



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

Annual Report 2020/21

Strathmore Mental Health Club



Jan 2020 – Feb 2021

Our Vision:

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

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.

Objectives

- ✓ Promoting positive mental health and daily wellness resulting in increased productivity in a person's academic or professional life.
- ✓ Reducing the stigma surrounding mental health through raising awareness.
- ✓ Support students and staff to cope with the daily stresses of life through mental health resources and information.
- ✓ Provide easy access to resources and information regarding mental health.
- ✓ Promote social cohesion between mentally ill people and the environment around them.
- ✓ Provide safe spaces for those affected to talk about their issues and receive support.
- ✓ Help address the needs of mentally ill students and staff members in Strathmore University through the help of the Medical Centre.
- ✓ Support caregivers with the right social and emotional skills when dealing with those affected by mental health illnesses and disorders.

Our Club values

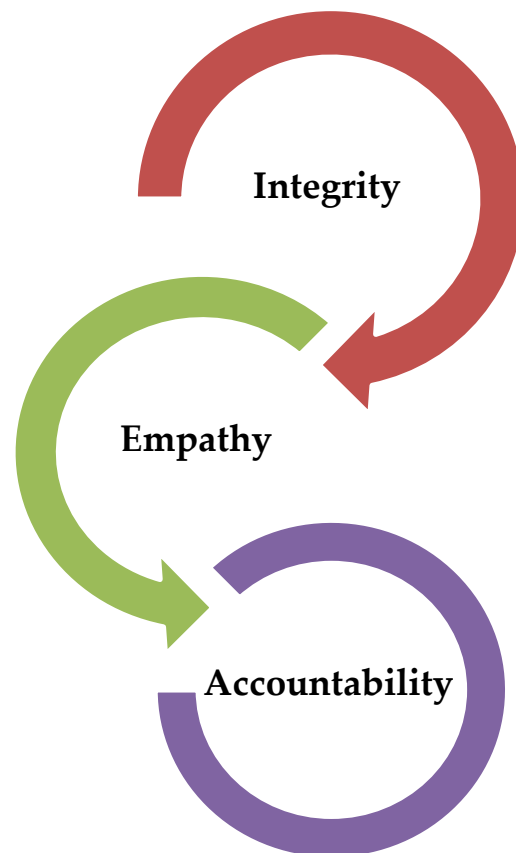


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Message from the Club Co-founders

Kristy Obuya, Strathmore Class of 2020 graduate



My intention when starting the club was to:

- (1) Begin to have honest conversations about the poignant reality that our generation's Mental Health is increasingly becoming fragile, evident through the rising number of suicide cases annually.
- (2) Create a safe space and community for those with Mental Illnesses (a)To interact and encourage each other through words or art (b)To affirm that through treatment and care, life can still be lived and enjoyed with an illness
- (3) Demystifying that Mental Health equals Mental Illness, no. Your brain is an organ like any other and sometimes it too gets sick but most importantly, your brain does not need to be sick for you to take care of it.

Wambui Kang'ara, Strathmore Class of 2020 graduate



I am a lover of life, art, wisdom, and adventure!

This club started as an idea by people who simply wanted to do something about an issue (other than complain), people who simply wanted to be part of the solution. From the small idea, it has since grown in multitudes, may our little big thing inspire you to always be where the solution and change is because it is the little things that make a difference.

"Start where you are and with what you have".

May you find spaces and little pockets of hope, encouragement, and love here in this community we've built, and always remember you matter, and the world is better with you in it.

Club Council 2020/21



Peter Wanyangi

President
BCom (Finance); ACCA, 3rd Year



Wendy Akumu

Vice President
BCom (HR), Finalist



Tim Sang

Human Resource Executive
LLB, 4th Year



Wahu Mbote

Partnership Director &
Ag. Media Director
CPA Part 3



Wendy Kuyoh

Head of club productions
& Activities
LLB, 4th Year

Club Patron:

Dr. Lucy Muturi (Clinical psychologist) is the club patron. The patron is an advisor to the club. She offers suggestions, ideas and ensures that the club is well run. The patron as well helps the club access guests in the mental health profession for events and forums and is a frequent guest/panelist in our events.

