



Mental Health Day Report

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Prepared By
Be Well And Green
Network



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Profile Of Company



Be Well and Green Network (BWGN) is a youth-led non-governmental organization promoting wellness, sustainability, and empowerment through education, advocacy, and community action. Founded on the belief that true transformation begins with the well-being of the mind, body, and planet, the Network integrates mental health, environmental stewardship, and social justice to foster resilient and thriving communities.

Core Five Pillars

1. Mental Health Support

Accessible counseling, peer support, and wellness programs promoting emotional resilience and reducing stigma.

2. Environmental Sustainability

Tree planting, conservation, and sustainability education to foster environmental responsibility and climate resilience.

3. Agriculture and Food Security

Sustainable farming initiatives are improving food security, livelihoods, and community resilience.

4. Drugs and Addiction Awareness

Education, prevention, and support programs addressing substance abuse and promoting healthy living.

5. Gender Action and Social Equity

Empowering women and all genders through advocacy, leadership, and inclusive participation in sustainability and wellness.

Vision & Mission

Vision

To empower communities through integrated advocacy, education, and action that promote mental well-being, environmental sustainability, and social justice, while fostering youth leadership and intergenerational collaboration for a healthier, greener future.

Mission

A thriving, resilient society where individuals and communities live in harmony with themselves, others, and nature, guided by principles of equity, mental wellness, and environmental responsibility.



Introduction

Be Well and Green Network joined the global community in commemorating **World Mental Health Day 2025** under the theme “Mental Health is a Universal Right: Access, Awareness, Action.” The event, organized by **Be Well and Green Network** on **October 9th, 2025**, was held at **Ubunifu Hub**, Nairobi, Kenya, and ran from **10:00 a.m. to 4:00 p.m.**

The program aimed to foster dialogue, healing, and awareness around mental well-being while highlighting its intersection with environmental sustainability and community resilience. It brought together youth, professionals, and community members to reflect, learn, and take action toward building a society where mental health is recognized as a universal human right and an integral part of sustainable development.



Objectives



- To promote open conversations about mental health and collective healing.
- To strengthen youth engagement in mental well-being and environmental advocacy.
- To create awareness of the importance of integrating mental health into sustainability efforts.
- To build partnerships that support ongoing mental health awareness programs.

- To provide a safe, inclusive space for participants to share lived experiences and coping strategies.
- To enhance understanding of the intersection between mental health, climate change, and community resilience.
- To equip young people with practical tools for self-care, emotional regulation, and peer support.
- To encourage collaborative action between mental health practitioners, environmental advocates.



Event Overview

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The World Mental Health Day 2025 celebration, organized by Be Well and Green Network (BWGN), was held at Ubunifu Hub, Cedar Court, Nairobi. The event brought together participants from diverse backgrounds — including students, community leaders, mental health advocates, and sustainability practitioners — to reflect, learn, and connect under the theme “Mental Health is a Universal Right: Access, Awareness, Action.”

This event was part of BWGN’s broader Healing Minds, Healing Earth Campaign, an initiative that bridges mental well-being with environmental sustainability. The campaign emphasizes that healing the planet begins with healing ourselves — recognizing that emotional resilience, environmental care, and community solidarity are deeply interconnected.

The program featured interactive panel discussions, reflective wellness circles, creative art sessions, and networking activities designed to foster empathy, awareness, and collaboration. Participants explored the intersection between mental health and environmental action, shared personal experiences, and developed ideas for community-driven initiatives.

Through the Healing Minds, Healing Earth lens, the event reaffirmed BWGN’s mission to nurture holistic well-being and empower young people.



Key Highlights



Opening Remarks:

Tamara Kahuthia, Founder of **Be Well and Green Network (BWGN)**, opened the session by reaffirming the organization's commitment to promoting mental health, sustainability, and youth empowerment. She highlighted the ongoing work under the Healing Minds, Healing Earth campaign, emphasizing that nurturing personal well-being is essential to building resilient communities and a healthier planet. Her message set an inspiring tone for the day — reminding participants that mental health is not a privilege but a universal right that underpins social and environmental progress.

Panel Discussions:

The event featured two dynamic panel sessions:

- Panel 1: “Mental Health is a Universal Right: Access, Awareness, Action” — moderated by **Tamara Kahuthia**, explored barriers to mental health access, the role of awareness in reducing stigma, and the importance of inclusive, community-based approaches. Speakers included **Wilfred Mwangi, Kogola David, Lynn Gatwiri, and Francis Odipo**, who shared powerful insights from their professional and lived experiences.



- Panel 2: “Youth Voices & Creative Approaches to Mental Health” — moderated by **Justus Kiptemei**, showcased how young advocates are using creativity, storytelling, and art to advance mental health awareness and healing. Speakers included **Nyambura Wanderi**, **Jeany Ivy**, **Victor Odhiambo**, and **Daniel Kalalizi**, who highlighted the role of youth leadership and innovation in mental health advocacy.



