



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

STRATHMORE UNIVERSITY MENTAL HEALTH CLUB

Annual Report 2021



JANUARY – DECEMBER 2021

Email: [mentalhealthclub@strathmore.edu]

Website: [www.sumentalhealthclub.co.ke]

Physical Add: [Clubs' Office Strathmore Student Centre 3rd floor]



OUR CLUB VISION

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

MISSION

- ♥ To promote open and 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 passionate mental health enthusiasts to exchange thoughts, perspectives, knowledge, and experiences around 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 as well as seek support.

Fulfilling club experiences

The Club engages members through meetings and fun team building activities. Members get to volunteer in working teams, manage projects or take transitional leadership positions.

Make an impact

We welcome ideas geared towards promoting mental health awareness. The Club offers a suitable environment with membership, resources, and partners to implement ideas on mental health

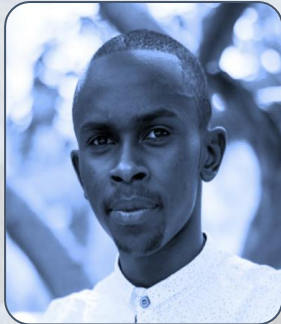
CLUB CORE VALUES

- ♥ Integrity
- ♥ Empathy
- ♥ Accountability



CLUB LEADERSHIP

Immediate Former Club Council 2020/21



Peter Wanyangi
President



Wendy Akumu
Vice- President



Wendy Kuyoh
Club Productions
& Events Executive



Tim Sang
Human Resource
Executive



Wahu Mbote
Partnerships Director &
Ag. Media Director

New Club Council 2021/2022



Pauline Gethi
President



Mbugua Kibe
Vice- President



Vidaline Williams
Membership &
Welfare Executive



Brigit Lugwe
Secretary General



Renee Alumada
Media & Marketing
Director

Club Founders



Kristy Obuya
Graduate, Class of
2020



Wambui Kang'ara
Graduate, Class of
2020

New Club Patron



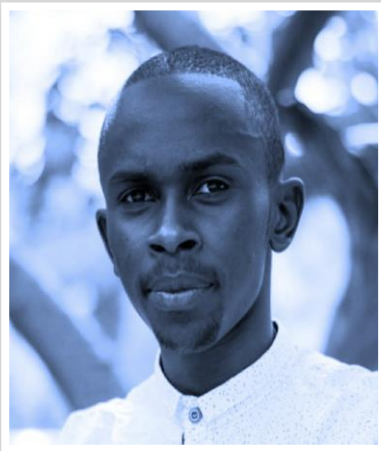
Sheila Kibicho
Faculty, Strathmore School of
Humanities and Social Sciences;
Researcher, Institute of Family Studies

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THE IMMEDIATE FORMER PRESIDENT'S STATEMENT



The Club has witnessed immense growth in 2021. The great strides taken were recognized when we were awarded “Club of the Year 2020” and “Best Club Report 2020” by the Dean of Students.

We have since leveraged our media platforms and partnerships to deepen our cause on mental health awareness with our media expanding to a recent addition of a podcast show called *“How You Doin’?”*. We have, however, had challenges in kickstarting our Instagram live shows due to the inability to reach out to relevant mental health professionals. We hoped to have episodes on the various mental health disorders air in the Insta Lives.

The Club has keenly focused on growing local partnerships at the university to build synergy with other clubs to reach out to more Stratizens. We have, for instance, partnered with the Strathmore Law Clinic (SLC) and the Strathmore Law Review (SLR) for a mental health talk with their members. Our new podcast show was conceived from a long-term partnership with the Stratizen Podcast.

We have continued to remain consistent and creative to sustainably advance our cause in mental health awareness. The club in May 2021 pioneered its first series of events in solidarity with Mental Health Awareness Month. We launched the *“Men Tubonge”* (let’s talk in English) series in August 2021 to promote consistent and progressive conversations on the topic of men and mental health to counter the toxicity, stigma, and stereotypic myopic focus around the topic. Our October 2021 Mental Health Awareness Week coinciding with World Mental Health Day on October 10th attracted over 500 students via a hybrid platform for the 5 event days cumulatively.

The Club has embarked on promoting one-on-one conversations amongst Stratizens on mental health. We are in the preliminary stages of setting up a ‘support group’ program at the university. Support groups bring together interested students to discuss and share thoughts, insights, and experiences on mental health topics and issues.

We are in talks with the United States International University’s (USIU) Kenya Peer Educators and Counselors Club (PECC) for the possible establishment of a peer counseling program at the Club. Trained peer counselors

will greatly support the established mental wellness services at the university especially through the support groups.

The Club recently cemented a strong collaboration with the Student Council when we joined forces to address policy issues and structures impacting mental wellness services in Strathmore. We have engaged mental wellness stakeholders at Strathmore on the addition of psychologists at the Medical Centre to address a pressing shortage and proposed a mental health curricular integration on campus. This idea will be a game-changer since it will bring mental health awareness to the classrooms.

To sustainably address membership welfare and challenges, my Club Council recently created a new leadership position – “The Membership and Welfare Executive” to strengthen members’ activity and cater for their welfare. We appreciate the special role our club members serve of being mental health ambassadors at the forefront of ‘our mental health agenda’.

I am excited to introduce you to our new Club Council 2021/22. This is a team we have worked with for the last 6 months in executing and managing various projects. They are more than competent to take on the tasks ahead. It is my hope and prayer that the incoming Club Council will continue and better on the progress we have made for long-term impact.

I am utmost grateful to the Dean of Students whose office has been more than helpful in ensuring we have funding and resources for our projects including funding our website development, studio to record our podcast show, and various activities such as team buildings.

Looking into the future, mental health awareness initiatives at the club will require an increase in funding and strategic partnerships as we envision a monumental growth in our cause and responsibility at the university and beyond. These necessities will be more required in funding the training of prospective student peer counselors and importantly access to psychologists/psychiatrists for our events and programs.

I, therefore, ask the incoming club Council, members, and fellow Stratizens to appreciate the great power in our hands and the unique opportunity to do these amazing mental health initiatives nowhere else than here in Strathmore. Let us work together in our ways to kick away the ignorance and stigma suffocating us from igniting authenticity in our mental health engagements and efforts towards attaining the highest mental health standards for all.

Peter Wanyangi

President (2020-2021)

Bachelor of Commerce (Finance) 4th Year

THE NEW PRESIDENT'S STATEMENT



I learned about the Strathmore Mental Health Club when I joined Strathmore University in 2019. However, this realization was not at the onset of my arrival, but 7 months down the line when I joined Law school. As someone who

recently learned the phrase 'mental health' at the time, I was in shock that it took me several months to learn about the club. Nevertheless, I was thrilled by the efforts of the founders of the club. I made a note to apply for the next tenure but was overcome emotionally and physically in 2019. Therefore, I completed my application and vetting in the summer of 2020. Since then, my life has changed considerably, as the impact the club has had on my emotional health, mental literacy and psychological disposition has been transformative.