Events & Activities

1. Mental Health Public Policy Involvement

January 28th, 2020, Fairview Hotel Nairobi

Kristy Obuya, Wambui Kang'ara, and Peter Wanyangi represented the club at a public forum where together with other mental health representatives from local universities and mental health organizations in the country presented a report to the Mental Health Taskforce constituted by the President, H.E. Uhuru Kenyatta. This was preceded weeks earlier by a discussion forum at the University of Nairobi where the named parties including the club members presented issues and solutions, they believed to be the leading causes and recommendations respectively for the negative mental health aspects in the country occasioned by the frequent domestic violence and suicide cases reported.



Events & Activities post campus closure due to COVID-19.

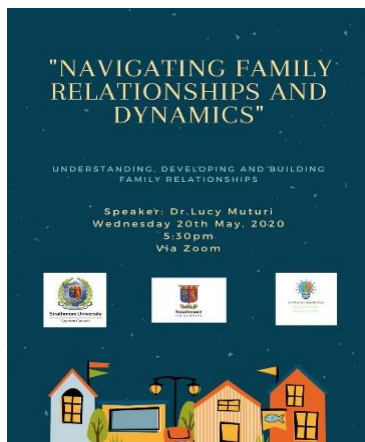
2. Instagram Live to discuss “How to cope with anxiety during a pandemic”.

April 29th, 2020 via [@su_mentalhealthclub](#)

The Club held its first virtual event during the pandemic when all activities including classes went online. The event was hosted by Wahu Mbote and graced by Dr. Lucy - Clinical Psychologist. The show discussed the anxieties brought about by uncertainties to our normal life and academics which were halted due to the pandemic. Dr. Lucy brought out ways of coping with anxiety. For instance, maintaining consistent patterns and schedules; appreciating the free time at our disposal to do the things we had not found time to do before as well have open communication with our parents on the demanding class schedules to avoid conflict and help at home with chores.

3. Mental Health Online Campaigns (a partnership with the 11th Student Council & the Strathmore clinic psychologists: Dr. Lucy Muturi and Mrs. Florence. Okeke).

We tackled issues that were significant during the pandemic as well we maintained consistency of the important conversations on mental health. The events were as follows:

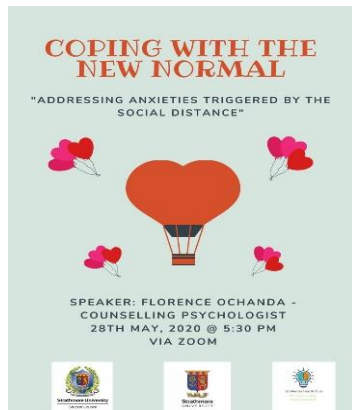


a) “Navigating family relationships and dynamics” (May 20th, 2020)

Moderator: Beth Sarah (Student Council); Speakers: Dr. Lucy and Mrs. Florence Okeke

The event focused on understanding, developing, and building relationships with parents and relatives especially at the time when students were schooling at home. Communication was greatly emphasized to prevent conflict.

b) “Coping with the new normal” (May 28th, 2020)



Moderator: Kristy Obuya (Mental Health Club); Speakers: Mrs. Florence Okeke and Dr. Lucy

The theme of the day’s event was primarily to address the anxieties triggered by the physical distancing.

c) Relationship series

i. “First love” (June 3rd, 2020)

