Creating awareness of Mental Health in Rural Communities of Ghana

THIRD ACTIVITY REPORT
FEBRUARY – APRIL
2026

1 Main activities in the months February to April 2026

Overview

The Mental Health Awareness Creation Project in the Adaklu District continued to strengthen awareness and understanding of mental health among community members, young people, and students during the reporting period of **February to April 2026**. Building on the achievements of previous quarters, the project maintained its dual approach of community sensitisation and school-based engagement, reaching ten communities and two senior high schools across the district.

The activities implemented between February and April 2026 focused on promoting mental health awareness, reducing stigma, encouraging early help-seeking behaviour, and strengthening community support systems. Particular attention was given to young people, who face increasing challenges related to academic pressure, social media influences, family difficulties, substance abuse, and emotional stress.

Throughout the three-month reporting period, project staff facilitated a series of educational sessions, discussions, and awareness-raising activities that enabled participants to learn about mental health, share experiences, and explore practical coping strategies. The sessions also reinforced the project's commitment to gender equality and social inclusion by encouraging respectful dialogue and support for vulnerable individuals.

The workshops were based on a participatory training approach that combined presentations, group discussions, question-and-answer sessions, practical exercises, and experience sharing. Participants were encouraged to challenge misconceptions surrounding mental illness and to recognise that mental health conditions are common, treatable, and deserving of compassion and support.

The following activities were implemented across participating communities and schools during the reporting period:

- Community sensitisation on mental health and emotional well-being;
- Awareness creation on project sustainability;
- Interactive discussions on stress management and healthy coping mechanisms;
- Education on depression and anxiety;
- Substance abuse prevention and awareness sessions;
- Guidance and counselling discussions;
- Youth and adolescent mental health education;
- Myth-versus-fact exercises addressing mental health stigma;
- Breathing and relaxation exercises;
- Group discussions and experience sharing;
- Question-and-answer sessions;
- Community mobilisation and stakeholder engagement.

Participants explored topics including the meaning of mental health, common mental health conditions, signs that someone may be struggling emotionally, self-care practices, the importance of listening and empathy, and pathways to professional support when needed. Through these engagements conducted from February to April 2026, the project continued to promote mental well-being, strengthen community resilience, and foster supportive environments for individuals experiencing mental health challenges within the Adaklu District.

Community Activities

Kpodoave Community

During the reporting period of February to April 2026, a total of twelve (12) community meetings and project activities were conducted in Kpodoave under the Mental Health Awareness Creation Project. The activities focused on mental health awareness, stress management, emotional well-being, substance abuse prevention, community responsibility, and strengthening support systems for vulnerable individuals. The sessions were facilitated by Mr. Gaba Linus, Mr. Nkafo Famous (Adaklu District Mental Health Nurse), and Mr. Ahiave Jacob.

The meetings were held on the following dates:

- 6th February 2026
- 13th February 2026
- 20th February 2026
- 27th February 2026
- 6th March 2026
- 13th March 2026
- 20th March 2026
- 27th March 2026
- 3rd April 2026
- 4th April 2026 (Group Leaders Review Meeting)
- 17th April 2026
- 24th April 2026

Mental health awareness sessions in Kpodoave focused on stress management, emotional well-being, and community responsibility for supporting vulnerable individuals. Participants actively engaged in discussions on how family relationships, social support systems, and community cohesion influence mental health outcomes.

A significant activity during the reporting period was the **Group Leaders Review Meeting held on 4th April 2026**, which brought together community leaders and project stakeholders to assess project progress and develop strategies for the remaining implementation period. During the meeting, **Mr. Ambrose Asem**, leader of the Kpodoave Daddies Club, assured the project team of the community's commitment to ensuring full participation and compliance with project activities to achieve the desired outcomes.

In February, four community meetings were organized on the theme **"The Role of Community Groups in Promoting Mental Health."** The sessions were facilitated by Mr. Gaba Linus and Mr. Nkafo Famous. Mr. Famous highlighted the importance of community involvement in identifying and supporting individuals experiencing mental health challenges. He encouraged participants to refer suspected mental health cases to Community Health Nurses and mental health professionals who regularly visit remote communities such as Kpodoave.

Mr. Famous noted that communities within the district have historically lacked adequate knowledge and support systems for addressing mental health concerns. He emphasized that the Mental Health Awareness Creation Project represents one of the first structured mental health interventions in the district and urged club leaders and community members to maximize their efforts in promoting mental health awareness and community dialogue.

