



September 2025

# LAN HEALTH INITIATIVE

## Newsletter

Dear Friends and Partners,

At LAN Health Initiative, we remain committed to promoting mental well-being, empowering communities, and ensuring that mental health is recognized as a key part of holistic health. This September has been a truly impactful month, filled with outreach, support, and meaningful engagements. Here's a look at what we accomplished together:

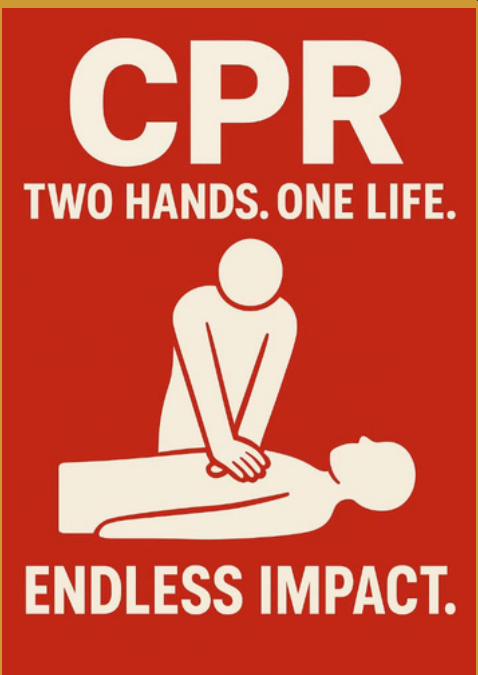
### Scholarship Awards

We proudly awarded scholarships to 23 students at Junior Secondary School, Maitama. This initiative reflects our belief that education and mental well-being go hand in hand, and we are delighted to support the dreams of these bright young minds.

### Counseling & Therapeutic Services

Throughout the month, we continued to provide counseling and therapeutic services to individuals and families in need, creating safe spaces for healing, resilience, and hope.





## School Outreach in Abuja

Our team visited several secondary schools across Abuja with proposals to host a Mental Health Awareness Program and a Children's Carnival. These upcoming events aim to educate students on emotional well-being, reduce stigma, and create joyful, supportive environments.

## LEARN CPR. SAVE A LIFE

Every year, thousands of lives are lost because help arrives too late. But with CPR training, anyone can be the difference between tragedy and survival.

### WHY CPR TRAINING MATTERS:

1. Immediate response saves precious minutes before medical professionals arrive.
2. increases survival rates by more than double in sudden cardiac arrest.

PROTECT YOUR FAMILY, COLLEAGUES, AND COMMUNITY.

Together we can build a community of lifesavers. Join our CPR training today and empower yourself with the knowledge to save a life tomorrow.

for more enquiry please visit our website

<https://lanhealths.org>

or call or chat on whatsapp : +2348140570079

## Partnership with Persons with Disabilities

This month, we initiated plans to conduct a Mental Health Awareness Campaign, Free Health Screening, and Distribution of Relief Items for persons with disabilities in their colony in Abuja.

In addition, our team visited the King of Persons with Disabilities in Abuja. As part of our commitment, we also assisted with his medical care during his period of ill health.



BY ONAH COLLINS

FOR MORE ENQUIRY, SUPPORT, COLLABORATION AND DONATION, PLEASE VISIT OUR WEBSITE; [HTTPS://LANHEALTHS.ORG](https://lanhealths.org)

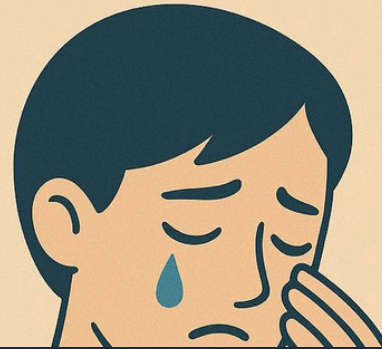


## Corporate Mental Health Talk

We held a Mental Health Awareness Session with the staff of Zenith Bank, Central Area Branch, Abuja. This session emphasized stress management, workplace wellness, and the importance of seeking support when needed.

# CRYING ISN'T WEAKNESS

IT'S YOUR BODY'S WAY OF REGULATING STRESS HORMONES AND RESTORING BALANCE



### Looking Ahead:

As we prepare for October, our focus remains on expanding our outreach, deepening partnerships, and making mental health resources more accessible to vulnerable groups. Together, we can continue to break the silence, fight stigma, and build a healthier community.

Thank you for supporting LAN Health Initiative. Every step we take is possible because of your trust and collaboration.



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