“HADAL MA DHISO, GACMO AYAA DHISA”

WORDS DON’T BUILD,
HANDS BUILD.

(Somalia)

Policy without implementation is just words.

The Sawa Project

“HABA NA HABA HUJAZA KIBABA”

LITTLE BY LITTLE FILLS THE MEASURE.

(Kenya / East Africa)

Small, consistent investment builds lasting change.

The Sawa Project

“UKURI NI NKA MUJYI, KUNYWA KUMUBONA”

TRUTH IS LIKE A SPRING, YOU MUST GO TO ITS SOURCE TO DRINK.

(Rwanda)

To truly understand and support youth mental health, go to, and honour, the source: young people and their communities..

The Sawa Project

“MUTU UMODZI SUSENZA DENGA”

ONE HEAD CANNOT CARRY A ROOF.

(Malawi)

Shared responsibility and shared power leads to shared success.

The Sawa Project

“OMWANA TAKULILA NJU EMOI”

A CHILD IS NOT RAISED BY ONE HOME.

(Uganda)

Mental health support needs to be where young people already are.

The Sawa Project

“NKHANI IMAYENDA NDI ANTHU”

A STORY TRAVELS WITH PEOPLE.

(Malawi)

Stories change attitudes and when told well, change lives.

The Sawa Project