



NPO PROFILE
OF
OFENTSE YOUTH WELLNESS
Shaping Stronger Minds For Brighter Days

Non-Profit Company
Registration Number: NPC 2025/140479/08

Non-Profit Organisation
NPO Number: 320-290

Adopted: 03 June 2025

Organisational Overview	
Legal Name	Ofentse Youth Wellness
Registration Type	Non-Profit Organization (NPO)
NPO Registration Number	2025/140479/08
NPC Registration Number	320-290 NPO
Tax Number	9673736196
Head Office	Cape Town, South Africa (Virtual Operations)
Phone	+27 64 840 5324
Email	volunteering@ofentseyouthwellness.org
Website	www.ofentseyouthwellness.org

WHO WE ARE

Ofentse Youth Wellness is a South African non-profit organization dedicated to bringing mental health awareness and support directly to high school learners across the country. We believe that every young person deserves to understand their mental health, access coping strategies, and know that seeking help is a sign of strength, not weakness.

Founded in 2025, we operate through a network of over 100 passionate volunteers who facilitate free, interactive mental health awareness workshops in schools. Our approach combines education, empowerment, and accessibility; ensuring that no learner is left behind due to geographic location or financial constraints.

The name "Ofentse" means "victory" or "triumph" in Setswana - representing our belief that every learner can triumph over mental health challenges when given the right support, tools, and understanding.

OUR VISION

To cultivate a generation of empowered, resilient, and mentally healthy young people in South Africa who understand that mental wellness is essential to living fulfilling lives.

OUR MISSION

To bring mental health awareness, education, and support directly to high school learners across South Africa through free, accessible, and impactful workshops that create safe spaces for honest conversations about mental wellness.

CORE VALUES

EMPOWERMENT: We empower learners with knowledge, tools, and confidence to take charge of their mental wellness.

ACCESSIBILITY: Mental health support should be free and available to all learners, regardless of socioeconomic background.

COMPASSION: We approach every learner with empathy, understanding, and respect for their unique experiences.

INTEGRITY: We operate with transparency, honesty, and ethical principles in all our activities.

INCLUSIVITY: We create safe, judgment-free spaces where all learners feel welcomed and valued.

BREAKING STIGMA: We actively work to normalize mental health conversations and challenge harmful stereotypes.

EVIDENCE-BASED PRACTICE: Our programs are informed by research, best practices, and expert guidance.

COLLABORATION: We partner with schools, mental health professionals, and organizations to maximize our impact.

THE PROBLEM WE ADDRESS

Youth Mental Health Crisis in South Africa

- **1 in 4 young people** experience mental health challenges, yet most suffer in silence
- **High rates of anxiety, depression, and suicide** among South African youth
- **Severe stigma** around mental health prevents learners from seeking help
- **Limited access** to mental health education and support in schools
- **Lack of awareness** about mental wellness and coping strategies
- **Academic pressure, poverty, violence, and trauma** exacerbate mental health challenges

OUR SOLUTION

Free Mental Health Awareness Workshops

We deliver **interactive, age-appropriate mental health awareness workshops** directly in schools, creating safe spaces where learners can:

- ✓ **Understand** what mental health is and why it matters
- ✓ **Recognize** signs of stress, anxiety, depression, and other challenges
- ✓ **Learn** practical coping strategies (breathing techniques, grounding, mindfulness, self-care)
- ✓ **Know** when and how to seek help
- ✓ **Break** stigma through open, honest conversations
- ✓ **Support** peers experiencing mental health challenges

Workshop Topics Include:

- Introduction to Mental Health & Breaking Stigma
- Stress & Anxiety Management
- Understanding Depression
- Emotional Regulation & Resilience
- Self-Care & Wellness Practices
- Crisis Resources & Help-Seeking Behaviour
- Peer Support & Communication

TARGET BENEFICIARIES

Primary: High school learners (Grades 8-12) in public and private schools across South Africa

Secondary: Educators, parents, and school communities who benefit from increased mental health awareness and support systems

Socioeconomic Focus: Serving all learners regardless of background, with particular attention to under-resourced communities with limited access to mental health services

HOW YOU CAN HELP

Partner With Us	Volunteer
Bring our free workshops to your school or organization.	Join our team of passionate volunteers. Training provided.
Spread the Word	Donate
Share our work on social media and in your networks.	Support free mental health workshops. Every contribution counts.
Sponsor	Collaborate
Corporate sponsorships fund workshop expansion and resources.	Partner with us on research, advocacy, or program development.

CONTACT US

General Inquiries and Volunteer Applications:

Email: volunteering@ofentseyouthwellness.org

Partnership Inquiries:

Email: partnerships@ofentseyouthwellness.org

Website: www.ofentseyouthwellness.org

JOIN US IN SHAPING STRONGER MINDS FOR BRIGHTER DAYS

Mental health awareness saves lives. Together, we can ensure every South African high school learner has the knowledge, tools, and support to thrive.

Let's break the silence. Let's break the stigma. Let's build a mentally healthier generation.



CERTIFICATE OF REGISTRATION OF NONPROFIT ORGANIZATION

In terms of the Nonprofit Organisation Act, 1997, I am satisfied that

Ofentse Youth Wellness

(name of the organisation)

meets the requirements for registration.

The organisation's name was entered into the register on **03 June 2025**
(date)

Registration number **320-290 NPO**

Director's signature

A handwritten signature in black ink, appearing to read "M. Wintjies".

Department of Social



Development