



LAN HEALTH INITIATIVE NEWSLETTER OCT.2025

CHAMPIONING MENTAL WELL-BEING ACROSS SCHOOLS & COMMUNITIES

October was a remarkable month for LAN Health Initiative as we continued our mission of promoting mental health awareness and support across Abuja. Aligned with the 2025 World Mental Health Day theme, we dedicated ourselves to empowering students, young people, and the community with knowledge, tools, and confidence to prioritize mental wellness.

Throughout the month, we reached thousands of individuals through impactful awareness programs, mentorship initiatives, and community engagement activities.



OUR KEY ACTIVITIES IN OCTOBER

Mental Health Awareness at Government Secondary School, Mabushi – Abuja

We engaged students in an interactive mental health education session, focusing on emotional well-being, stress management, and early signs of mental health challenges. Students were encouraged to speak up and seek support when needed.

Mental Health Awareness & Children’s Fun Fair at Government Day Secondary School, Wuse II – Abuja

In a blend of education and fun, we created a safe space where students learned about mental resilience while also enjoying recreational activities. The event promoted social connection and healthy expression among young learners.

Mental Health Talk at Junior Secondary School, Maitama.

Our team delivered a motivational and informative session targeting pre-teens, emphasizing self-esteem, coping skills, and support-seeking behavior. Teachers also received practical tips to identify and assist struggling students.



HOW TO BENEFIT FROM OUR AFFORDABLE COUNSELLING SERVICES.

Unlock clarity, build resilience, and regain emotional balance through our professional therapeutic support. Our sessions provide a safe, confidential space to explore challenges, develop healthy coping strategies, and create meaningful change. Whether you're managing stress, navigating relationships, or seeking personal growth, our counselors offer evidence-based guidance tailored to your needs. Start your journey toward a healthier, more empowered you.

to benefit from this kindly call or whatsapp us via these numbers
+2348140570079
+2349135001444
or visit our website
www.lanhealths.org

OUR KEY ACTIVITIES IN OCTOBER CONT...

Collaboration with Next Youth Initiative

We proudly partnered with **Next Youth Initiative** to deliver a youth mental health mentorship program aimed at nurturing emotionally resilient and purpose-driven young people. Through shared resources and expertise, we demonstrated the power of collaboration in advancing mental health advocacy.

Mental Health Outreach at Banex Plaza, Abuja

In commemoration of World Mental Health Day 2025, we conducted a public outreach and engagement campaign at Banex Plaza, Abuja. Traders, shoppers, and community members received free mental-health tips, brief screening, and referrals. We amplified the message that Mental health is a universal human right and should be accessible to all.



Thank You to Our Partners & Volunteers

We extend sincere appreciation to our dedicated volunteers, school administrators, partners, and donors whose support made our work impactful. Special thanks to Next Youth Initiative for collaborating with us this month.

