

## **REPORT ON HEALTH TALK CONDUCTED ON 10/07/2024 AT EKORIAN CAMP**

### **Introduction:**

On the **10th of July, 2024**, a health talk was organized at **Ekorian Camp**, focusing on mental health awareness and addressing the stigma associated with mental health issues. The session aimed to create an open and supportive environment for staff members to discuss mental health, share experiences, and learn about coping mechanisms and available resources. This report provides an overview of the key highlights and outcomes of the session.

### **Session Highlights**

#### **1. Understanding Mental Health**

- We began by defining mental health and discussing its significance. Emphasized that mental health is as crucial as physical health and impacts overall well-being. Highlighted prevalent mental health issues such as anxiety, depression, PTSD and stress. Discussed their symptoms, causes and effects on daily life.

#### **2. Stigma and Mental Health**

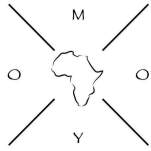
- A significant part of the discussion was dedicated to understanding and conquering the stigma associated with mental health. We explored how stigma affects individuals' willingness to seek help and discussed ways to create a supportive environment. Some staff members bravely shared their personal experiences with mental health challenges. These stories helped illustrate the pervasive nature of stigma and the importance of empathy and understanding.

#### **3. Strategies for Maintaining Mental Health**

- Discussed various self-care techniques, including mindfulness, meditation, regular exercise, and maintaining a healthy diet. Emphasized the importance of setting aside time for oneself. Stressed the importance of seeking professional help when needed.

#### **4. Creating a Supportive Work Environment**

- Encouraged staff to speak openly about their mental health and to support colleagues who may be struggling. Discussed the role of peer support groups and the benefits of having a robust support system both at work and in person.



### **Conclusion:**

The mental health talk at Ekorian Camp was a successful and insightful session that achieved its goals of raising awareness and addressing stigma. The active participation and openness of the staff were commendable. By fostering an environment of understanding and support, Ekorian Camp is taking significant steps towards promoting mental well-being among its staff. Continued efforts and follow-up sessions will be essential in maintaining this momentum and ensuring that mental health remains a priority.



***Report By,  
Mugie Conservancy Clinical Officer,  
Charles Vaati***