Breakout Group Discussions

As part of the interactive segment, participants were divided into four breakout groups to explore key themes around mental health access, community awareness, creative advocacy, and youth-led solutions. The discussions aimed to inspire practical ideas and strengthen collaboration toward building mentally healthy and sustainable communities.

Group 1: Ways of Raising Awareness

Focused on effective ways to raise awareness about mental health as a universal right in schools, workplaces, and communities. Participants created chants, slogans, and short jingles to promote the message of inclusion and collective healing.



Group 2: Projects and Activities to Support Mental Wellness

Explored impactful initiatives such as peer support programs, self-care practices, and creative arts. The group designed posters and visual ideas to motivate participation in community wellness activities.



Group 3: Barriers to Access and Solutions

Discussed the major barriers preventing people from accessing mental health care, including stigma, limited resources, and lack of awareness, and proposed practical, community-based solutions. Participants also built a “Barrier vs. Solution Wall” using sticky notes to visualize their ideas



Group 4: Building Supportive Communities

Reflected on what makes a supportive and sustainable community. The group created a playful “Recipe for a Healthy Community,” combining symbolic ingredients like kindness, empathy, and green spaces to represent holistic well-being.



Each group presented its findings and creative outputs in a plenary session, sharing reflections and actionable recommendations to strengthen mental health awareness, access, and advocacy within their institutions and communities.



Healing Minds, Healing Earth Campaign Launch



During the World Mental Health Day 2025 event, Be Well and Green Network (BWGN) officially launched the Healing Minds, Healing Earth Campaign, a transformative initiative that raises awareness on the intersection of climate change and mental health.

The campaign recognizes that environmental degradation and climate-related stressors deeply impact emotional and psychological well-being — especially among youth and vulnerable communities. It seeks to create safe spaces for dialogue, promote eco-conscious healing practices, and advocate for policies that strengthen both environmental and mental resilience.



The launch marked a major milestone in BWGN's mission to integrate mental wellness, environmental sustainability, and social justice. The initiative's unveiling gained **local recognition and was featured on NTV News**, amplifying its message to a wider audience and positioning BWGN as a leading voice in holistic community well-being.



Participation

The event brought together a total of **43 participants** in person, creating an intimate and engaging environment for dialogue and learning.

Participants were served breakfast and lunch, fostering moments of connection and informal networking throughout the day.

The audience comprised young leaders, university students, political leaders, environmental advocates, and mental health practitioners, all passionate about driving awareness and action for mental well-being and sustainability.

There were no formal partners for this event, with all activities organized and coordinated solely by Be Well and Green Network and its dedicated volunteers.



Impact and Outcomes

The event enhanced awareness of the intersection between mental health and environmental well-being, encouraging participants to reflect on the importance of holistic wellness.

It strengthened youth engagement in mental health advocacy and sustainability while fostering peer-to-peer learning, reflection, and emotional support among attendees.

The discussions and breakout sessions sparked interest in future collaborations and ongoing wellness programs under the Healing Minds, Healing Earth initiative.

Additionally, the event attracted new members who joined Be Well and Green Network, demonstrating growing community interest and commitment to the cause.



Event Highlight



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The event created a safe space to express emotions and understand how our environment affects our mental state.”

— Lynn Gatwiri, Speaker

2

It was inspiring to see young people leading conversations on healing and sustainability.

— Jacqueline, Board Member



NEXT STEP

- Develop ongoing wellness programs within universities and local communities to promote sustained mental health engagement.
 - Expand the “**Conversations for Change**” webinar series to further explore the intersection of mental health, sustainability, and youth leadership.
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- Strengthen partnerships with organizations advancing youth mental health, environmental action, and social equity.
 - Integrate the Healing Minds, Healing Earth campaign into more community-based initiatives, amplifying awareness and collective healing efforts.





Acknowledgements



Be Well and Green Network (BWGN) extends its deepest gratitude to all who made the **World Mental Health Day 2025** celebration a resounding success.

We sincerely thank **Ubunifu Hub** for their generosity in providing the venue and creating an enabling environment for dialogue, learning, and healing. Your support played a vital role in bringing this event to life.

Special appreciation goes to our **dedicated volunteers**, whose **commitment, energy, and teamwork** ensured the **smooth coordination of the program**. To our **distinguished speakers and moderators**, thank you for sharing your time, expertise, and powerful insights that inspired meaningful conversations on mental health and sustainability.

We extend heartfelt thanks to our **caterers**, who provided nourishing meals that allowed participants to feel cared for and connected throughout the event.

Our sincere gratitude goes to **our three financial supporters** for making this event possible and for believing in our mission to promote wellness and environmental consciousness.

We also **thank the media team, including NTV News**, for covering the event and amplifying the message that mental health is a universal right.

Lastly, thank all participants, young leaders, students, and advocates for your presence, courage, and commitment. We continue to build a movement that heals both minds and the earth.