According to Mr. Famous, stress, substance abuse, depression, and other mental health conditions are often "silent killers" that negatively affect individuals, families, and communities. He further explained that cultural beliefs and misconceptions frequently act as barriers to open discussion and education on mental health issues. He therefore encouraged participants to become advocates for mental health awareness within their households and social networks.

Mr. Gaba Linus welcomed participants and facilitated discussions on lessons learned from previous meetings. Participants reflected on key messages and practical actions they had adopted. During one of the discussions, **Mr. Nelson Monyo** shared that he had learned about the impact of mental health on family relationships and household harmony. He stressed the importance of periodic mental health check-ups and open communication within families. He further stated that healthy relationships are often built on good mental health and therefore called for continuous mental health education in communities.

Between March and April 2026, eight additional community meetings were held covering topics such as mental illness and treatment, effects of substance abuse, stress management, symptoms and early warning signs of mental health conditions, and the role of community members in supporting treatment and recovery. Practical discussions were held on how families can support individuals experiencing emotional distress and how community members can reduce stigma and discrimination toward people living with mental health conditions.

The meetings contributed significantly to increasing awareness, improving knowledge of available mental health services, and strengthening community commitment toward supporting mental well-being. Participants demonstrated increased understanding of mental health issues and expressed willingness to continue educating others and promoting positive mental health practices within Kpodoave.

Amuzudeve Community

During the reporting period from February to April 2026, the Mental Health Awareness Creation Project continued its implementation activities in Amuzudeve Community through a series of community sensitization meetings, awareness campaigns, and stakeholder engagements. A total of twelve (12) community meetings and project activities were conducted to increase awareness and understanding of mental health issues, promote positive help-seeking behaviour, reduce stigma, and strengthen community support systems for individuals experiencing mental health challenges.

The meetings were held on the following dates:

- 5th February 2026
- 12th February 2026
- 19th February 2026
- 26th February 2026
- 5th March 2026
- 12th March 2026
- 19th March 2026
- 26th March 2026
- 2nd April 2026

- 9th April 2026
- 16th April 2026
- 23rd April 2026

The sessions were facilitated by Mr. Gaba Linus, Mr. Nkafo Famous, Adaklu District Mental Health Nurse, and Mr. Ahiave Jacob. Throughout the implementation period, participants actively engaged in discussions and practical learning activities aimed at improving knowledge of mental health and strengthening community action to support vulnerable individuals.

Community members in Amuzudeve participated enthusiastically in awareness sessions addressing depression, anxiety, stress, emotional well-being, and mental health stigma. Discussions highlighted the importance of early intervention and encouraged participants to support neighbours, friends, and family members who may be experiencing emotional or psychological difficulties. Participants acknowledged that many people suffering from mental health conditions often remain unnoticed because of fear, discrimination, and misconceptions associated with mental illness.

A key contributor to the success of the project activities in Amuzudeve was **Mr. Fia Daniel**, who played a vital role in mobilizing community members and ensuring the successful organization of meetings throughout the reporting period. His commitment and leadership helped maintain regular attendance and encouraged active participation among various community groups. He worked closely with the project team to disseminate information about meeting schedules and advocated for community ownership of the project.

During several meetings, participants discussed the common signs and symptoms of depression and anxiety. Facilitators explained that persistent sadness, loss of interest in daily activities, excessive worry, social withdrawal, sleep disturbances, and changes in appetite may indicate emotional distress requiring support or professional attention. Participants were encouraged to look out for these signs among family members and community residents and to seek assistance from healthcare providers when necessary.

Mr. Nkafo Famous emphasized the importance of early identification and treatment of mental health conditions. He explained that many mental health disorders can be effectively managed when individuals receive timely support and appropriate treatment. He further encouraged community members to make use of available mental health services and to work closely with Community Health Nurses and mental health professionals operating within the district.

The sessions also addressed the harmful effects of stigma and discrimination against people living with mental health conditions. Through interactive discussions and myth-versus-fact exercises, participants examined common misconceptions surrounding mental illness and explored ways to promote understanding and inclusion. Many participants acknowledged that traditional beliefs and cultural perceptions often discourage individuals from seeking professional help. Facilitators encouraged community members to replace judgment and discrimination with empathy, respect, and support.