Having already previously started my own Mental Health organization in 2019, I came to feel unsatisfied with my outreach. Ideally, my vision on starting the movement was to create a community and conglomerate of like-minded people, who are passionate and driven to rid of the retrogressive perspective in African communities. Similarly, getting in touch with people experiencing the different forms of mental shortcomings and distresses as me. Therefore, that year had been eye-opening and impactful in immeasurable ways, especially during the webinars.

As the new president of the Mental Health Club, I aim to contribute to my capacity, by joining the campaign of rewriting the stigmatized ideologies that surround the topic. In my opinion, a prevalent factor that any leader needs to consider is the image of the brand they are creating. My vision is to modernize the image that is associated with the club, by way of, the logo, themes, colors, energy, vibe, and so on. Secondly, what comes to mind is the impact we are having on people. To achieve this, I believe our Council should dedicate itself to always seeking feedback and insight on how we can be proactive in our outreach and as we raise awareness. This proved to be effective during our partnership with the Strathmore Law Clinic and the Strathmore Law Review before the mental health talks.

Getting to know what are the most prevailing factors that students in university are facing in their mental health journey, will result in effective and meaningful efforts.

I came to observe that even within the club, this information is silent. Acknowledging that mental health is a sensitive topic and should be approached in a diligent and empathetical manner, my vision is to create a serene and safe environment within the institution, that does not shun mental shortcomings, but encourages people to raise their voices. To encourage people to be transparent in their life, as they say, a problem shared is a problem half solved. This is a quote that I can attest to, as emerging out of your cocoons of solitude, opens you up to a world of color, peace, and beauty that is imaginable, something I wish for each student, staff, and common *mwananchi*.

To illustrate our Councils vision board briefly, we can list out our ideas in the following: ensuring success and consistency of the support groups, the podcast, implementation of new psychiatrists/psychologists/ continual partnership with other clubs and faculties, mentorship programs, social media outreach, and so much more. In summation, the vision for this new tenure within our Council is to transform the face of mental health in the university. We aim to not only reach out to more individuals and create meaningful and impactful events, but our ultimate vision is to be a force of change in the underlying culture subsumed in the world of mental health at Strathmore University. I am confident that not only myself but the able Council members, with our combined passion and drive in this regard will change the ambiance, mood, attitude... of the notion of 'Mental Health' considerably, as we learn and grow from the previous Council.

In conclusion, these are the words that I will live and stand by: "I believe this new Council and my generation can rewrite the narrative of mental health. Together we need to understand that our destiny is not in its history. We need to create our destiny, to rewrite mental health from scratch because there is nothing worth going back to. We need to enforce that shift from the contemporary opinion that mental illness is a weakness. It's time we broke the stigma suffocating mental health and our youth today. Preventing our voices from being heard. For as long as I live, I will pick up my tools, and start hammering on those chains that are holding us back. Until we are set free".

Pauline Gethi
President (2021/2022)
Bachelor of Laws 3rd Year



The Club was awarded by the Dean of Students Club of the Year 2020 and Best Club Report 2020 during the Clubs and Sports Awards held in August 2021. Our former president, Peter Wanyangi was awarded The Deans Award for his leadership in steering the Club in consistent mental health awareness engagements via virtual platforms during the COVID-19 pandemic.



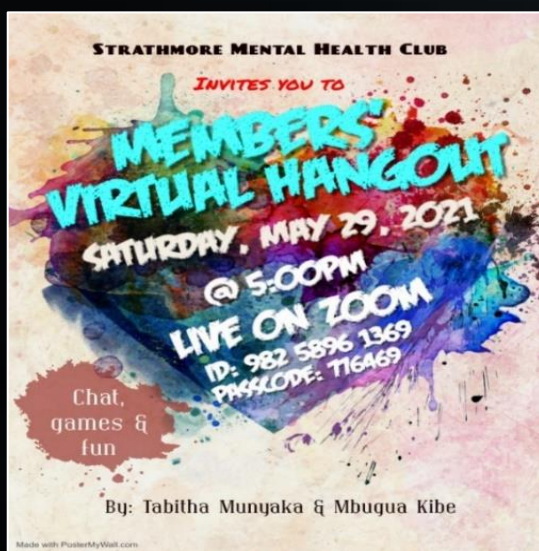
EVENTS & ACTIVITIES IN THE YEAR

1. Club Website Launch



The Club officially launched its website page WWW.SUMENTALHEALTHCLUB.CO.KE on 19th February. This followed months of planning, consulting our members and stakeholders in the club, and working with the web developer – Digitize Africa to have a product that will benefit the club. The website serves as our core information and communication site. We also have a site for blogs with over 35 articles written by Stratizens. The Strathmore mental wellness contacts can also be accessed via the site. The website will soon be renovated to house mental health art as well as our podcast recordings.

2. Members' Virtual Hangout



The Club continued to hold virtual meetups via Zoom with members before the full opening of the university. We used this opportunity to catch up, play virtual games, and exchange ideas and experiences at the Club.

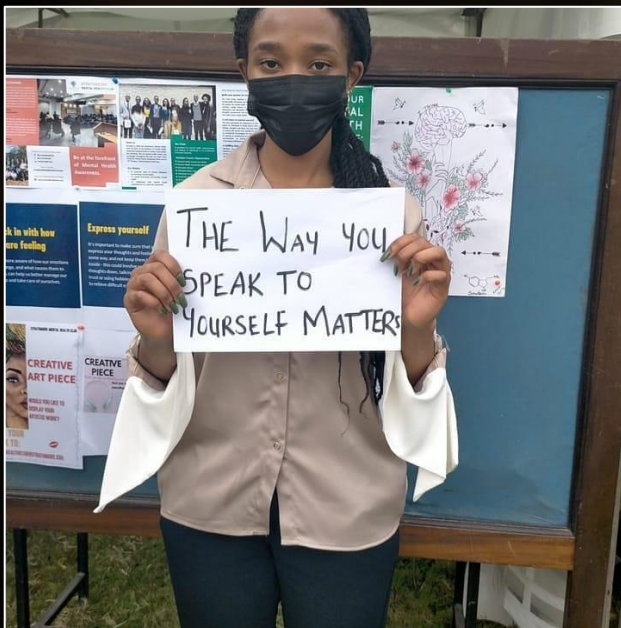
3. Club team buildings

The Club held 3 team buildings in the year. The first team building on 13th March at Paradise Lost followed the school reopening and the necessity to bring members together after a long 2020 on partial lockdown and away from each other. Other team buildings were in *Karura Forest* (together with Choral and Dance Club) in July and a leadership transition team building at Paradise Lost on December 18th, 2021.



4. Club Fair 2021

The Club participated in the Clubs and Sports Fair 2021 hosted by the Student Council on July 23rd. This was an opportunity to market the Club and what we do to students and staff. We also had those who visited our tent take part in a photo campaign that was geared toward spreading awareness on mental health - #MentalHealthInstaChallenge.



5. Call for mental health articles submissions

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 30 articles written by Strathmore students on various mental health topics and from some of their personal mental health 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.



6. Let's Talk Sessions

The Club, during Mental Health Awareness Month, held weekly sessions where students earlier registered to take part in the talk sessions. The virtual sessions involved the students sharing their perspectives, stories, and experiences around mental health with each other. Dr. Lucy Muturi (Clinical psychologist) and Mrs. Florence Okeke were also present in separate sessions to help shed light on the various discussed topics and to answer questions from students.



