

LAN HEALTH INITIATIVE

# NEWSLETTER

AUGUST 2025



## IMPACT STORY OF THE MONTH

"LAN Health Initiative gave me hope when I thought I had none. The counseling sessions helped me rebuild my confidence and reconnect with my family." - Maria, Program beneficiary

Stories like Maria's remind us why your support matters

## call for action

Your partnership makes this work possible. here's how you can help this month:

**DONATE:** support any of our program/project by donation in cash or materials.

**VOLUNTEER:** Join our outreach teams and make a difference.

**SHARE:** Spread awareness by forwarding this newsletter to friends and colleagues

**Donate here >**

**[HTTPS://lanhealths.org](https://lanhealths.org)**

## AUGUST PROGRAM HIGHLIGHT

### Community Outreach:

This month our team had two awareness programs, one at Nassarawa State University while the second one was held at Wuse Market Abuja, reaching over one thousand persons.

### Mental Health:

we continued our mental health initiative through psycho-therapeutic services and education.

### collaboration:

we renewed our collaboration with the Senior Education Management Board FCT chapter, where permission to continue our School-Based mental health intervention programs in senior secondary schools in the FCT.

## MENTAL HEALTH TIP FOR THE MONTH

practice the "3-3-3 Rule" for Anxiety:

> Look around and name 3 things you can see

> Identify 3 sounds you can hear

> move 3 parts of your body (like fingers, shoulders, or toes)

This simple technique can help ground you in present moment.



## OUR PSYCHO- THERAPY SERVICES

COUNSELING AND THERAPY: our team offers confidential counseling and therapy tailored to your needs

MENTAL HEALTH CONSULTANT: Gain access to essential information and resources by participating in our mental health consultant program.

REFERRAL SERVICES: If additional specialized care is needed, we can refer you to trusted mental health professionals.

Remember, your mental health matters. don't hesitate to reach out and seek the support you deserve.



### STAY CONNECTED

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# Strategies and Tips for Success in becoming an Entrepreneur

You must have a strong spirit if you want to be a successful person. The spirit factor is very influential in a person's success in starting a business, the greater the enthusiasm you have, the more opportunities for success will be opened. Even when you experience failure, you will have difficulty rising from that failure. On the other hand, if you have a strong spirit, no matter what the failure, you will get up and move on.

## 5 Tips to be a successful young Entrepreneur :

1. Manage time
2. Focus on objectives
3. Self respect
4. Don't give up easily
5. Self-confident



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