Stress management was another important topic covered during the meetings. Participants discussed common sources of stress within the community, including financial difficulties, family responsibilities, unemployment, academic pressures, relationship challenges, and health concerns. Practical coping strategies such as relaxation techniques, positive communication, physical activity, social support, prayer, and effective problem-solving were shared. Participants also took part in breathing and relaxation exercises designed to help them manage emotional stress and anxiety.

In March and April, additional sessions focused on substance abuse prevention and the relationship between substance use and mental health. Facilitators explained how alcohol abuse and the misuse of

drugs can contribute to depression, anxiety, family conflict, and other mental health challenges. Community members were encouraged to support young people in making healthy life choices and to discourage behaviours that expose them to substance abuse.

Several group discussions allowed participants to share personal experiences and observations regarding mental health challenges within families and communities. These discussions created opportunities for peer learning and strengthened community commitment toward supporting individuals experiencing emotional distress. Participants expressed appreciation for the project and indicated that the sessions had improved their understanding of mental health issues and increased their confidence in discussing such matters openly.

The project also strengthened collaboration among community leaders, club members, health workers, and other stakeholders. Through continuous engagement and dialogue, community members developed a greater appreciation of their role in promoting mental well-being and supporting vulnerable individuals. The active involvement of Mr. Fia Daniel further enhanced coordination and contributed significantly to the successful implementation of project activities in Amuzudeve.

Overall, the twelve meetings conducted during the reporting period significantly contributed to increasing awareness of mental health, reducing stigma, promoting early help-seeking behaviour, and strengthening community support systems. Participants demonstrated improved knowledge of mental health conditions and expressed a commitment to sustaining awareness activities beyond the project period. The Amuzudeve community remains an important partner in advancing mental health promotion and creating a supportive environment for all community members.

Golokorfe Community

During the reporting period from February to April 2026, the Mental Health Awareness Creation Project implemented a series of community-based activities in Golokorfe aimed at increasing knowledge and understanding of mental health issues, reducing stigma, and strengthening community support systems. A total of twelve (12) community meetings and awareness sessions were conducted, providing opportunities for community members to engage in discussions on mental health, emotional well-being, substance abuse prevention, and community responsibility.

The meetings were held on the following dates:

- 4th February 2026
- 11th February 2026
- 18th February 2026
- 25th February 2026
- 4th March 2026
- 11th March 2026
- 18th March 2026
- 25th March 2026
- 1st April 2026
- 8th April 2026
- 15th April 2026
- 22nd April 2026

The sessions were facilitated by Mr. Gaba Linus, Mr. Nkafo Famous, Adaklu District Mental Health Nurse, and Mr. Ahiave Jacob. Community members participated actively in presentations, group discussions,

question-and-answer sessions, and practical exercises designed to improve understanding of mental health and emotional well-being.

Activities in Golokorfe focused particularly on reducing misconceptions surrounding mental illness and strengthening community support networks. Participants shared personal experiences and discussed practical strategies for maintaining emotional well-being within families and communities. Many participants acknowledged that misinformation and cultural beliefs often prevent individuals experiencing mental health challenges from seeking help. Through facilitated discussions, community members examined common myths about mental illness and learned the importance of evidence-based understanding and compassionate support.

During the awareness sessions, facilitators explained that mental health conditions can affect anyone regardless of age, gender, social status, or educational background. Participants learned that mental illnesses are health conditions that can be managed successfully when individuals receive timely support and appropriate treatment. Discussions emphasized that people experiencing mental health challenges deserve dignity, respect, and access to professional care rather than discrimination and exclusion.

Mr. Nkafo Famous educated participants on common mental health conditions, including depression, anxiety, stress-related disorders, and substance-use-related problems. He explained the warning signs that family members and community leaders should observe, including prolonged sadness, withdrawal from social activities, excessive worry, changes in behaviour, sleep disturbances, and emotional instability. Participants were encouraged to seek assistance from health professionals whenever such symptoms are observed.

A major focus of the meetings was strengthening community support systems. Participants discussed how family members, friends, religious leaders, and community groups can play important roles in supporting individuals experiencing emotional distress. Community members identified practical ways of assisting vulnerable individuals, including listening without judgment, offering encouragement, facilitating referrals to health services, and reducing social isolation.