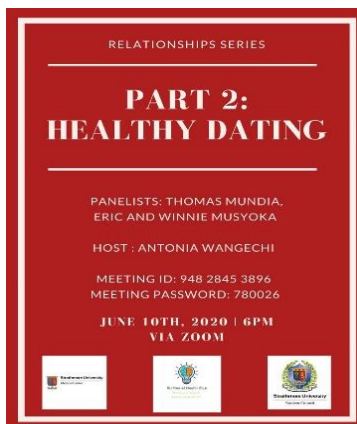
Moderator: Beth Sarah (Student Council); Speakers: Dr. Dominic Kamau, Clinical Psychologist



The session dwelled on the great importance of self-love and appreciation of oneself first before looking externally for satisfaction and happiness. The speaker focused on checking to change one’s shortcomings that hinder themselves from growing or being better versions of themselves so that when they approach a relationship with other people, they do not look for approval or satisfaction to be brought into their lives by other people.

ii. “Healthy dating” (June 10th, 2020)

Moderator: Antonia Wangechi (Mental Health Club); Speakers: Mr. Thomas Mundia (Lecturer, SBS & Professional Coach) and Eric & Winnie Musyoka (Guest Couple)



Mr. Mundia kickstarted the event with a 30-minute presentation on ‘dating’. He touched on friendships, commitment, and union. He corrected certain perceived myths of dating whereas differentiating “what dating is and what it is not”. He also highlighted aspects of a healthy relationship.

The ‘relatively young’ couple answered questions on dating asked by the audience. They narrated their experience from dating to courtship which greatly reflected a healthy relationship of friendship, respect, trust, and understanding which was worth emulating.

The attendance record for the events on ‘Zoom’ increased from an average of 40 in the first session to 194 in the session on June 15th.

4. Strathmore Clubs & the 11th Student Council partner for the “You Matter” event.

Club heads meet online on June 15th, 2020.

After the unfortunate and sad demise of Ken Wagereka by suicide – a 3rd year Bachelor of Commerce student, a musician, and a trumpeter, there was an urgent call and necessity to discuss our mental health, especially due to the tough times of economic turmoil in the country and social disconnection due to the pandemic.

Ken Wagereka Memorial and “You Matter” event (June 19th, 2020)

Hosted by Michelle Oguya, Bcom (Finance) 3rd Year



The zoom session began with a memorial for Ken. His friends narrated their great experiences with him. They sent their condolences via the zoom chat and some of them shared their moments with Ken as a friend and classmate.

The memorial was followed by the “You Matter” event with panelists from various clubs including our

Partnership Director, Wahu Mbote. The panelists talked about the importance of us embracing our stories and that ‘our stories do matter’. Accepting to be vulnerable to those close to us when we are at our lowest moments was a key message during the event. Students (audience) were also able to contribute and share their stories.



5. Podcast: Society and Mental Health (July 2020)

A partnership with “the Situation Room” by Strathmore University Media Group

The club partnered with SUMG’S “the situation room” to discuss society and mental health. We dealt on common mental health issues e.g., anxiety, depression as well common myths and misconceptions with the aim of debunking those myths and misconceptions about mental health.

We also narrowed down to family relationships and mental health. Listen to the podcasts:

The Situation Room - Special Episode 1 [Mental Health - Introduction]:

<https://podcasts.google.com/?feed=aHR0cHM6Ly9hbmNob3luZm0vcy84ZWY4ZTc0L3BvZGNhc3QvcnNz&ep=14&episode=M2FIMzhjZDgtMDNjNy00Mzk1LWFIODUtODc5YzE4ZjQ4MjVm>

The Situation Room - Special Episode 2 [Society & Mental Health - Part 1]:

https://podcasts.google.com/feed/aHR0cHM6Ly9hbmNob3luZm0vcy84ZWY4ZTc0L3BvZGNhc3QvcnNz/episode/ZGUyYmUyNDQtOGQ5Ni00MTZjLWV0YmEtNGY0YThiZTA4NTM3?sa=X&ved=0CAUQkfYCahcKEwiw77n_p87uAhUAAAAAHQAAAAAQAO



Mental Health Awareness Week 2020

Dates: Monday, 19th October - Friday, 23rd October 2020 (excluding Tuesday, 20th - Mashujaa Day)

Time: 5:30 pm to 8:00 pm via Zoom

Theme: Raising awareness, eradicating stigma.

