2021, by the Mental Health Club. The platform seeks to create a lasting foundation for important conversations surrounding men's mental health. The aim of this event is to break the toxic stereotypes that deter men to create and open themselves to safe spaces, authentically express their thoughts, feelings, and experiences without fear of judgement as well as reach out for support.

Last 2 episodes

The Club has so far hosted 2 episodes – one on August 2021 which established the foundation for the conversation where we gave platform to both the men and ladies to share their perspectives on the topic of men and mental health. We particularly focused on men coming open when they need support.

Men *Tubonge* 2 was held during our Mental Health Awareness Week in October 2021 where we primarily focused on higher expectations of the men by society; unhealthy habits and addressing the various issues men deal with.

About this episode (The Uncomfortable Conversation)

The aim of this episode is to give men the opportunity to delve deeper into 'the unspoken' and the rarely discussed topics around men's mental health. These topics include men speaking truth to their mental health, sharing their mental health stories and experiences with other men as well as men's response to emotions and vulnerability.

Episode 3 tasks (The Uncomfortable Conversation)

- A step towards men creating and developing safe spaces with other men.
- A step towards encouraging men to seek psychological support where need be.
- Fostering candid and brave mental health conversations in a vulnerable safe space.
- Igniting honest dialogues with men about their emotional and mental challenges.
- Deconstructing the toxic negative notion/attitudes towards masculinity.
- Promoting positive masculinity.
- Building resilience for men to deal and cope with struggles and challenges in a healthy man.
- Conquering stigma and fear to embrace our different personalities, attributes, and authenticity to realize high mental health awareness and standards for the men.

PREVIOUS EPISODES

The MEN in MENTAL Health

MEN TUBONGE!
#BEAT THE STEREOTYPE

PETER WANYANGI
(CLUB PRESIDENT)

IAN KIIRU
(MODERATOR)

MBUGUA KIBE

SHARON KAMAU

DON KAMOYA

ROY KING'ATUA

SAMUEL MUE

ALEXIS NGUNYI

MICROSOFT AUDITORIUM

FRIDAY 20TH, AUGUST

11:00AM-1:00PM

REGISTER HERE
<https://bit.ly/MENTubonge>

SU MENTAL HEALTH AWARENESS WEEK

MEN TUBONGE

13th October | 5:15pm
Strathmore University
Microsoft Auditorium - STM Building

Oscar Koome
Co-host
Mantalk

Wendy Kuyoh
Legal
Assistant
MMS

Ian Kiiru
Moderator

Eli Mwenda
Co-host
Mantalk

Keith Tupac
Host
Just to kick
it is a
blessing

Bright Shitemi
Founder
Mental 360

ABOUT THE STRATHMORE MENTAL HEALTH CLUB

Our Vision: To promote the mental health, consciousness, and wellness of individuals in the Strathmore University fraternity.

Our Mission:

1. To promote open and honest dialogues surrounding mental health.
2. To create awareness surrounding mental health.
3. To collaborate with mental health organizations to help create this awareness.

Our Slogan: Be at the forefront of mental health awareness

Contacts and social media handles:

Website: www.sumentalhealthclub.co.ke

Instagram: @su_mentalhealthclub

Twitter: @su_mentalhealth

YouTube: Strathmore Mental Health Club

Email: mentalhealthclub@strathmore.edu

New Podcast Show: How You Doin'?

Physical Address: Clubs and Societies' office, Strathmore Student Centre, 3rd Floor.

Awards:

- Most Promising Club 2018
- Club of the Year 2020
- Best Club Report 2020.

