



ACTION FOR MENTAL HEALTH–KENYA (AMH-K)

Annual Impact Report 2025

1. About AMH-K

Action for Mental Health-Kenya (AMH-K) is a leading organization of and led by persons living with mental health conditions and psychosocial disabilities. Based in Kisumu City and operating primarily across Western Kenya, AMH-K emerged from a grassroots movement of marginalized women—particularly widows in Nyanza—who experienced mental health challenges linked to stigma and harmful socio-cultural practices.

Since 2023, AMH-K has expanded its reach and strengthened its systems to respond to the growing mental health crisis affecting women, youth, children, the elderly, and vulnerable populations.

Our Vision

A society that actively values and supports the needs and rights of people living with mental illness.

Our Mission

To lead inclusive advocacy, awareness, education, and support that promotes mental health for all.

Core Values

Respect | Equality | Empowerment | Inclusivity | Accountability | Partnerships

2. 2025 At a Glance

- **Membership Growth:** Increased from 1,002 in 2024 to **1,435 members**
- **Support Groups Represented:** 40 groups
- **Community Screenings Conducted:** 4,565
- **Referrals to Health Facilities:** 2,148
- **Caregivers Trained in Psychosocial Support:** 45
- **CHPs Trained as Trainers (ToTs):** 18 (6 per site)
- **Support Groups Funded for Craft Psychology:** 6 groups
- **Inter-Group Meetings Held:** 3 across project sites
- **Community Dialogues:** 9 Sessions held
- **We reached to over 1.2 million people** with radio talk-shows during international mental health commemoration days.
- **Counties :** Kisumu and Siaya

3. Our Strategic Focus Areas and 2025 Impact

A. Capacity Building

Strengthening people and systems remains central to our work.

1. Training Caregivers in Psychosocial Support

We trained **45 support group representatives** in psychosocial support skills to improve care for family and community members living with mental health conditions. This has enhanced peer support systems and strengthened community-level response mechanisms.

2. Training of Trainers (ToT) for Community Health Promoters (CHPs)

To expand mental health service access, AMH-K trained **18 CHPs (6 per project site)** as Trainers of Trainers. These ToTs are now equipping additional CHPs in their respective health units, multiplying knowledge and extending mental health promotion and prevention services at grassroots level.

3. Inter-Group Learning Platforms

We successfully conducted **3 inter-group meetings**, fostering peer learning, exposure visits, and shared problem-solving across project sites. These platforms strengthened solidarity and collective advocacy.

B. Strategic Service Delivery

AMH-K works closely with Community Health Promoters (CHPs), Community Health Assistants (CHAs), and public health facilities to improve equitable access to services.

1. Community Screening, Referrals & Follow-Up

In 2025 alone:

- **4,565 individuals were screened**
- **2,148 were referred** to health facilities for diagnosis and treatment

CHPs conducted household visits and follow-ups to ensure continuity of care, supporting Kenya's Universal Health Coverage agenda.

2. Craft Psychology and Economic Empowerment

AMH-K introduced **Craft Psychology Training** to embed the therapeutic value of art and craft in mental health recovery.

- 6 support groups (2 per site) received one-day training.
- Each group received a grant of **KSh 35,000** to strengthen their craft initiatives.
- Beneficiaries, including children, are already reporting positive psychosocial and economic outcomes.

Plans are underway to extend this initiative to the remaining 34 groups as resources allow.

C. Advocacy & Awareness

As an organization led by persons with lived experience, advocacy is at the heart of our work.

1. Community Dialogues

In the course of the year, we reached out to over 5,000 people through multiple public community dialogues in:

- Churches
- Schools
- Public barazas

- Community gatherings

These forums—facilitated by CHPs, CHAs, group members, and stakeholders—have become highly demanded platforms for mental health awareness, stigma reduction, and rights education.

2. IEC Materials Production & Distribution

We developed and distributed brochures (IEC) covering:

- Types of mental health conditions
- Causes and prevention
- Treatment and mitigation measures

Materials were shared with:

- Ministry of Health
- Schools and Colleges
- Churches
- Police
- Community groups

This initiative strengthens knowledge as a tool for empowerment and stigma reduction.

D. National & Global Mental Health Commemorations

World Bipolar Day – 30 March 2025

On World Bipolar Day, AMH-K champions from Seme, Kisumu West, and Kisumu Central delivered public speeches on radio and at Kisumu Sports Ground, raising awareness and amplifying lived experiences.

World Mental Health Day – 10 October 2025

During World Mental Health Day, AMH-K led celebrations in Kisumu and Siaya Counties in collaboration with Ministry of Health officials, CHPs, and mental health champions. Activities included:

- Public education talks
- Community screening
- Diagnosis and referrals

These events reinforced our advocacy for rights, dignity, and access to services.

4. Membership Growth and Community Trust

Our membership increased from **1,002 in 2024 to 1,435 in 2025**, reflecting:

- Growing demand for mental health support
- Increased trust in AMH-K interventions
- Reduced stigma in communities
- Stronger grassroots mobilization

We remain committed to expanding membership as resources allow.

5. Annual General Assembly 2025

The 2025 Annual General Assembly was held in Kisumu in December, with representation from all **40 support groups**.

Key Themes:

- Experience sharing
- Membership growth
- Care and psychosocial support
- Craft psychology
- Community dialogues **Key Issues Raised:**

- Land rights deprivation
- Gender-Based Violence (GBV)
- Stigma and discrimination
- Rising suicide cases
- Gambling and substance abuse among youth

The Assembly reaffirmed AMH-K's commitment to rights-based advocacy and inclusive service delivery.

6. Research and Learning

AMH-K continues to promote evidence-informed programming through partnerships and internship opportunities. Insights from community engagement, screenings, and group forums inform our advocacy and service delivery models.

7. Looking Ahead to 2026

In the coming year, AMH-K aims to:

- Expand Craft Psychology training to remaining support groups
- Increase CHP mental health training coverage
- Scale up community dialogues
- Strengthen advocacy on land rights, GBV, and suicide prevention
- Enhance partnerships with county and national stakeholders

8. Gratitude

We extend sincere appreciation to:

- Our members and mental health champions
- Community Health Promoters and Assistants
- County health departments
- Partner institutions
- Community leaders and families

Your partnership drives our mission forward.

Conclusion

2025 has been a year of growth, expanded reach, and deepened impact. As an organization led by persons living with mental health conditions, AMH-K continues to champion dignity, inclusion, and equitable access to mental health services in Kenya.

Together, we are building communities where mental health matters, stigma is challenged, and every individual can thrive.