7. Strathmore Wellness Fair 2021

The Club was invited by the head of wellness at Strathmore People and Culture office, Ms. Catherine Kibunja to take charge of the mental health docket during the pioneer Wellness Fair at the university. This was a great opportunity for us to tell students and staff about our mental health awareness cause and activities held at the Club. We also signed up interested Stratizens for our support group program yet to be launched. We were also giving students more info about psychotherapy services offered at the Medical Centre.

November being **Men's Mental Health Month**, the Club did something special for the men – we were asking students to get a guy a flower in appreciation of the special month. The gesture was beautifully received.



Stratizens who passed by our mental health tent during wellness fair & got themselves/friends flowers & pins from our partners PunnyCraft.

8. Support Groups Initiative

The idea for a support group program was conceived inside the Club. We initially placed club members into small groups where they would interact with each other and share mental health insights and experiences in a small setting. This preliminary thought, however, has made us rethink and expand the idea to extend to the larger student community. We aim to promote important conversations on mental health (which is very important in the awareness process) through the program.

During the Strathmore Wellness Fair 2021, we rolled out registration for interested students to the support group program which we hope to launch early in 2022. We have so far registered over 30 students for the pilot. We also look forward to inviting mental health practitioners to assist reinforce the engagement amongst group members with a professional's perspective. We see the support group program to be greatly linked to the peer counseling program.

9. USIU PECC Peer Counselling Meeting

Peer counseling is another idea the Club is seriously considering. Peer Counselors would help bring awareness, help-seeking, and support close to the students. This, however, does not at all negate the critical importance of mental health practitioners. The Club is currently benchmarking with the United States International University Peer Educators and Counselors Club (PECC) with a first virtual meeting that happened in November. We are planning for a physical tour to USIU to meet the PECC team and learn more about the success of the program in USIU.

Come 2022, the Club will be keen on consulting stakeholders and experts at the university including but not limited to our psychologists at the Medical Centre as we take steps in learning more about the program. Funding will come in handy for the training of prospective peer counselors.

10. Mental Health Awareness Month (May)

In solidarity with the month, the Club through Zoom platform held 4 virtual panel sessions in the month hosting Dr. Lucy Muturi (Clinical Psychologist) and Mrs. Florence Okeke (Counselling Psychologist) from Strathmore Medical Centre.

A. Therapy: Do you need it?

MENTAL HEALTH AWARENESS MONTH
Strathmore University Mental Health Club

Therapy: Do you need it?
Demystifying Counselling & Psychotherapy

Kristy Obuya
Co-founder
SU Mental Health Club

Mbugua Kibe
Club member & Writer
SU Mental Health Club

Mrs. Florence Okeke
Counselling Psychologist
Strathmore University

THU, 6TH MAY
STARTS AT 5PM

LIVE ON ZOOM
Meeting ID: 924 6344 3755
Passcode: 423776

Mental Wellness Hotlines:
0793 380 485 / 0724 255 169

sumentalhealthclub.co.ke

The session aimed to demystify counseling and psychotherapy. This event was graced by Mrs. Florence Okeke, a counseling psychologist; Kristy Obuya, the co-founder; Mbugua Kibe, a club member and a writer at the Club. Various myths and misconceptions were brought to light and there were also personal encounters of therapy from the therapist side and persons undergoing therapy.

Examples of therapy forms are cognitive therapy which challenges your thinking; behavioral therapy which focuses on the behavior of a person; psycho-analytic therapy focuses on one's past. Mrs. Florence brought to light that psychotherapy is not only for when one had mental illness but also on other circumstances such as transiting from one place to another.

Mbugua shared his experience doing psychotherapy, where he explained how self-help books led him to seek professional help. The session went in-depth on diagnosis and misdiagnosis. Mrs. Okeke recommended one that one opinion in case of fears of mental ill-health misdiagnosis.

The session covered the availability of therapy services offered at Strathmore and how long a session would take, various supportive mechanisms, etc. Mrs. Okeke mentioned the importance of self-awareness by evaluating and understanding what's happening to oneself and lastly to acting.

Click [here](#) to watch the Zoom recording on YouTube.

B. Anxiety and Depression

MENTAL HEALTH AWARENESS MONTH 2021
Strathmore University Mental Health Club

Anxiety & Depression

MICHELLE OGUYA
(Moderator)
Student, 4th Year Bcom
Strathmore University

Mrs. CHRISTINE MWANGI
Faculty,
Strathmore University
Business School

Dr. LUCY MUTURI
Clinical Psychologist,
Strathmore University

THUR, 13TH MAY
STARTS AT 5 PM

LIVE ON ZOOM
ID: 924 6344 3755
PASSCODE: 423776

Mental Wellness Contacts
0793 380 485 / 0724 255 169

www.sumentalhealthclub.co.ke

In the second week, we discussed "Anxiety and Depression". The session kicked off with the question of "What is anxiety?"

Ms. Christine Mwangi gave as the foundation on Anxiety. To address anxiety, she mentioned that at times it's easier to reverse engineer our fears starting from the endpoint, recognizing what your fear is and how can you curb it. The discussion went further on when it is advisable to seek help or guidance when going through anxiety. Deep breaths were recommended as a good calming strategy.

Key takeaways for the session were: When it gets too hard and has a difficult time to do their normal activities, one should seek professional help. One should step out of their comfort zone, take chances, have big expectations, and work for them.

Click [here](#) to watch the Zoom recording on YouTube.

C. Loss and Grief



We felt a huge feeling of loss as the world has changed so quickly (this was the time COVID 19 pandemic cases and deaths were starting to surge). Some were grieving the loss of a loved one, some the loss of a relationship, others were grieving the loss of a job/source of money in their family, and some grieving the loss of normalcy in their academics.

We set to find out what grief was and how society can support friends and family who are grieving.

Click [here](#) to watch the Zoom recording on YouTube.

D. Addictions



When looking at addiction, most people only think of drug addicts facing withdrawal. In this episode, we delved deeper with the help of Dr. Lucy Muturi to see what addiction entails. We looked at the physical factors as well as sociological factors that fuel the vice.

Dr. Muturi explained how segregation from society traps addicts in a loop they can't break free of on their own. This was explained in a case study in Portugal where the government opted to rehabilitate drug addicts as opposed to criminalizing them to curb the issue.

Dr. Muturi also answered some of the questions posed by the guests. She iterated that it isn't possible to be addicted to a person. We defined addiction as an unhealthy obsession with a substance or an activity that gives a boost of dopamine to people. Since a human being isn't a substance or an activity, you can't say it's an addiction but rather an obsession. However, we concluded that you could be addicted to love, in that you are unable to be out of a relationship for long. Love addicts are believed to hop from one dating partner to the next as soon as they end.

The session ended with Dr. Lucy explaining that addiction is something that can be cured and calls for stigmatization. If we shut out people who are addicted or falling into addiction, then we are promoting the issue. But the point is not to heal them on our whim or to force them to heal, but to hold their hand as they embark on this self-healing journey.



11. Mental Health Awareness Week (October)

A. Academic Pressure and its toll on mental health



The benchmark of the conversation moderated by Pauline Gethi surrounded the relationship between mental health and academic pressure for students. We had the honor of hosting Dr. Vincent Ogutu – Strathmore Vice-Chancellor Designate; Maria Gitau, Student Council Female Academic Representative; Kristy Obuya, Club Co-founder, and Ted Iha.

Dr. Vincent Ogutu underscored the relationship between mental literacy and general wellbeing evident and prominent in the educational system. Undeniably his distinguished presence and account of his time teaching and mentoring prisoners was profound and touching. Many came to comment that his leadership in the school has been, and still is enriching and refreshing, his genuine concern for students’ mental being gives us all hope for the institution’s involvement.

Ted Iha stood in a personal capacity in his contribution. Driving the conversation, a bit closer to home, he expressed his struggles with mental shortcomings and how he was able to overcome them. His stance was very relatable and wholesome, as he well defined the common struggles that are felt by university students.

Kristy Obuya graciously made the time to come back as an alumnus, to give her views with regards to what she experienced and witnessed in her time at Strathmore. What stood out most is her continual advocacy post-graduation. She is an aspiration for many in the world of mental health, as she continues to raise awareness

and mentor people all over the country. She left us all in awe and confident that the voices speaking on behalf of the voiceless are supported by genuine, passionate, and true hearts.

Maria Gitau supplemented the conversation by expressing her views regarding her leadership position at the Student Council. Her first experience with Stratizen’s and the challenges that have been expressed. She gave fruitful advice as to how she believes students can maintain a healthy mental state e.g., mindful thinking, journaling, creating plans, having a good social circle, inter alia.

The event was a success and each one who attended can attest that we all left having learned something new and feeling a sense of community and support.

B. Pre and Post Menstrual Syndrome (PMS).



Slogan: *Normalizing menstruation, empowering girls!*

The objective of the day was to inform the audience about PMS and provide practical coping management methods. Discussion points included: What is PMS? Differences between Pre and Post MS; How often does it happen? – statistics on PMS; What are the symptoms? – hormonal changes, increased ‘sexuality’? and how to cope with the changes. The session also aimed to destigmatize menstruation and PMS for the ladies.



C. Toxicity: The Cost of Love? (Relationships)

The topic aimed at educating the audience on toxic relationships, what causes toxicity in relationships, and how to overcome the same. Discussion points were: what are toxic relationships? Examples of such relationships, causes of toxic behavior, and patterns (childhood trauma, rejection, abandonment, neglect, etc.). Identifying toxic patterns and behavior – gaslighting, manipulation, narcissism, emotional unavailability, and their effect on mental health. We also addressed how one can avoid or exit toxic relationships as well as solutions and courses of action to take when one finds themselves in toxic relationships.

D. Art Therapy (Painting session).

Art therapy incorporates the aspect of creative expression through visual media. It is rooted in the idea that creative expression can foster healing and mental well-being. Art therapy engages our brain actively when producing art; it provides opportunities to focus and improve problem-solving skills; fosters self-expression and provides a safe way to share about oneself and connect with others; provides an avenue to explore one's past and take steps towards the future. Participating students were provided with painting materials and paired in small groups to paint on white canvasses.

STRATHMORE MENTAL HEALTH CLUB
Mental Health Awareness Week 2021

TOXICITY: The Cost of Love?

THU 14 OCT | 5:30 - 7:30 PM | MICROSOFT AUDITORIUM

CO-MODERATOR BRIGIT LUGWE SU MENTAL HEALTH CLUB	CO-MODERATOR VINCENT KARIUKI PRESIDENT DANCE CLUB	 VICTORIA MAINA STRATHMORE CHORALE	 BOBBY OWUOR HOST, EAST MEETS WEST
 ALVIN MOSES STRATHMORE CHORALE	 SHARON K. MWANGI DIGITAL CONTENT CREATOR & MENTAL HEALTH ADVOCATE	 NYAGAH MUGO PSYCHOLOGIST	 WAMBUI KANG'ARA CO-FOUNDER SU MENTAL HEALTH CLUB

ZOOM LIVE ID: 963 8474 0332 CODE: 476713
BROUGHT TO YOU COURTESY OF RED BULL BASEMENT
Made with PosterMyWall.com





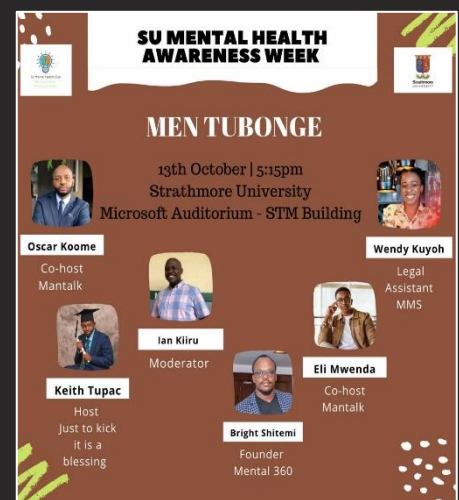
12. Men Tubonge series

“Men Tubonge”, established by the Strathmore Mental Health Club in August 2021, seeks to create a lasting foundation for important conversations surrounding Men’s Mental Health & break the toxic stereotypes that deter men to create and open themselves to safe spaces; express their authentic selves, thoughts & feelings without fear of judgment and reach out for support when in need! The discussions have also been open to the ladies to also listen and weigh in on this important subject.



There have been 3 Men Tubonge sessions. The first discussion was on Friday 20th August 2021 at the Strathmore TransCentury Auditorium. The theme of this session was on beating the men mental health stereotype. These conversations were not being shaped by the men alone. We had ladies who came forward with their insights and experience that contributed heavily to deconstructing the damaging gender stereotypes. The panelists were Peter Wanyangi, Mbugua Kibe, Sharon Kamau, Don Kamoya, Roy, King’atua, Samuel Mue, and Alexis Ngunyi. The forum was moderated by Ian Kiiru. The event was also entertained by the Strathmore Dance Club.

The second Men Tubonge event was held during the Mental Health Awareness Week 2021 between the 8th to the 15th of October 2021. The theme was Going Green



for Mental Health Awareness. The episode was moderated By Ian Kiiru. Panelists were Keith Tupac (Host of Just to Kick it is Blessing podcast), Bright Shitemi (Founder Mental 360); Wendy Kuyoh (Mental Health Club Head of Productions); Eli Mwenda, and Oscar Koome (both hosts of ManTalk.ke). The event was sponsored by Red Bull with entertainment from Mizizi Afrika.



MEN TUBONGE III

UNCOMFORTABLE CONVERSATION



"Masculinity should never be defined by those who know nothing of it. Embrace it, feel it, express it, learn from it, because a man is only as good as his actions."

~I will be attending Men Tubonge 3

Jude Oundo
(LLB, Strathmore Law Clinic)



MEN TUBONGE III

UNCOMFORTABLE CONVERSATION



"Mental health is a daily lifestyle for me. My 'tranquility' comes first. I am, therefore, becoming more aware of myself, mental stressors, underlying mental health issues & tapping into self-care tips, opening up to friends & seeking support through psychotherapy."