#SUMHAW2020

Brief Background

Mental Health Awareness Week is an annual week-long event in the club's calendar that seeks to break the stigma surrounding mental health through raising awareness on mental health issues/illnesses; providing resources and information while fostering dialogue on life issues that affect mental health.

About the theme.

The club sought to promote awareness of mental health and mental disorders during last year's awareness week. According to the [World Health Organization \(WHO\)](#), "stigma and lack of understanding about mental disorders are major barriers to seeking help and promoting better mental health". We looked at empathy and access to information about mental health and mental disorders as a strategy in eradicating the stigma around mental health.

The objectives of 'the Week' were:

- a) To raise awareness and address the stigma individuals face due to mental health issues and disorders.
- b) To provide information and exchange ideas about mental health and mental disorders. Access to information is critical in exposing the negative effect of stigma and fighting the stigma.
- c) To discuss the mental health resources at our disposal as we sought to achieve mental wellness and promote an environment that appreciates mental health.

Day 1, Monday 19th: **Empathy Over stigma**

Day 2, Wednesday 21st: **Mental Disorders.**

Day 3, Thursday 22nd: **Speak up, Reach out: Mental Health Resources.**

Day 4, Friday 23rd: **Towards Mental Wellness.**

a) Day 1: “Empathy over Stigma”.



Moderator: Wendy Akumu, Mental Health Club Vice-President.

Panelists: Sam Talam, Founder & CEO, Amazing Minds; Kristy Obuya, Co-founder Strathmore Mental Health Club; Joyce Wangari, Counselling psychologist & Research Mentor

There was a great call for empathy, compassion as well as self-compassion. According to Joyce, we are not weak when we struggle (struggling makes us human). Samuel echoed this by asking 'those who did not like things they did in the past to forgive themselves for past mistakes.

According to Kristy, Mental health is not equal to mental illness. “Mental illness is not mental health and when we romanticize illness over wellness and health and resilience and community healing ... we are really saying that illness is the one thing to focus on ... we need more prevention and promotion programs ... so that we are preventing those who are well from getting into the small minority (those with mental illness)”, said Joyce Wangari.

Self-care, investing in our friendships, becoming self-aware, acknowledging our feelings, and that our feelings are valid was encouraged. To eradicate stigma, the panel, informed the audience to acknowledge people’s pain, empathy (taking off one’s shoes and walking in another’s/others), and seeing common humanity with those we judge.

To watch the recorded version of the Day 1 event, visit:

https://www.youtube.com/watch?v=cQO73uzELBc&t=1820s&ab_channel=MentalHealthClub

b) Day 2: “Mental Disorders”

MENTAL HEALTH AWARENESS WEEK 2020
Raising awareness, eradicating stigma.

Mental Disorders

Moderator
Kristy Obuya
Co-founder
Strathmore Mental
Health Club

Panelist
Mbugua Kibe
Writer,
Strathmore Mental
Health Club

Panelist
Wanjiku Karau
Mental Health
Advocate, Strathmore
Law School

Panelist
Dr. Pius Akivaga
Consultant Psychiatrist

With
Dr. Lucy Muturi
Clinical Psychologist

ON ZOOM
ID: 949 4177 0373
Password: 235945

Wed 21st, Oct
5:30 PM - 8 PM

@su_mentalhealthclub
#SUMHAW2020

Moderator: Kristy Obuya. Panelists: Mbugua Kibe (Mental Health Club); Wanjiku Karau (Mental Health Advocate); Dr. Pius Akivaga, Consultant Psychiatrist, Nairobi Hospital and Dr. Lucy Muturi, Clinical Psychologist.