The sessions also addressed stress management and emotional resilience. Participants identified common stressors affecting community members, including economic hardship, family responsibilities, health concerns, unemployment, and relationship challenges. Facilitators introduced practical coping strategies such as relaxation techniques, healthy communication, physical exercise, social support, positive thinking, and effective problem-solving. Breathing and relaxation exercises were conducted to help participants understand simple methods of managing stress and anxiety.

In addition, discussions were held on substance abuse and its effects on mental health. Participants learned about the negative consequences of excessive alcohol consumption and drug abuse on individuals, families, and communities. Particular attention was given to the risks faced by young people and the need for preventive measures through education, mentoring, and positive peer influence.

Several participants shared personal experiences regarding mental health challenges within their families and communities. These testimonies enriched the discussions and helped create a supportive learning environment where participants felt comfortable discussing sensitive issues. The experience-sharing sessions reinforced the importance of empathy, understanding, and community solidarity in addressing mental health concerns.

Community leaders expressed appreciation for the project and committed themselves to sustaining mental health awareness activities beyond the project period. They pledged to continue encouraging open discussions on mental health and to support individuals who may require professional assistance.

Overall, the twelve meetings conducted in Golokorfe during the reporting period contributed significantly to improving community awareness of mental health, reducing stigma and misconceptions, promoting early help-seeking behaviour, and strengthening community support networks. Participants demonstrated increased knowledge and understanding of mental health issues and expressed readiness to serve as advocates for mental well-being within their families and the wider community.

Dawanu Community

During the reporting period from February to April 2026, the Mental Health Awareness Creation Project continued its implementation activities in Dawanu Community through a series of awareness creation sessions, community dialogues, and stakeholder engagements aimed at promoting mental well-being and strengthening community support systems. A total of twelve (12) community meetings and project activities were conducted during the period under review.

The meetings were held on the following dates:

- 3rd February 2026
- 10th February 2026
- 17th February 2026
- 24th February 2026
- 3rd March 2026
- 10th March 2026
- 17th March 2026
- 24th March 2026
- 7th April 2026
- 14th April 2026
- 21st April 2026
- 28th April 2026

The sessions were facilitated by Mr. Gaba Linus, Mr. Nkafo Famous, Adaklu District Mental Health Nurse, and Mr. Ahiave Jacob. Activities employed a participatory approach that included presentations, group discussions, question-and-answer sessions, practical exercises, and experience-sharing among participants.

Building on the existing community structures and social networks within Dawanu, the project focused on increasing awareness of the relationship between economic challenges and mental health. Participants explored how financial difficulties, unemployment, low household income, debt burdens, crop failures, and family responsibilities can contribute to stress, anxiety, depression, and other mental health concerns. Discussions emphasized that economic hardship not only affects livelihoods but can also have significant consequences for emotional well-being, family relationships, and community cohesion.

During the meetings, participants reflected on common stressors affecting households in the community and shared personal experiences regarding the emotional impact of financial pressures. Many participants acknowledged that economic stress often leads to conflict within families, social isolation, sleep difficulties, excessive worry, and reduced productivity. Facilitators explained that prolonged exposure to stress without adequate coping mechanisms can negatively affect both physical and mental health.

A key component of the sessions involved educating participants on stress management and healthy coping strategies. Community members learned practical approaches such as effective communication, seeking social support, positive thinking, physical exercise, relaxation techniques, prayer, and time management. Breathing and relaxation exercises were also conducted during several meetings to help participants understand simple techniques for managing stress and anxiety in their daily lives.

The project further encouraged collective approaches to addressing mental health challenges. Participants discussed how existing community groups, family networks, religious institutions, youth clubs, and social associations could provide emotional and practical support to individuals experiencing stress and emotional difficulties. The discussions highlighted the importance of peer support, community solidarity, and shared responsibility in promoting mental well-being.

Mr. Nkafo Famous facilitated sessions on common mental health conditions, including depression, anxiety, and stress-related disorders. He explained the signs and symptoms that family members should observe and encouraged participants to seek early intervention whenever they notice changes in behaviour, persistent sadness, withdrawal from social activities, or excessive worry among relatives and community members. He emphasized that early detection and treatment can significantly improve recovery outcomes.

Several meetings also focused on mental health stigma and misconceptions surrounding mental illness. Through interactive exercises and group discussions, participants examined common myths about mental health and explored ways of promoting understanding and acceptance within the community. Participants agreed that stigma remains one of the major barriers preventing individuals from seeking help and committed themselves to becoming advocates for positive mental health awareness.

