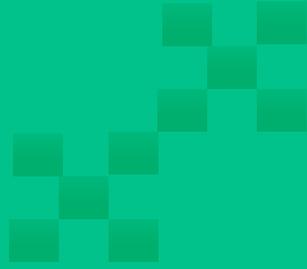




ANNUAL  
**REPORT**

2024



## Our Mission

Transforming communities by promoting mental health awareness, enhancing access to care, supporting medication adherence, and reducing stigma for individuals with mental illness.

## Our Vision

We envision a society where mental health is understood, accepted, and fully supported, by fostering knowledgeable and well-informed individuals and communities.



# COMMUNICATION FROM TEAM LEAD



I wish to express my deepest gratitude for your unwavering support and belief in the vision and mission of Psychiki Ygeia Foundation Uganda (PYFU) in 2024. Your contributions have enabled us to reach individuals grappling with mental health challenges and to empower communities, especially young people, with the knowledge and skills necessary to maintain mental well-being.

Through your support, we made significant strides in 2024. We reached out to schools and hospitals, educated teachers and caregivers, and offered psychosocial support to patients. Despite these successes, we remain acutely aware of the immense and growing need for mental health awareness and intervention.

As we transition into 2025, our focus will remain on two critical groups: young people in schools and unemployed, impoverished patients in mental wards. For schools, we plan to expand our programs by incorporating advanced life skills training, creating safe spaces for free counseling, and providing additional teacher training to enhance their capacity to support students' mental health. For patients recovering in mental wards, we aim to empower them with financial literacy and entrepreneurial skills, enabling them to create sustainable income streams and reintegrate into society as self-reliant individuals.

I want to take this opportunity to extend my heartfelt thanks to our dedicated team of volunteers. Your expertise, time, financial support, and

tireless efforts have been integral to the achievements we celebrate today. You are the heroes of our nation and the backbone of our foundation. While we celebrate our successes, we also acknowledge the challenges we faced, particularly the lack of sufficient funding, which limited the scope of our outreach programs. However, with your continued support and partnership, we are determined to overcome these hurdles and make an even greater impact in 2025. We invite partners from all sectors to join us in this mission, as well as individual contributors who share our vision of transforming lives through mental health awareness.

This report provides a detailed overview of our achievements in 2024 and the challenges we faced. As you review it, I hope you take pride in the transformative impact your support has made. Together, we are changing lives. Thank you, and may God bless you abundantly.

A handwritten signature in black ink, appearing to be 'AM' with a stylized flourish.

**Alex Mpaata**  
Team Leader

# EXECUTIVE SUMMARY

## 2024 Achievements at a Glance

In 2024, PYFU recorded remarkable progress in its efforts to raise awareness and provide support for mental health initiatives in Uganda. Below is a summary of our key achievements:

### School Outreach Programs

- Reached 2,406 students in four secondary schools across Wakiso District.
- Conducted interactive sessions on mental health awareness, self-care practices, and peer support strategies.
- Addressed critical topics, including recognizing signs of mental health issues, managing stress, and seeking help.

### Mental Health Clubs

- Established three mental health clubs in secondary schools, with one more in progress.
- These clubs empower students to become mental health champions and sustain awareness through peer-led activities such as skits, debates, and awareness days.

### Teacher Training Initiatives

- Conducted two teacher training sessions in Wakiso and Kayunga districts, training 58 teachers to identify and address mental

health challenges among students while promoting their own mental well-being.

- The training equipped teachers with tools to integrate mental health awareness into their classrooms and provided practical strategies for supporting students in crisis.

### Hospital Outreach Programs

- Conducted a hospital outreach program at Masaka Regional Referral Hospital, supporting 50 mental health patients and 98 caregivers through physical fitness sessions and motivational talks.
- Introduced bi-monthly “Workout Days” as a psychosocial therapy tool, which improved patient morale and fostered caregiver engagement.

### Team Expansion:

- Onboarded two additional psychologists, bolstering our capacity to deliver effective mental health programs. This addition allowed us to reach more communities and improve the quality of our interventions.
- Financial Management and Resource Allocation:
- Mobilized 58,005,200 UGX in total funding, which was allocated toward program activities, administrative support, and fundraising efforts.
- Despite limited resources, we maximized the impact of our programs by leveraging partnerships and volunteer contributions.

## KEY IMPACT AREAS

- **Students Empowered:** Over 2,400 students are now better equipped to recognize, manage, and advocate for mental well-being among their peers.
- **Teachers Trained:** 58 educators gained the skills necessary to address mental health issues in schools, creating supportive learning environments.
- **Caregivers Supported:** 98 caregivers received guidance and tools to better support their loved ones on the road to recovery.
- **Patients Impacted:** 50 patients benefited from our psychosocial therapy sessions, with improved morale and greater hope for recovery.



## ORGANIZATIONAL ACHIEVEMENTS

The year 2024 gave us a number of achievements for the foundation, challenging our growth and giving us more experience in regard to making community impact. I am confident that we have grown a muscle to reach out more communities (schools and hospitals) looking at our impact reach in this year. Our reach in schools scaled up to over 2406 students in four schools in Wakiso District and look to reaching more this starting year.