We discussed mental disorders in general. Wanjiku Karau and Mbugua Kibe gave their experiences with their struggle on 3 common mental disorders: Bipolar Disorder, Attention Deficit Hyperactivity Disorder (ADHD), and Major Depressive Disorder (MDD), more commonly known as Clinical Depression.

Dr. Akivaga kicked off the session with a general insight into mental disorders. He talked of the common symptoms used to diagnose mental disorders, the treatment options, and where to get help from. He also addressed some of the common questions asked by the audience: signs of depression, and the difference between anxiety as emotion and anxiety as a disorder.

Afterward, Wanjiku and Mbugua gave their personal experiences on their respective disorders. Wanjiku described her life with ADHD and Bipolar Disorder, as well as how medication for ADHD had influenced her behavior. Mbugua gave his journey with MDD: how he found out he had the disorder, the journey through psychotherapy, and the progress being made overcoming the depression.

Dr. Lucy then stepped in to continue with the medical and psychological aspects of the disorders. She also talked of how we as a friend or family member can show support to our companions undergoing something.

At the end of the discussion came general Q&A from the audience addressed to the panelists.

c) Day 3: “Speak Up, Reach Out: Mental Health Resources”

Moderator: Calen Jemutai (Mental Health Club); Panelists: Lennah Kinoti (Mental Health Club); Prudence Nyambura (Mental Health Ambassador); Mrs. Florence Okeke, Counselling Psychologist, Strathmore University



According to Mrs. Florence, we need to have/develop social skills and be warm to one another. Listening involves listening to a person’s experience, feelings, thoughts, and behavior.

Mrs. Florence addressed the disparities that take different forms when it comes to mental health. That is:

- a) Negative societal perception coverage
- b) Discrimination in mental health coverage
- c) Unequal treatment of mental health and physical health

Underscoring, that we are playing in a platform that is unlevelled.

To watch the recorded version of the Day 3 event, visit:

https://www.youtube.com/watch?v=GfVneY7RvQc&ab_channel=MentalHealthClub

“Society needs to be educated because there are people who are insensitive about mental health ... Mental health education is important.”

-Prudence Nyambura
Mental Health Advocate



d) Day 4: “Towards Mental Wellness”



Moderator: Burhanuddin Yamani (Mental Health Club).

Panelists: Magdaline Muhiu (Mental Health Club);

Nicole Nyona, Mental Health Advocate, Riara

University and Dominic Kamau, Psychologist.

We culminated the awareness week by discussing how we can all promote an environment for positive mental health at school, at home, and the societal level.

According to psychologist Dominic Kamau, the 1st step in dealing with difficult issues in life is understanding and accepting that life is difficult noting that that is not a hopeless statement. “Good thing is that we are stronger than the difficulty of life”.

He also gave tips one can use when in tension, panic, or stress.

a) Go for a walk to unwind

b) Breathing exercises. Sit down and count your breath to 10 (2-3 times) focusing on your breathing. It makes you less anxious.

c) Journaling: The usefulness of journaling is not in keeping it, but in the writing itself to remove thoughts from your mind.

d) Physical exercises. When you exercise, you flood your body with ‘feel-good’ hormones.

To watch the recorded version of the Day 4 event, visit:

https://www.youtube.com/watch?v=GfVneY7RvQc&ab_channel=MentalHealthClub

Recruitment & Membership

1. 2020 Members Recruitment

The club received 200 applications for membership. The applicants were reached out via WhatsApp and our official email address for interviews. About 120 members availed themselves for interviews. We interviewed in 6 days via Zoom in August 2020 and officially recruited 100 members to the club in September last year.

Interviews were done in groups of 3-5 interviewees per interviewer.

2. Membership

We are currently at 120 members (in our *WhatsApp* group). We however have 70 active members.

Our members are representative of all schools at the university and the Strathmore Institute.

We, at the club council, are committed to offering our members the platform to bring their ideas on board, volunteer, and take part in our activities and events. During last year's Mental Health Awareness Week, we had 8 members volunteering to be moderators and panelists during the 4 event days.