Substance abuse prevention was another important topic addressed during the reporting period. Facilitators discussed the effects of alcohol and drug abuse on mental health, family relationships, and community development. Participants were encouraged to support young people in making healthy choices and to discourage behaviours that may expose them to substance abuse and associated mental health challenges.

Experience-sharing sessions provided opportunities for participants to discuss challenges facing families within the community and to identify practical solutions. These discussions strengthened community bonds and encouraged collective problem-solving. Participants demonstrated a willingness to support one another through difficult circumstances and recognized that maintaining good mental health requires both individual effort and community involvement.

Throughout the reporting period, community members showed strong interest and active participation in project activities. The sessions contributed to increased awareness of mental health issues, improved understanding of the effects of economic stress on emotional well-being, and strengthened community support mechanisms for vulnerable individuals.

Overall, the twelve meetings conducted in Dawanu significantly enhanced community knowledge of mental health, promoted healthy coping mechanisms, encouraged peer support and collective action, and contributed to reducing stigma associated with mental illness. Participants expressed appreciation for the project and committed themselves to sustaining mental health awareness and support activities within the community beyond the project implementation period.

Dorkpo Community

The Dorkpo sessions focused on strengthening emotional resilience and promoting healthy coping mechanisms among community members. The meetings were held on:

- 6th February 2026
- 20th February 2026
- 6th March 2026
- 20th March 2026
- 3rd April 2026
- 17th April 2026

- 24th April 2026

Facilitators engaged participants in discussions on common stressors affecting rural households, including economic hardship, farming challenges, family responsibilities, and limited access to social services. Participants were encouraged to identify personal and community-based coping strategies that could enhance emotional stability.

Key sessions highlighted the importance of effective communication within families, mutual support, and conflict resolution as essential tools for maintaining mental well-being. Participants also learned relaxation techniques, stress management strategies, and the importance of seeking help when emotional distress becomes overwhelming. The sessions contributed to improved awareness of mental health and strengthened interpersonal relationships within the community.

Hehekpoe Community

In Hehekpoe, the project placed special emphasis on women's mental health, parenting challenges, and emotional support systems. The meetings were held on:

- 5th February 2026
- 19th February 2026
- 5th March 2026
- 19th March 2026
- 2nd April 2026
- 16th April 2026
- 23rd April 2026

Participants, particularly women, actively engaged in discussions on emotional well-being, caregiving responsibilities, marital stress, and child-rearing challenges. Facilitators created a safe space for participants to share personal experiences related to stress and emotional burden.

The sessions explored parenting skills, emotional regulation, and the importance of supportive family environments. Participants were educated on recognizing signs of depression, anxiety, and burnout, especially among caregivers. The meetings reinforced the importance of social support networks, including family, community groups, and health services, in promoting women's mental health and well-being.

Seva Community

The Seva community meetings focused on improving mental health literacy and awareness of available support systems. The sessions were held on:

- 7th February 2026
- 21st February 2026
- 7th March 2026
- 21st March 2026
- 4th April 2026
- 18th April 2026
- 25th April 2026

Participants were educated on common mental health conditions such as depression, anxiety disorders, and stress-related illnesses. Facilitators explained early warning signs, including persistent sadness, withdrawal, irritability, sleep disturbances, and loss of interest in daily activities.

The sessions also provided information on available mental health services within the district, including referral pathways to Community Health Nurses and mental health professionals. Participants were encouraged to seek early help and support others in doing the same. The discussions helped demystify mental health conditions and improved community understanding of treatment and recovery options.

Kordiabe Community

Kordiabe continued to demonstrate strong participation and commitment to mental health awareness activities. The meetings were held on:

- 8th February 2026
- 22nd February 2026
- 8th March 2026
- 22nd March 2026
- 5th April 2026 (with attendance of visiting team from HITA, Germany)
- 19th April 2026
- 26th April 2026

Discussions focused on youth mental health, peer support, and stigma reduction. Young people actively participated in sessions addressing emotional challenges, social pressures, and identity-related stress.

Participants highlighted the importance of peer influence in shaping behaviour and emotional well-being. Facilitators encouraged positive peer relationships and discouraged stigma toward individuals experiencing mental health difficulties. The sessions strengthened youth engagement in mental health advocacy and promoted supportive relationships within the community.

