

**MENTAL HEALTH SESSIONS REPORT BY NKOKO IJU AFRICA
NKOKO IJU AFRICA HEALTH SESSIONS POWERED BY TIKO**

Nkoko Iju Africa is a non-governmental organization registered that champions for the rights of key populations in the Coast region.

This month we conducted a series of sessions focusing our attention to the mental health of young KPs.

The sessions targeted peers aged between 15 years and 24 and mainly targeted prep and art cohort

As Nkoko Iju Africa we conducted 4 session groups each with 10 peers making a total of 40 peers

IMPACT OF THE SESSIONS

1. The sessions assisted the peers in understanding more about others as they share similar experiences in their daily lives.
2. The sessions further brought about happiness because of supporting the environment
3. The sessions changed the mindsets of those who always thought about committing suicide. They developed a positive attitude towards life in general.
4. They further changed their mindsets as they got new skills that helped them cope with depression.



A mental health session at Bamburi Nkoko Iju Africa offices in Kisauni sub county. Photo FILE



A Mental health session amongst young KPs at Nkoko Iju Africa in Bamburi Kisauni sub county. PHOTO FILE

We also managed to conduct mental health awareness at KP hotspot at Ziwa Mangwe in Bombolulu in Nyali sub county.

The mental health topic is one of the hottest topics on the KP program.

As a result, the topic has negatively impacted them leading some losing their jobs and have eventually joined sex work

Mental health has assisted them in coping and managing stress and further attracting them to accessing SRH services



Nkoko Iju Africa officials conducting a mental health session with young KPs at Ziwa la Ngombe in Bomboluu Nyali sub county session with KPs.