Magdaline Muhiu, a club member and a writer penned an article to summarize the awareness week. Read the article [here](#).

These are just but a few opportunities. Our upcoming website will give writers and those in the creative space the platform to share their blogs and art pieces.

We will also have site administrators and an editor for the website.

After the launch of our website, the club will start discussions about an idea proposed at

the club to have a podcast. This is likely to

be followed by us having a podcast-lead at the club who will guide the discussion and implementation of the project.

Our members also represent future leadership of the club.

THE STRENGTH OF A CLUB IS IN ITS MEMBERS!!

We hope our members will find a safe space at the club to express themselves and share their thoughts, feelings, experience and ideas.

3. Club online Meetings & Virtual games

The club held virtual meetings during the off-campus sessions. This enabled us to continue engaging in the club's activities as well as plan for events with our members.

We also had games (such as *Kahoot*) in some of the virtual meetups that enabled us to have fun and interact.

Club end-year (2020) meeting: We had discussions about our media platforms with members who attended sharing their ideas of how we could leverage our platforms. The consensus from the meeting was that we give major focus on our Instagram platform before we shift to other platforms such as YouTube (*See minutes for this meeting for more info*).

5. Club (members') Experience

"Mental illness affects 19% of the adult population, 46% of teenagers, and 13% of children each year. People struggling with their mental health may be in your family, live next door, teach your children, work in the next cubicle, or sit in the same church.

However, only half of those affected receive treatment, often because of the stigma attached to mental health. Untreated, mental illness can contribute to higher medical expenses, poorer performance at school and work, fewer employment opportunities, and increased risk of suicide.

4. Club members' Retreat



The club will be having its retreat for club members in late February 2021. We are currently having discussions on a suitable venue. This will be an opportunity for members to catch up, new members to meet other club members, have fun, and interact while adhering to the COVID-19 protocols and regulations.



Elias Ng'otho K. CPA 2nd year

Being a member of the club was just an eye-opening experience at a time when the world was hit by a virus that in one way or the other affected how we as human beings behaved and viewed life.

Many were rendered jobless, some lost lives or lost their loved ones, schools closed, access to food was difficult due to the curfews and locked down. This played a major role in the mental health of so many individuals, but the club played a major role in just educating many on Mental Health Awareness via the online webinars using zoom.

Expectations from the club this year of 2021, are on Mentorship programs, more personal Mental Awareness to those affected, and educating the society on the effects of stigmatization. However, am proud of what the leadership team is doing and the entire Strathmore for supporting the club.”

Beracah May,

3rd-year Financial Engineering.



I joined the Strathmore mental health club in 2020 and so far, I have loved my experience with the club. This I say knowing very well that I have not even experienced the full warmth of the club because everything was virtual in 2020, so I can only imagine what more the club has to offer.

I joined the club to increase my awareness of mental health matters, and I must say that I have received so much more than I expected. From the moment I did my interview to join the club, I knew that I had made the right decision to join it. From the Mental Health Awareness week, from which I learned quite a bit about mental health disorders, mental wellness, etc., to talks on relationships, to even just regular chats on the club’s social media, there is always something to learn.

From this club, I learn every day to be empathetic; I learn to be conscious of my surrounding and to consider how my words and actions may affect others; I learn to appreciate that sometimes we all go through a little bit of struggle, but there will always be people who are there for you at the end of the day, And I learn that sometimes you might feel at home with a group of strangers with whom you haven’t physically met the majority, and whether you talk to them or not, you’ll always be at home with them. To me, that is the most important part of this club, my home away from home.

