



# STRESS CLINIC UGANDA

## QUARTER 3 NEWSLETTER (2025)

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:

### 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."*



*Thank you  
very much  
Stress  
Clinic  
Uganda."*





## 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.







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## 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](http://www.stressclinic.africa). You can also reach us by emailing [info@stressclinic.africa](mailto:info@stressclinic.africa), calling us at 0782882867, or visiting our office at Elephante Commons in Gulu city. We look forward to hearing from you!

*Rescue  
Respond  
Rejuvenate*