Dzakpo Community

Youth-focused mental health engagement activities in Dzakpo were implemented on:

- 9th February 2026
- 23rd February 2026
- 9th March 2026
- 23rd March 2026
- 6th April 2026
- 20th April 2026
- 27th April 2026

The sessions encouraged young participants to openly discuss academic pressure, peer influence, substance abuse risks, and social media-related stress. Facilitators guided discussions on how these factors contribute to anxiety, depression, and low self-esteem among adolescents.

Practical coping strategies were introduced, including time management, positive decision-making, emotional regulation, and help-seeking behaviour. Participants were encouraged to seek guidance from trusted adults, teachers, and health professionals when facing emotional challenges. The sessions strengthened youth awareness of mental health and promoted healthier lifestyle choices.

Gavorkorfe Community

The Gavorkorfe community sessions were held on:

- 10th February 2026
- 24th February 2026

- 10th March 2026
- 24th March 2026
- 7th April 2026
- 21st April 2026
- 28th April 2026

Participants explored community-based approaches to mental health promotion and discussed ways to support individuals experiencing emotional distress, social isolation, or behavioural changes. The discussions emphasized the importance of early identification and referral of mental health cases to appropriate health services.

Facilitators encouraged participants to build strong community support systems through collective responsibility, empathy, and active listening. The sessions also addressed stigma reduction and the need for inclusive attitudes toward individuals living with mental health conditions. Community members expressed commitment to sustaining awareness activities and supporting vulnerable individuals within their families and neighbourhoods.

Overall, the engagements across these communities during the reporting period significantly enhanced mental health awareness, improved understanding of emotional well-being, and strengthened community-based support systems throughout the Adaklu District.

School-Based Activities

Waya Senior High School

Students and teachers participated in interactive workshops covering stress management, anxiety, depression, self-care, and peer support. Particular attention was given to the mental health challenges commonly faced by adolescents and young adults.

The sessions encouraged students to speak openly about emotional difficulties and highlighted the importance of seeking support from trusted adults, counsellors, teachers, and health professionals.

Gbekor Senior High School

Mental health awareness sessions at Gbekor Senior High School focused on emotional well-being, substance abuse prevention, academic stress, and stigma reduction. Students participated actively in group discussions and practical exercises designed to strengthen resilience and emotional awareness.

Teachers and school authorities expressed strong support for integrating mental health education into regular school activities.

Participation Summary

Community / School	Men	Women	Total
Kpoadoave	18	27	45
Amuzudeve	15	24	39
Golokorfe	17	25	42
Dawanu	20	23	43
Dorkpo	16	26	42
Hehekpoe	14	22	36
Seva	19	21	40

Community / School	Men	Women	Total
Kordiabe	22	28	50
Dzakpo	18	24	42
Gavorkorfe	20	26	46
Waya Senior High School	31	39	70
Gbekor Senior High School	28	37	65
Total	**238**	**322**	**560**

Key Issues Discussed

Understanding Mental Health

Participants learned that mental health affects how individuals think, feel, behave, and relate to others. Emphasis was placed on mental health as an essential component of overall well-being.

Depression and Anxiety

The sessions explored common signs and symptoms of depression and anxiety, helping participants understand when professional support may be needed.

Substance Abuse Awareness

Discussions examined the relationship between substance abuse and mental health, particularly among young people, and highlighted prevention strategies.

Stress Management

Participants learned practical techniques for managing stress, including exercise, relaxation, positive thinking, social support, and healthy daily routines.

Reducing Mental Health Stigma

The workshops challenged common myths surrounding mental illness and promoted empathy, understanding, and inclusion.

Youth and Adolescent Mental Health

Special attention was given to the challenges facing young people, including peer pressure, academic stress, social media influences, and uncertainty about the future.

Coordination, Monitoring and Evaluation

Project staff monitored all activities through attendance records, participant feedback, observation of discussions, and follow-up consultations with community leaders and school authorities.

Monitoring findings indicated strong participant engagement, increased willingness to discuss mental health openly, and growing awareness of available support options. Participants demonstrated improved understanding of mental health concepts and expressed appreciation for the practical nature of the sessions.

Further impact assessment activities will be undertaken to document changes in attitudes, stigma reduction, and help-seeking behaviour among beneficiaries.