Mental health clubs were formed and also laid foundation for the safe corners for 1st term 2025. The psycho-social support therapy outreach registered a raise in terms of numbers of patients and caregivers reached, challenging us to enrich the program hence impact. We are grateful for these achievements and we are certain that 2025 will reward us with more achievements of community transformation.



## SCHOOL OUTREACHES

Our school outreach programs focus on empowering secondary school students with knowledge and practical skills to manage and advocate for mental health. Each school is assigned a mental health champion who mentors students and helps them build resilience and emotional intelligence.



# 04

Schools Reached



# 2,406

Students Impacted

## OUTCOMES

- **Schools Reached:** Naguru Seed Secondary School, Uganda Martyrs Kakiri, Masulita Secondary School, and St. Mark Namagoma.
- **Activities Conducted:** Interactive sessions on mental health awareness, self-care techniques, and peer support strategies.
- **Impact:** 2,406 students were educated on how to care for their mental health, support peers, and act as mental health advocates in their communities.



## MENTAL HEALTH CLUBS

Mental health clubs serve as platforms for students to champion mental health awareness and develop leadership skills. The clubs also promote peer-to-peer support and create safe spaces for open discussions about mental health.



# 03

Mental health clubs established.



# 08

Mental health cases identified

### MORE ABOUT THE CLUBS

- **Clubs Established:** Naguru Seed Secondary School, Masulita Secondary School, and Uganda Martyrs Kakiri Secondary School.
- **Objectives:** Equip students with self-care and advocacy skills, foster leadership, and promote mental health education through creative activities like drama, debates, and awareness campaigns.
- **Key Achievements:** Club members organized mental health awareness days in their schools, reaching both peers and teachers with critical information on mental health.



## TEACHER TRAINING

Teachers are vital in shaping students' mental well-being. Our teacher training sessions are designed to equip educators with the knowledge and skills to handle mental health challenges among students while also prioritizing their own mental health.



# 02

Districts Reached



# 58

Teachers Trained

## MORE ABOUT THE CLUBS

Sessions Conducted:

- Naguru Seed Secondary School (Wakiso district).
- Bangaafayo Community Center (Kayunga district) in partnership with the Bangaafayo Initiative.
- Focus Areas: Recognizing mental health challenges, basic interventions for mental health emergencies, and self-care for teachers.
- Impact: 58 teachers trained to integrate mental health awareness into their teaching methodologies, fostering a supportive learning environment.



## PSYCHOSOCIAL SUPPORT THERAPY

### Workout Days at Hospitals

Physical activity is a proven therapeutic intervention for mental health recovery. Our workout program at Masaka Regional Referral Hospital combines physical exercises with motivational talks to boost patients' recovery.



50

Patients Reached



98

Caregivers Reached

### MORE ABOUT PSYCHOSOCIAL SUPPORT THERAPY

- **Frequency:** Bi-monthly sessions.
- **Activities:** Guided physical exercises, interactive sessions, and motivational talks by trained mental health champions.
- **Impact:** Reached 50 patients and 98 caregivers, improving physical fitness and providing hope and encouragement for recovery.

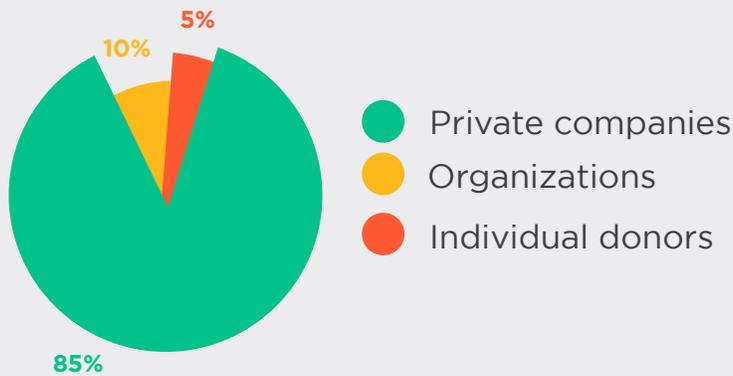
# FINANCIAL HIGHLIGHTS

## 2024 TOTAL INCOME

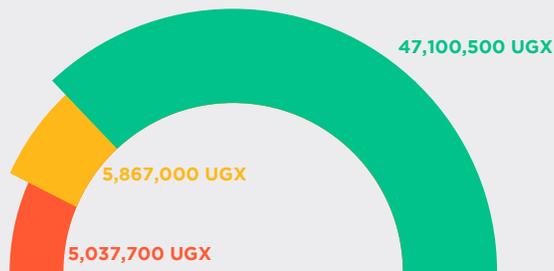
UGX

**58,005,200**

USD 15654.95



## INVESTMENT



- Programs
- Administration
- Fundraising





## CHALLENGES FACED

While 2024 was a year of growth and impact, several challenges hindered our ability to scale our programs:

- **Funding Limitations:** Insufficient funding restricted our ability to scale programs, acquire essential materials, and reach more schools hospitals and communities in need.
- **Insufficient Materials and Logistics:** The absence of key tools like counseling materials, training aids, and transportation constrained the depth and scope of our interventions.
- **Stigma and Cultural Barriers:** Persistent stigma around mental health in some communities reduced participation in programs and made awareness campaigns more challenging.



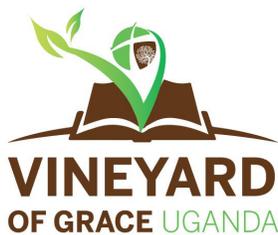
## LOOKING AHEAD

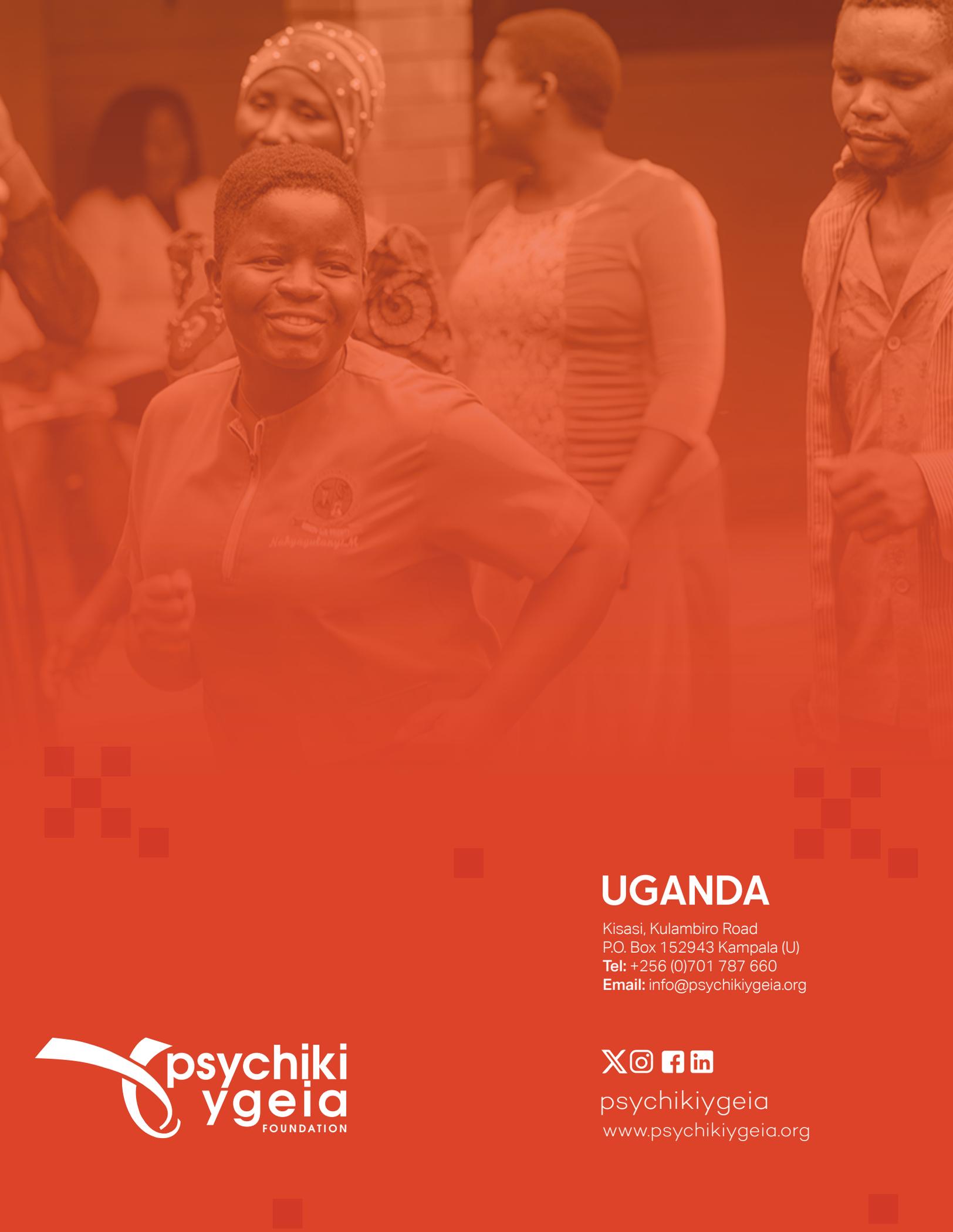
As we prepare for 2025, we are committed to scaling our impact by:

- **Programs:** Reaching more schools and empowering students with life skills for mental resilience.
- **Enhancing Teacher Training:** Increasing the frequency and reach of our teacher training sessions.
- **Supporting Mental Health Patients:** Equipping recovering patients with financial skills and resources to start income-generating activities.
- **Strengthening Partnerships:** Collaborating with more organizations, institutions, and individuals to mobilize resources and expertise.
- **Addressing Stigma:** Intensifying community awareness campaigns to challenge and reduce stigma associated with mental health issues.

The achievements of 2024 are a testament to what we can accomplish together. With your continued support and partnership, we will create a future where mental health care is accessible, stigma-free, and prioritized for all.

# OUR PARTNERS





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