



**Mental Health Hub  
Africa**

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



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

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



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