

PROJECT TITLE: MY MENTAL HEALTH MY WEALTH CAMPAIGN

PROJECT ACTIVITY: MENTAL HEALTH SCREENING/ ESTABLISHMENT OF A ONE STOP CENTER FOR MENTAL HEALTH

PROJECT SUMMARY

“My mental health my priority’ is a project pioneered by **Hands of Mercy** aimed at enhancing knowledge on mental health and to increase mental health service accessibility among individuals in order to improve mind health, subsequently improving their relationships and productivity.

Recent reports suggest an increase in mind related illnesses, with an estimated 50% increase in mind related cases, with men being highly affected with mind related illnesses as compared to women. This project will be carried out once every quarter, as part of the government recommendation of mandatory screening for individuals amidst effects of the covid-19 pandemic on individual’s mental health.

Mental health screening is an activity that examines an individual’s emotional and/or mind health. Mental health screening will be conducted using an anxiety and depression tool which was innovated by **Hands of Mercy** and was first used during the first mental health screening which was held in George Compound, Matero constituency in 2021.

GOAL

The main goal of mental health screening is to educate people on their emotional and mental wellbeing and have knowledge on where mental health services are offered.

OBJECTIVES

The main objective of mental health screening is to educate people on their emotional and mental wellbeing and have knowledge on where mental health services are offered. The specific objectives are:

- To enable individuals to be self-aware of their emotions and mind health
- To help people easily access mental health services
- To reduce the stigma associated with mental illness, and conversations surrounding mental illness.

PROJECT REQUEST

In order to carry out this activity, **Hands of Mercy** seeks sponsorship in kind, material or financial from individuals, organizations and government. This project specifically seeks licensed mental health experts, beverages, venue, promoters and financial aid which will go to the production and distribution of manuals and T-shirts. Attached hereto is a proposed budget.

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