

2022

Mental Health Awareness Program

Didier Lukongo

Didier Lukongo
President of the board
Inner Connect



Cape Town

In September 2022, Inner Connect launched a new version of the Mental Health Awareness Program to be held in Cape Town, South Africa. The Mental Health Awareness Program is our typical program in Inner Connect, which we have held in several places and several times in South Africa. This time, the program takes places outside of central Cape Town and engages 8-10 people

The overall aim of the program is to put mental health on the agenda among young South African women and to help them build a strong capacity for reflection and other tools that they can use to strengthen their mental health going forward.

In the 2022 programme, we have focused on three core elements, including information, workshop and empowerment. Information is the first part of the program and it intends to provide the participants with easy-to-understand, appropriate and interesting knowledge about mental health. Our mission is not to create a space where negativity, sadness and suffering can flourish. Instead, we aim to impart information that can contextualise, destigmatise and engage our participants so that they understand that mental health is not something fundamentally negative, but an entirely human trait.

Next, the purpose of the workshop is to follow up on the information by inviting the participants to become program creators themselves. In the workshop, which typically thematizes several of the program days, the participants take part in various exercises, games and activities. Our mission is to break with the classic form of teaching and create a space that is defined by those it concerns.

Finally, empowerment must round off the program. With empowerment, we seek to collect information, the workshop and the program as such and make the participants smarter about how the program can contribute to empowerment in their future.

The program is held on a weekly basis and lasts around 2-3 hours each time. Between 8 and 10 participants are involved throughout the program period. The program seeks to create knowledge about our target group by adopting a participant-oriented perspective.