

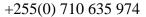
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MUHAS, Upanga, Dar es Salaam

MENTAL HEALTH HUB AFRICA

2025 ACTION PLAN

MONTH		DATES	ACTIVITY	PROGRAM
January		All Month	Mental Wellness Month	School outreach
-				Social media
				Weekly messages
		11^{th}	Online Meeting	Sharing plans
		25 th	Physical Meeting	Evaluation &plans
February		14 th	Relationships with mental	Posters and google
			health	meetings
		8 th	Online Meeting	
		29 th	Physical Meeting	
March		1 st	Self-Injury Awareness Day	Zoom or google meeting
		8 th	World women's day &	Posters
		8 th	Online Meeting.	Hospital visit
		15 th	World Sleep Day	College or University
		29 th	Physical Meeting	outreach
		30 th	World Bipolar Day	Charity event
				Weekly messages
April		All Month	Sexual As <mark>sau</mark> lt Awareness and	Space X
			Prevention	Drug addicts visit
		All Month	Alcohol awareness month	
		6 th	National alcohol screening day	
		12 th	Online Meeting	
		26 th	Physical Meeting	
May		All month	Women's health	Posters
		All month	Mental health awareness	Google meetings
		All month	month	Weekly messages
			Maternal mental health	Widow's visit
			awareness	Seminar (mental health in
		1 st	Worker's day	working environment)
		10 th	Online meeting	
		31 st	Physical meeting	
June		All month	National PTSD awareness	School outreaches
		41-	month	Google meetings
		14 th	Online Meeting	Posters
		27 th	PTSD Awareness Day	Weekly messages
		28 th	Physical Meeting[GM]	
		All month	Men's health month	
July		12 th	Online meeting	Hiking or swimming
		24 th	International Self-care Day	Sports and games
		26 th	Physical meeting	





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Angust	All month	Suicide prevention month	Outrasches [schools
August	9 th	Suicide prevention month	Outreaches [schools,
		Online meeting	colleges & universities]
	30 th	Physical meeting	Google meets
			Posters
			"Tuzungumze Afya ya
			akili" campaign
September	10 th	World suicide prevention day	Posters
	13 th	Online meeting	Google meetings
	27 th	Physical meeting	Media visits
October	5 th	National depression screening	Prisoners visit
		day	Posters
	6-12 th	Mental illness awareness week	Google meetings
	10 th	World mental health day	College outreaches
	11 th	Online meeting	Weekly messages
	17 th	Global peer support day	1
	25 th	Physical meeting	
November	6 th	International stress awareness	Primary and secondary
		day	outreaches
	8 th	Online meeting	Orphans visit
	20 th	World children's day	Posters and zoom meeting
	23 rd	International survivors of	
		suicide loss day	
	29 th	Physical meeting	
December	6 th	Physical meeting[ANNUAL	Evaluation and planning
_ 555111551		GENERAL MEETING	_ : p

NB: ALL LEADERS ARE SUPPOSED TO ADHERE WITH THE PLANS AND ACTIVITIES FOR PROSPERITY OF OUR ORGANIZATION.