2 Challenges

Several challenges were encountered during implementation:

- Transportation difficulties between dispersed project locations;
- Limited educational materials for participants;
- Time constraints that reduced opportunities for more in-depth discussions;
- Persistent stigma and misconceptions surrounding mental health issues;
- Limited availability of specialised mental health services in some areas.

Despite these challenges, all planned activities were implemented successfully and achieved strong community participation.

3 Conclusion

The Mental Health Awareness Programme continued to make important contributions to improving mental health literacy and reducing stigma across participating communities and schools in the Adaklu District.

A total of 560 participants directly benefited from awareness sessions during the reporting period. Through interactive discussions, educational workshops, and community engagement activities, participants gained practical knowledge about mental health, stress management, emotional well-being, substance abuse prevention, and support systems.

The positive response from community leaders, teachers, students, parents, and other stakeholders demonstrates the continuing need for mental health education and advocacy within the district. Grow Your Dream Foundation remains committed to strengthening community resilience, promoting emotional well-being, and supporting healthier, more inclusive communities throughout the Volta Region.

4 Annex: Photos of activities in the reporting period







Workshop with Mental Health Ambassadors at Gbekor Sebior High School, 17 February 2026:





Community meeting at with participation of the visiting team from HITA, Frankfurt/M., Germany, in Kordiabe, April 5th, 2026:



GBEKO SENIOR HIGH workshop:

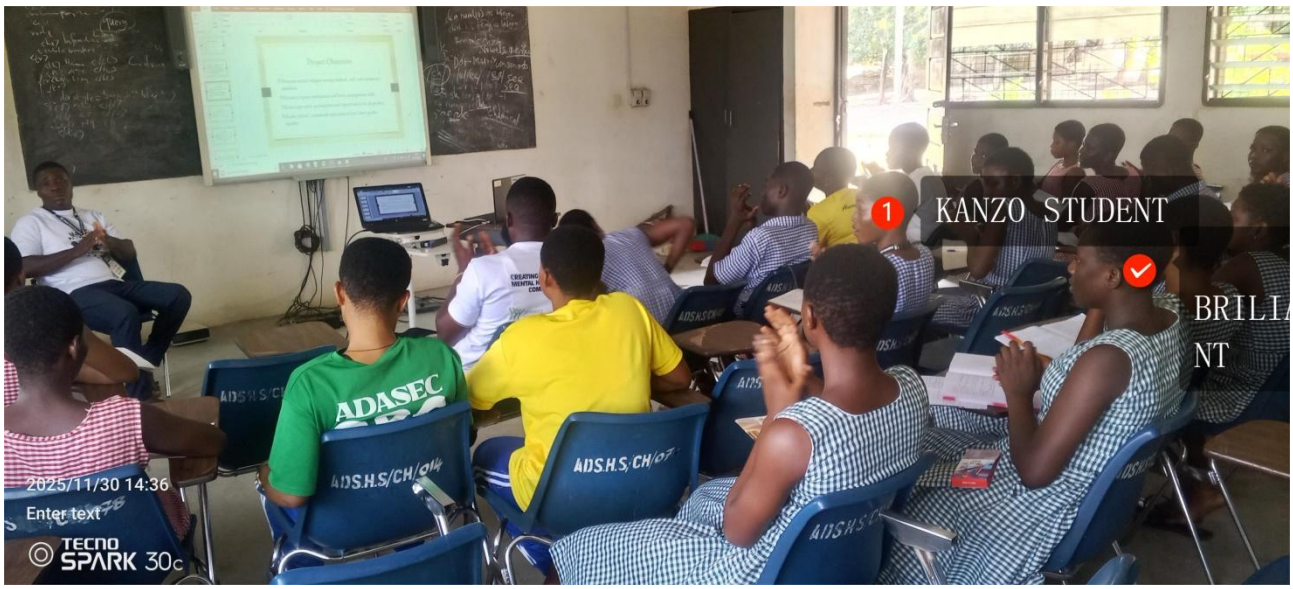






ADAKLU SHS workshop:








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TECNO SPARK 30c


CREATING AWARENESS
ON MENTAL HEALTH IN RURAL COMMUNITIES IN GHANA
Adaklu District Ghana
What Is Mental Health?
XALA VIA HOUSE
TECNO SPARK 30c

MAWUKO SHS workshop:



Community Leaders Meeting DZAKPO:

