



STRESS CLINIC UGANDA

QUARTER 3 NEWSLETTER (2025)



Empowering Women through Peer Support.

This quarter, we served at least **100 women** through our **Virtual Women's Peer Network Group**. The initiative empowered women to navigate challenges while benefiting from a **psychoanalytic group counseling approach**, which helped prevent potential cases of suicide and severe depression.

One participant shared this heartfelt testimony: *“If it was not for the presence of the women’s virtual support peer network, I would have gone by now.”*

At Stress Clinic Uganda, we remain committed to ensuring continued access to and provision of **Mental Health and Psychosocial Support (MHPSS)** services among other programs for individuals battling mental health conditions or going through difficult life situations—for holistic recovery and rejuvenation.

The following were our **key celebrations and achievements** during Quarter 3 of our 2025 program implementation:





MEN'S CATCH-UP PROGRAM.

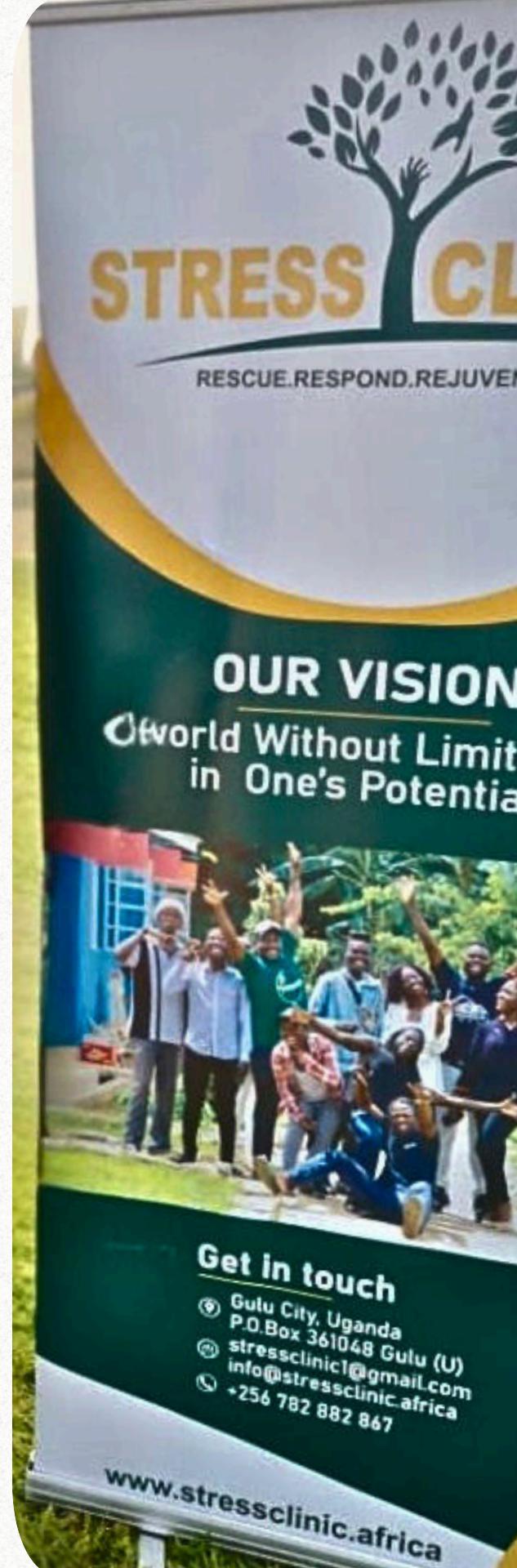
Through our Men's Catch-Up Program, we conducted monthly meetings providing safe spaces for men to openly discuss challenges and identify collective solutions to the root causes of their struggles.



50 men participated directly.



400+ people accessed recordings through our official YouTube channel.





Strategic Partnership with Elephante Commons.

We are thrilled to announce the signing of a **Memorandum of Understanding (MoU)** with **Elephante Commons**. Through this partnership, Stress Clinic Uganda will benefit from:



Free office space



Access to a modern auditorium for all our events.



Continuous learning opportunities.

Effective 1st November 2025, we will officially relocate to **Elephante Commons** premises in the **heart of Gulu City**. This is a remarkable milestone for our growth and sustainability.



STRESS CLINIC UGANDA



*Rescue
Respond
Rejuvenate*

Global Recognition for Leadership

Our Executive Director, **Opiyo Martin**, has been elected as the **Africa Representative** on the **Board of Directors of the Global Mental Health Action Network**, representing over 1,000 members worldwide.

This is a tremendous honor that positions Stress Clinic Uganda to amplify African mental health priorities on the global stage.

Membership with Africa Suicide Prevention Association

We are proud to announce our official membership with the **Africa Suicide Prevention Association**; a global network committed to suicide prevention and crisis support.

Together, we stand stronger in our mission to ensure that everyone battling a mental health condition can find **hope, support, and someone who listens**. As part of this global family, we look forward to sharing knowledge, amplifying voices, and building safer communities—locally and worldwide.





Mental Health Training with Recreational Project Lacor.

In partnership with the **Recreational Project Lacor**, we conducted a **mental health capacity-building training** aimed at:



Improving understanding of common mental health disorders among vulnerable street children and youth facing difficult life events.



Introducing Cognitive Behavioral Therapy (CBT) as a practical tool for treatment and support.



Continuous learning opportunities

The training directly reached **15 staff members**, who graduated as **Youth Mental Health Ambassadors**—ready to champion mental health services for the beneficiaries they serve.

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Appreciation

We sincerely extend our deepest gratitude for your **prayers, commitment, and continuous support**. Together, we are creating a world where everyone can realize their full potential—without limitations.

To learn more, please visit our website at www.stressclinic.africa. You can also reach us by emailing info@stressclinic.africa, calling us at 0782882867, or visiting our office at Elephante Commons in Gulu city. We look forward to hearing from you!