Club Media



Our media platforms are instrumental in the realization of our vision in creating awareness on mental health. This was especially important when we shifted to off-campus studies and used platforms such as Instagram, Zoom, and Google-Meet for our meetings and events. Our media platforms have expanded after the launch of Twitter, YouTube and soon to be launched website.

a) Instagram page: https://www.instagram.com/su_mentalhealthclub/?hl=en

b) Twitter Page: https://twitter.com/su_mentalhealth

c) YouTube: <https://www.youtube.com/channel/UCD88oXXxOVwtNzflbuPTouA>

We have uploaded Zoom recordings for our Mental Health Awareness Week on the platform to enable those who missed any of the sessions, visit our sites and watch.

d) Email: mentalhealthclub@strathmore.edu

Fellow students have continued to use our email address to inquire about the club's activities, membership application and ask for mental wellness contacts. We have also been able to get partnership requests from organizations through our email address.

e) Club website

The club council started discussions about the website as early as July 2020. We consulted our patron and club members about the idea, getting their views and what they would like on the website. We shall be launching the website on 17th February 2021. (*See our Website Concept Note for more info including features and project significance of the website*).

We thank the office of the Dean of Students for funding the site at KShs. 17,000 discounted fees.

Website Developer: Digitize – Africa online <https://digitize-africa.co.ke/>

f) Podcast

After the launch of the website, we are highly considering having a podcast for the club. This will enable us to host audio-recorded mental health conversations and interviews. We also recognize that we have talent at the club including podcasters.

Partnership



a) Internal partners

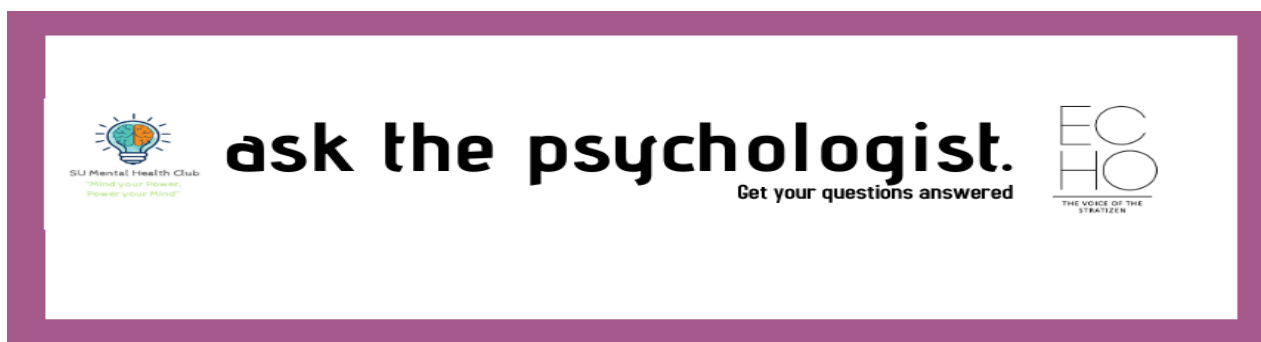
The club has achieved greater success by partnering with organizations both internally and externally. Our internal partners (from Strathmore University) have been the Student Council, Strathmore Medical Centre, and Strathmore University Media Group (SUMG) whose subsidiaries are: ECHO (student magazine), 'The Stratizen' podcast, and 'the situation room'.

Partnership with SUMG's 'ECHO' magazine.

Our partnership with ECHO magazine began in February 2020 during Echo's 2nd issue. We send a link to Stratizens to raise questions on different topics concerning mental health. These questions (which are anonymous) are thereafter shared with our local psychologist Dr. Lucy to respond to them. The questions and answers are thereafter published anonymously in the edition.

This initiative has enabled us to bridge the gap between the students and the professionals especially for questions or topics that are very important and critical to students including mental health and relationships and when published, the responses also help other readers.

We are underway to get questions for the 3rd issue of Echo magazine which will be tentatively released on 24th February 2021. We released a google form on February 5, 2021.



Dr. Lucy Muturi & Mrs. Florence Okeke

We are grateful for the great support we have gotten from Dr. Lucy (Clinical psychologist) and Mrs. Florence Okeke (Counselling psychologist). They have advised us in many ways including when we consulted about having our club website. They have also been consistent as guests in our events.