~I will be attending Men Tubonge 3

Peter Wanyangi
(Outgoing President, Mental Health Club)



MEN TUBONGE III

UNCOMFORTABLE CONVERSATION



"Since that day I opened up about my emotions it's been so much easier to live and enjoy life"

~I will be attending Men Tubonge 3

David Opiyo (Host, How You Doin' Podcast)



MEN TUBONGE III

UNCOMFORTABLE CONVERSATION



"Getting to this place of awareness was the hardest and I am not yet there, I slip so hard at times. Still I know we all just need people to hold spaces for us, and I am here. I will always hold space. We all are capable."

~I will be attending Men Tubonge 3

Philip Ogonda (Mental Health Club)



MEN TUBONGE III

UNCOMFORTABLE CONVERSATION



"Speaking out on your mental health issues does not make you weak as a man"

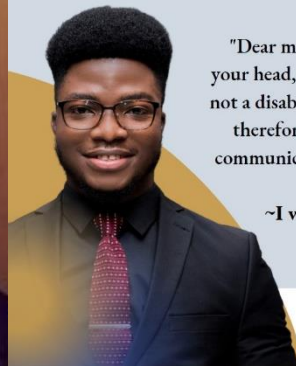
~I will be attending Men Tubonge 3

Juma Shabat
(Riara Student Council President)



MEN TUBONGE III

UNCOMFORTABLE CONVERSATION



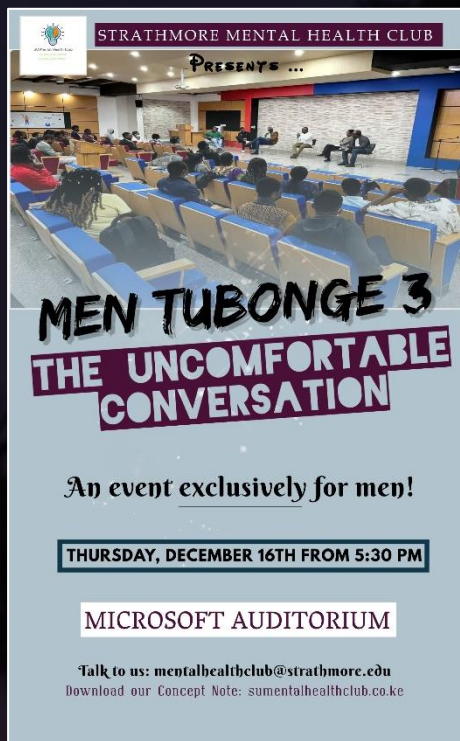
"Dear men, you spend most of your time inside your head, make it a nice place to be. Being a man is not a disability, not a challenge and not a curse. We, therefore, have to evaluate the conception and communication of men's strengths and weaknesses because there lies the issue."

~I will be attending Men Tubonge 3

Collins Okoh
(SU Student Council President)



The third Men Tubonge episode was held on 16th December 2021 at the Strathmore Microsoft Auditorium. It was an event exclusively for men and themed *The Uncomfortable Conversation*. The event aimed to provide a safe space for the men to delve deeper into the rarely discussed and uncomfortable topics around men and mental health. We envisioned the event to be an important step towards men engaging in candid conversations about their mental health, creating and developing safe spaces with other men, fostering honest dialogues in a vulnerable safe space while promoting positive masculinity.



13. SLC & SLR Mental Health Talk

On the 1st of December 2021, the Strathmore Law Review and Strathmore Law Clinic, in collaboration with the Strathmore Mental Health Club hosted 'SLR and SLC Mental Health Talk'. This talk was the first of its kind, with these organizations coming together to raise awareness about the mental health of the organizations in Strathmore Law School.

The purpose of this discussion was to bridge the gap between SLR and SLC students, and their underlying mental distresses.



Upon surveying with the members of the above organizations before the event, it was found that the high work pressure is manifested into an unhealthy mental state for quite a few members. Based on the results of the survey, a talk was held with the following panelists: Dominic Kamau – Psychologist and Lecturer at Tangaza University College; Sharon Muoki – Legal Intern at CJ & Shepard Law, LLB Graduand, Ex-President SLC, Ex-Senior Editor SLR Moderated by: Brigit Lugwe – LLB 3rd Year Student Strathmore University.

The talk was a success, with the members of the SLC and SLR able to share their feelings and experiences, as well as being guided on coping methods and ways to deal with high levels of stress.



MEDIA

1. How You Doin'? podcast show



The Club began talks with the Stratizen Podcast team early in March 2020 for a partnership with the SUMG's subsidiary for a mental health podcast. Ever since the now partners have engaged various parties including the DOS' office for funding recordings costs at the university studio.

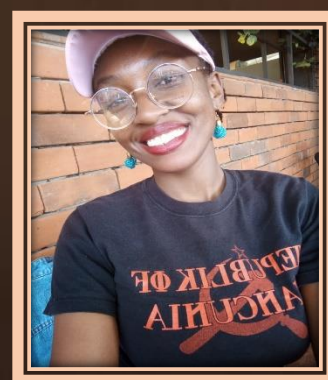
PODCAST HOSTS



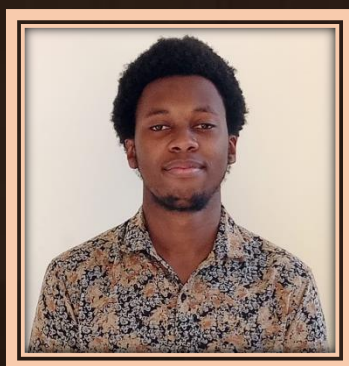
PAULINE GETHI



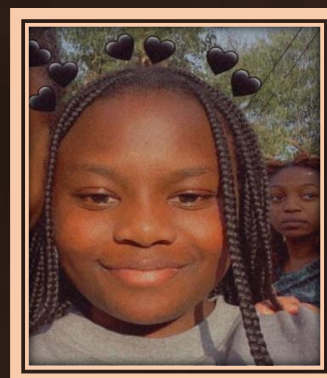
DAVID OPIYO



LAURYN NJERI



IVAN KELI



BEVERLY ONGECHA

We came up with a concept note for the project. The title of the new show is How You Doin'? Together with the leadership of The Stratizen Podcast, we interviewed applicants for the Hosts and Research & Content positions. 6 hosts and 5 research and content team have so far been recruited.

The podcast has a manager who is a member of the Mental Health Club. The podcast manager is responsible for the show through liaising with the Stratizen Podcast team for resources and coordinating the hosts and the research team. The project will be overseen at the Club Council by the Media and Marketing Director.

Plans are underway to develop content and commence recording by February 2022. The Club is currently working together with the partner to organize the running of the studio in preparation for recording the 1st episode.

This podcast project has huge importance in the club's mental health agenda as it will reinforce our awareness initiatives via the audio platform. We envision growing the podcast audience not only in Strathmore but to other campuses as well countrywide.

RESEARCH & CONTENT DEVELOPMENT TEAM



SHARON MUOKI



NELIMA SIMIYU



MARIA MAKAWITI



RACHEAL WANJOHI

PODCAST MANAGER



ANNA WAMBUI



PARTNERSHIPS



SPONSORS



The Club has focused on growing local partnerships with other Clubs at the university. We recognize that all Clubs and organizations are unique and special and that their specialization could come in handy through our events and programs in mental health awareness.



Wahu Mbote (Former Club Partnership Director) with Michelle

A. Strathmore University Media Group (SUMG)

Our biggest partner, SUMG, has grown considerably in the last year with an increase in subsidiaries. We have partnered with the Stratizen Podcast to launch our podcast show, "How You Doin'?. We look forward to a future partnership with the Stratizen TV and a resumption of our partnership with SUMG's Echo magazine on the magazine issue of "Ask the psychologist".

B. Michelle Acampora's Ph.D. Research.

The Club accepted a partnership with Michelle Acampora (a Ph.D. candidate from the University of Zurich in Switzerland) to collect data among Strathmore university students on her research topic: "Beliefs and Misconceptions about Mental Health and Their Link with Help-Seeking Behavior among University Students".

125 students participated in the pilot program. Using convenience sampling via email. The study was examining students' beliefs about mental health, their attitudes towards help-seeking, mental health services and assess their own experiences. The study also aimed to test whether information provision targeting common misconceptions about depression can improve the demand for help.

The research was authorized by the Research Services Office and the Dean of Students Office. The National research body (NACOSTI) also approved the research.

Results from the research are yet to be made public.

The Club sees an opportunity to partner with like-minded individuals and organizations especially in research that will in turn help improve our mental awareness and wellness services on campus.

We expect the outcome from Acampora's research to help guide our work on mental health awareness here on campus.

C. 13TH Student Council

The Club established a long-term collaboration with the Student Council to address policy and structures affecting mental wellness at the University.



Collins Okoh, 13th
Student Council
President



Maria Makawiti, Head of
13th SC President's Senate
on Mental Health

(i) Mental Wellness Services at the university

The Club earlier in the year collected feedback from Stratizens on their experience while using the Strathmore mental wellness contacts: 0793 380 485/0724 255 169.

Most of the respondents raised various concerns which made us conclude that as much as the service was affordable at Kshs. 200 per session, there was a need to address the inconveniences some students face when seeking psychotherapy at the Medical Centre.

The Club and the Student Council engaged the 2 psychologists at the Medical Centre as well as the Director of the Medical Centre, Dr. Anastacia Ngumuta. They all concluded that 2 psychologists were few to cater for the increasing number of students seeking psychotherapy support.

We are glad that from further engagements with the Head of Wellness at Strathmore People and Culture, we have been informed of plans to have additional psychologists by early February.

(ii) Proposing a mental health curricula at the University

The Student Council President Collins Okoh with his senate wing of mental health led by Maria Makawiti has been working with the Club in engaging various stakeholders on campus in finding suitable means of integrating mental health into the classroom.

Maisha (life) program - a life skills unit in undergraduate Strathmore Business School deemed suitable for a pilot approach in our idea. We have since

engaged stakeholders and curriculum creators in the program requesting the adoption of mental health awareness in the coursework unit.

Together with the student Council team, we have since engaged Mr. and Mrs. Mutura from the Centre for Research on Organizations Work & Family at Strathmore University Business School in inculcating mental health awareness in their *Maisha* program.

(iii) Mentor-a-kid program at Madaraka Primary School.



Bradley Kwama,
Mentor-a-Kid Director



Elizabeth Radina,
Mentor-a-Kid Coordinator

The Presidential Senate of the Student Council reached out to the Mental Health Club for a collaboration to inculcate mental health as part of the Mentor-a-kid program at the primary school.

The idea was birthed by Bradley Kwama and is being led by Elizabeth Radina. One of the ideas being considered is connecting the guiding and counseling office with (pro bono) psychologists to help train and better inform them on addressing mental health and mental health issues/disorders with the pupils.

The Club President Peter Wanyangi was privileged to visit the institution on December 2021 with Radina to see the headteacher and discuss common areas of partnership.

We look forward to the success of this partnership in 2022 and engaging external professionals to help the success of the mentorship program especially in the mental health space for the pupils at Madaraka Primary School.

D. Art and Artistic Mental Health event

The Club late in 2021 partnered with the Reading & Writing Club, Art Club, and Dance Club to hold a mental health and art event that would encompass paints, articles, and photography exhibitions on mental health artwork; art performances such as spoken word and painting as a form of art therapy.

The Club with the partners are yet to implement the event.

MEMBERSHIP & WELFARE

The Club boasts of 71 registered members since its recruitment in August 2020.

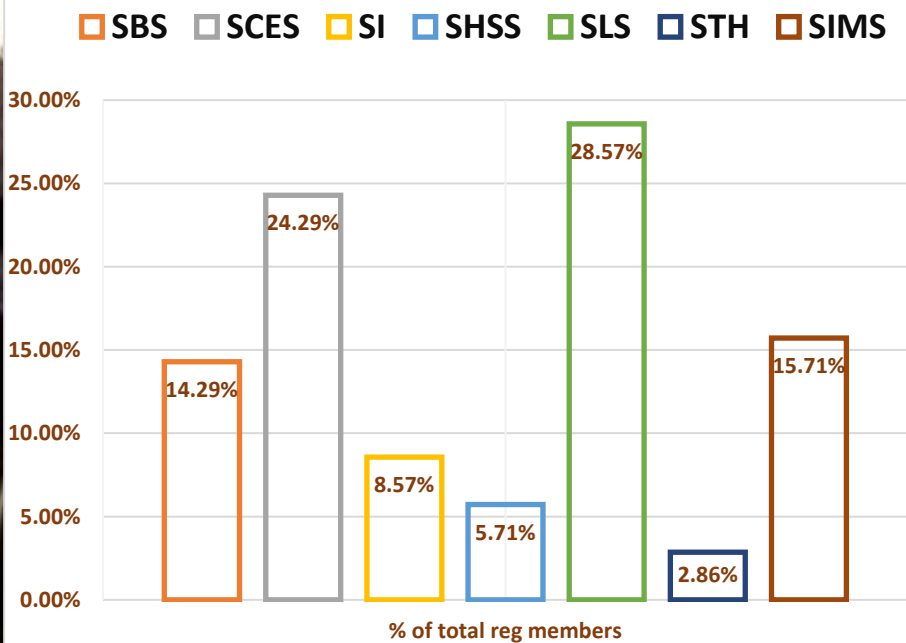
The new Council is, however, expected to carry out a cleanup of the Club membership and recruitment of new members by February 2022.

The membership registry cleanup will ensure that members who have finished university and those not actively taking part in the Club activities will exit the Club to pave way for new members.

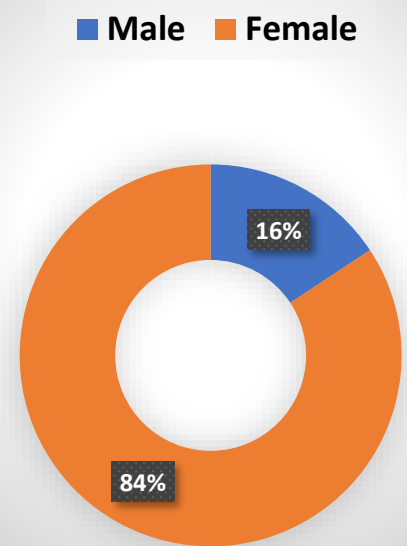
These and other matters on club membership will be in future handled by the Head of Membership & Welfare at the Club. This is a new position established by the immediate former Club Council to address challenges in passive membership and promote active and responsible membership as well as cater for members' welfare. We also hope to see our club men membership grow from a mere 16% to at least 30%.

The Club will also be looking at appraising members regularly to ensure active participation.

Tally of registered members per school (%)



Reg. members Gender ratio (%)



Club Members' Spotlight

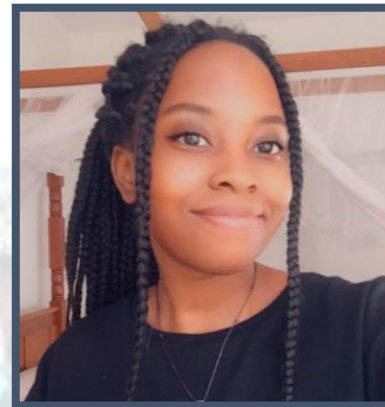


MBUGUA KIBE
Bachelor's in hospitality management

"For as long as I have been a member of the mental health club, I have felt like I was at home. It's been about two years now, but it feels more like a century being a member. With the effects of the pandemic, I can't recall the short time I was a member before the first wave hit the country. But I'm glad we were able to persevere through the tough year.

I was very impressed at how we were able to quickly set up virtual hangouts for the members as well as different webinars for the school. What I loved most was the support we gave each other and ourselves as we kept the club alive.

I will always be thankful for the time I spent as a club member. Being in the club opened my eyes to a different level of our existence. I've become more aware of myself and the people around me. My new perspective has broadened the way I look at things and has overall made me the best version of myself. I look forward to a prosperous future for the club as we go through the pandemic's aftermath."



BRIGIT LUGWE
Bachelor of Laws

2021 in the mental health club for me can be summed up in one word - Growth. I have grown in my mental health journey, with the club creating a safe space to share as well as organizing sessions to learn from experts as well as peers.

I have also grown in my leadership skills, having been given an opportunity to be more involved in the planning and organizing of the Mental Health Awareness Week 2021. Further I've grown more confident in my skills and branched out, moderating events, and coordinating with other organizations within Strathmore.

All in all, it was a great year. I look forward to all the great things that will be coming out of the mental health club in the future and playing my part in growing the club



Tribute
to our late friend, and club member

BURHANUDDIN YAMANI

9th Dec 1997 – 27th Sep 2021



Burhanuddin Yamani was an avid club member since 2018 when he was undertaking his Bachelor of International Studies at the Strathmore School of Humanities and Social Sciences. He continued to take active role even after graduating in 2020. He, for instance excitingly volunteered to moderate an event during the virtual 2020 Mental Health Awareness Week titled, "Towards Mental Wellness" in October of that year.

Yamani was diagnosed with possible Lymphoma and admitted in weak condition at MP Shah Hospital, Nairobi. Before being flown to India for specialized treatment and further tests (after inconclusive results in Kenya) the Club lunched a Yamani Medical Fund Drive via the M-Changa platform to help his family in settling his medical bills at MP Shah. Funds were also needed during his further treatment in India.

With the support of the Strathmore Student Council, Clubs fraternity, Staff, students and friends of goodwill, the Club manage to collect contributions worth Kshs. 342,000. Kshs. 314,000 went towards helping clear his medical expenses while he was in India.

We unfortunately lost Yamani on 27th September 2021 while receiving treatment in India. He was thereafter laid to rest in India. His loss was tragic and devastating for us at the Club. It was very difficult to come to terms with his passing on.

The club mourned the great loss of a fellow member. Yamani was a kind, humble and affable person. His passion in mental wellness is up to this day admired by many. His spirit to volunteer at the club continues to be a huge inspiration to us. Yamani was very strong and hopeful even in time of pain and weakness while at MP Shah.

After his unfortunate passing on, extra contribution of Kshs. 28,000 were channeled to other charity drives at the university as requested by the family after all his medical expenses were settled.

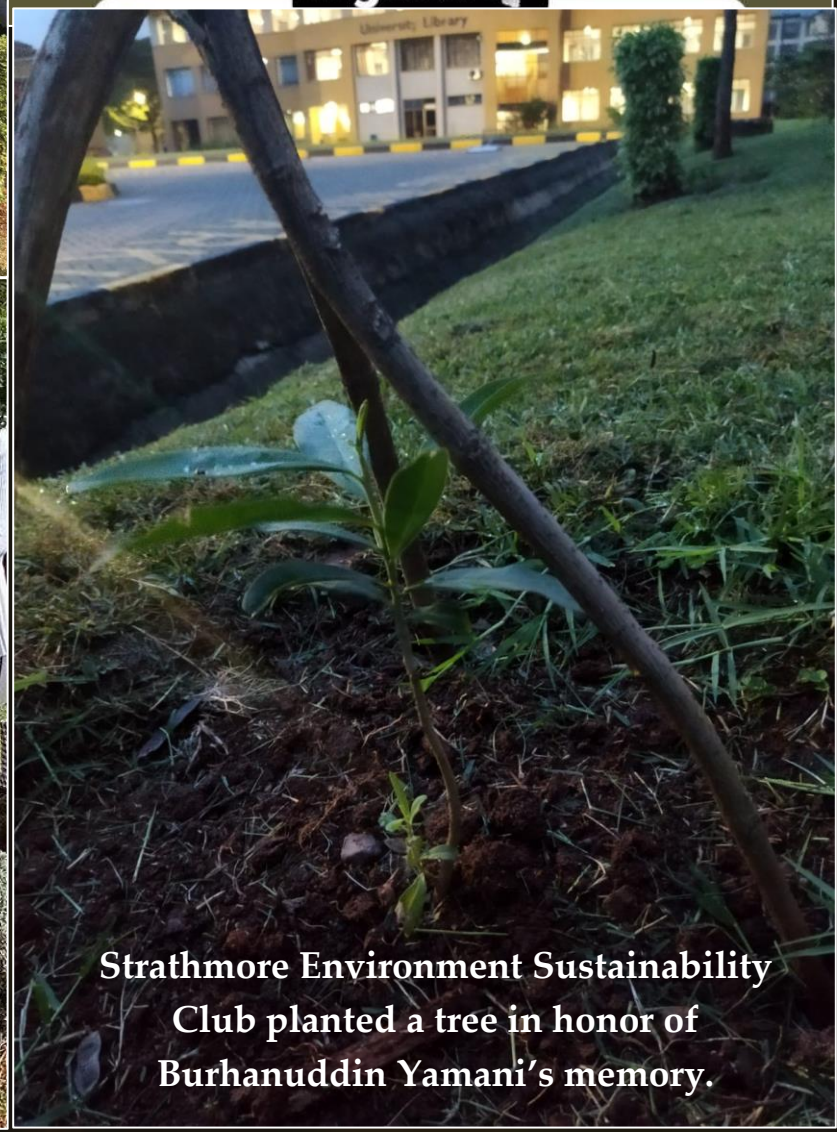
The Club conducted a virtual memorial in his honor attended by his former classmates, club members, students, staff, and his family. Loving and kind tribute flowed for this great man. The Club is very grateful for all those who contributed to his medical fund drive and former committee members of the drive. Thank you and blessings as well to all those who prayed for him and his family. We are grateful to the Environment Club for planting a tree in his memory at the University close to where he liked to seat.

We continue to miss him but celebrate his life and the lessons he left behind. He will be dearly missed and cherished.

Peter Wanyangi
Former President



In your memory Burhanuddin Yamani a true Strathmore legend 🕊️



Strathmore Environment Sustainability Club planted a tree in honor of Burhanuddin Yamani's memory.



Burhanuddin was a gentle, kind, warm person. He was always quick to give a lending hand to anyone who needed his help without fail.

I began to know Burhanuddin deeper during a Philosophical Anthropology unit we shared, I sat behind him for the first 2 classes and for the rest of the semester he ensured no one took my seat 😊. We would have light banter and deep conversations on the topics being discussed. It is through sitting together I learnt about his love for the Arts particularly acting.

One day, Burhanuddin pulled me aside outside STMB building after an evening class to gain further understanding of what exactly is Mental health? and what exactly does the club do? I found this an act of bravery because many Stratizens know the Mental Health club exists but don't know much about Mental Health and want to join.

After the conversation Yamani promised to show up at the next recruitment which he did!

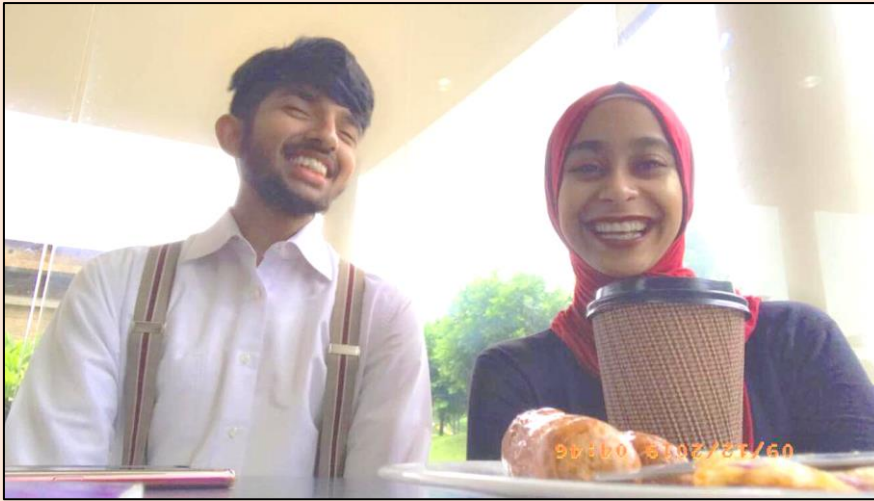
This was big because, if you knew Burhanuddin, you knew he didn't like to stay in school more than needed so, him giving his extra time to the club was a huge deal.

As we continued to interact during club activities, it became quite evident how passionate he was about Mental wellness topics such as meditation, positive thinking, and yoga.

Burhanuddin served as a member of the club, till his very last days, showing the commitment and love he had for the club.

You are missed dearly Burhanuddin, everyday! You will always live in our hearts 🙏.

Kristy Obuya
Club Co-founder



In my second year of university, I decided to join Mental Health Club for my own personal reasons. I did not know it would have been the best decision in my entire life. During sports day, the club had organized a color run in partnership with "Paint The Run". Being a member, I decided to volunteer.

That is the day I finally spoke to Burhanuddin, coincidentally he had also volunteered. As we stood next to each other waiting for the club president to give us shirts, Burhan said "Hi", I have always had a problem making friends and that simple "Hi" meant the absolute world to me. That "Hi" was the beginning of my most precious friendship. That day I had an absolute blast, and it was all because of Burhan. He made sure he and I became children for just a few hours, we sprayed each other with the colors, ran from each other and simply laughed like we were 10 years old again.

Every day after that he would randomly send me messages or send me a meme on Instagram or simply meet up with me before classes to have breakfast. I had been going through a lot of issues at home and at school, and not once did he ask me what I was going through, he simply stood next to me and encouraged me.

Once, I was close to taking a year break from university I mentioned this to Burhan in many of our morning talks in passing.

I did not think he was paying attention to me or even listening to me, but he was and the next two hours he took his time to get to the cause of my wanting to take a break. He never once judged me or disregarded me. No one has ever done that to me in my entire life and for someone I met a few months ago to do this, I did not know how or what to do, I was so confused, and I started

crying. I remember he looked at me, smiled and said, "I know your mind is looking for reasons to not believe anything I say, but guess what you do not need to listen to it anymore, I will be your voice of reason."

From then on, he really did become my voice of reason. He would make sure I am not alone, I am not overthinking, I take risks or chances I would have never done so without his encouragement. He would often include my name in the clubs' activities, he made sure I was occupied most of the time. For me he took me out of the darkest hole and brought me into the light. I will never be able to repay him, but I will always have our memories for the rest of my life. Burhan was the best thing that ever happened to my mental health. My buddy, my angel and forever person.

Burhan would always play his part as a member of the club, whether hosting or volunteering or even organizing. He was always ready to give his best in every aspect of his life. This was not because he was trying to make a name for himself but that is just the kind of person he was. Burhan was never a judgmental person, he simply accepted the person as they are and encouraged them, gave comfort, and simply availed himself. This character made him the best member of the Mental health club. Despite him being gone, he will always be a member of the club. Rest easy Angel.

Said Madiha,

Club Member

How to make your mental health a priority

Express yourself

It's important to make sure that you express your thoughts and feelings in some way, and not keep them bottled inside - this could involve writing your thoughts down, talking to someone you trust or using hobbies/interests as a way to relieve difficult emotions.

Reach out for support if you need it

It's important that you remember that you are not alone, and that there are lots of people who can support you if things get tough - including family, friends, school staff and other organisations.

youngminds.org.uk/find-help

Take time out

Life can be busy and sometimes it is difficult to switch off from school, work and family pressures. Try to make space each day to do something that you enjoy.

Check in with how you are feeling

Being more aware of how our emotions can change, and what causes them to change, can help us better manage our feelings and take care of ourselves.

Courtesy of youngminds.org.uk



How to be a better listener when someone opens up to you about their mental health.

Help the person you're talking to **feel comfortable**. Explain that you care, that you want to listen, and you won't be judgemental.

Give the person you're talking to **time and permission** to talk about whatever is on their mind.

It's **okay to stay silent** when they finish talking. It may encourage them to talk more.

Don't feel like you need to have all the answers. **Simply listening can be enough.**

MENTAL WELLNESS CONTACTS

Florence Ochanda
0793380485

Lucy Muturi
0724255169



Strathmore University

Medical Centre



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

Club Contacts & Social Media:

Instagram: @su_mentalhealthclub

Twitter: @su_mentalhealth

YouTube: Strathmore Mental Health Club

Email: mentalhealthclub@strathmore.edu

Website: www.sumentalhealthclub.co.ke

Be at the forefront of mental health awareness