



LAN HEALTH NEWSLETTER



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UPCOMING EVENTS

In alignment with our mission, LAN Healthcare Initiative successfully conducted a Mental Health Sensitization and Drug Abuse Awareness and Prevention Program across five (5) secondary schools in Abuja.

PROGRAM HIGHLIGHTS

- Engagement with junior secondary school students through interactive sessions
- Education on the dangers of drug abuse and its impact on mental health
- Discussions on emotional well-being, stress management, and peer pressure
- Promotion of healthy coping strategies and help-seeking behaviors

IMPACT

- Increased awareness and understanding of mental health among students.
- Enhanced student participation and openness in discussing mental health concerns.
- Strengthened school community partnership for sustained mental health advocacy.

Self-Injury Awareness Day (March 1st)

Self-Injury Awareness Day is dedicated to increasing understanding of non-suicidal self-injury (NSSI), a behavior often used as a coping mechanism for emotional distress. It includes acts such as cutting, burning, or hitting oneself without suicidal intent.

Key Insights

- Self-injury is often linked to underlying mental health conditions such as depression, anxiety, trauma, or emotional dysregulation.
- It is not typically a suicide attempt, but it significantly increases the risk of future suicidal behaviors if left unaddressed.
- Adolescents and young adults are particularly vulnerable due to developmental, social, and environmental stressors.

Preventive Strategies

- Promoting emotional literacy and healthy coping mechanisms
- Encouraging open conversations in schools and families
- Early identification and referral to mental health professionals

Raising awareness helps reduce stigma and encourages individuals to seek appropriate support.

Brain Awareness Week

Brain Awareness Week is an international campaign focused on increasing public understanding of the brain and the importance of neuroscience in improving mental health.

Importance of Brain Health:

- The brain regulates emotions, behavior, cognition, and decision-making.
- Poor mental health can impair brain function, affecting academic performance, relationships, and overall quality of life.
- Lifestyle factors such as nutrition, sleep, stress management, and physical activity directly influence brain health.

Key Messages:

- Mental health is brain health.
- Early intervention in mental health conditions leads to better long-term outcomes.
- Substance abuse negatively impacts brain development, especially in adolescents.

National Sleep Awareness Month

Sleep plays a fundamental role in maintaining both physical and mental health. National Sleep Awareness Month emphasizes the importance of healthy sleep habits.

Impact of Sleep on Mental Health:

- Sleep deprivation is associated with increased risk of anxiety, depression, irritability, and poor concentration.
- Adolescents require approximately 8–10 hours of sleep for optimal functioning.
- Chronic sleep problems can impair cognitive development and emotional regulation.

Recommended Practices:

- Recommended Practices:
- Establishing consistent sleep routines
- Limiting screen time before bedtime
- Creating a conducive sleep environment
- Managing stress effectively



SUMMARY

- The month of March presents a significant opportunity to deepen awareness on critical mental health issues affecting individuals and communities. At LAN Healthcare Initiative, our commitment remains centered on advocacy, education, and community-based interventions aimed at improving psychological well-being and preventing harmful behaviors.
- This edition highlights key global health observances and our ongoing outreach efforts within secondary schools in Abuja.

Contact

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