Club Elections 2021

The Club constitution, chapter 2 on Elections, stipulates that the club council members shall serve for one year after which a ballot shall be organized to allow members to elect a new council. The club elections will be tentatively held on March 24th, 2021.

The club council shall send a club elections calendar on March 1st to allow for members who wish to be in the next council to make formal applications for the following 8 positions:

- President
- Vice President
- Secretary-General
- Finance Executive
- Human Resource Executive
- Partnership Director
- Media and Marketing Director
- Head of club productions & activities

Interested members are hereby referred to Chapter 1 (Club Administration) and Chapter 2 (Elections) of the club constitution for the roles of the above positions and eligibility criteria for one to run for a council position, respectively.

We urge our members, having met the criteria, to volunteer for club leadership. Club leadership is very important since it ensures our club continues to run smoothly and that we can deliver on our vision as well serve our colleague members and fellow Stratizens.

The next council should be assured of support and counsel from the outgoing council and other club stakeholders including the co-founders and our patron.

Looking into the future ...

Consistency is key to what we do – continuing to organize creative ideas, events, & activities in promoting mental health awareness.

I am proud of the milestones we have achieved over the last year. This has greatly been contributed by the teamwork at the club council and support from our members, our patron, office of the Dean of Students, and not forgetting our partners, most particularly the Student Council.

As a club council, we have endeavored to continue with the great work in mental health awareness started by our co-founders – a journey that began about 3 years ago with the creation of the club.

One thing we have learned is that consistency is key to what we do - that we continue organizing creative ideas, events, and activities in promoting mental health awareness. We cannot underestimate the importance of partnership in achieving synergy in the spreading of awareness both at the university and outside the campus.

I hope that through our expanded media platforms, we can reach more people and achieve greater impact, especially when 'physical reach' is limited to a few. In our 2nd half of 2020, we have added *Twitter*, *YouTube*, and a website to our club media.

As a club, we are also accountable to our members – that our members not only find a safe space at the club but also get the opportunity to contribute their ideas to the club activities as well volunteer and be involved in the activities we take part in.

I was greatly inspired listening to ideas shared during recruitment in August last year. I hope these ideas find a home at the club. It is, however, important to note that ideas are great but worth greater value when we take an extra step to work together and implement the ideas. I, therefore, challenge those at the club with ideas they would like to see fruit, to take charge, and involve their colleague members and the council to find how such ideas could be brought to light.

Our media platforms as well are open to our members. It would be great to see media campaigns initiated by our members. Our new website will allow those in the creative space including bloggers to

share their stories through the site. The site will also enable easy access of the university wellness contacts via *WhatsApp* and SMS.

Even as we celebrate the milestones, some ideas were in our plans as a council that is yet to be discussed at length or implemented. This includes support groups, peer counseling, and proposing a mental health curriculum at the university. I believe there is a place and opportunity to have these ideas looked at.

The USIU Peer Counselling Club could be a benchmark for the peer counseling program. Support groups could be a precursor for an introduction of a peer counseling program. There will be a need for training of peer counselors, but we have to embrace the idea first before lobbying for resources to facilitate the idea. I hope the next council could look at the possible adoption of these ideas, just but a few.

We at the club are privileged to be torchbearers of this great cause. I am always humbled by the great feedback we get from fellow Stratizens of the club's great impact. Let us appreciate this, knowing that with every event, every program, every campaign, every activity we set our minds to undertake we are making a difference.

Peter Wanyangi,
Club President

MENTAL WELLNESS CONTACTS

Florence Ochanda
0793380485

Lucy Muturi
0724255169



Strathmore University

Medical Centre



Strathmore Mental Health Club

Talk to us:

mentalhealthclub@strathmore.edu

Instagram: @su_mentalhealthclub

Twitter: @su_mentalhealth

YouTube: Mental Health Club

Clubs' Office, Student Centre 3rd Floor

