"NKHANI IMAYENDA NDI ANTHU"

A STORY TRAVELS WITH PEOPLE.

(Malawi)

Stories change attitudes and when told well, change lives.

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

"MUTU UMODZI SUSENZA DENGA"

ONE HEAD CANNOT CARRY A ROOF.

(Malawi)

Shared responsibility and shared power leads to shared success.

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

"HABA NA HABA HUJAZA KIBABA"

LITTLE BY LITTLE FILLS THE MEASURE.

(Kenya / East Africa)

Small, consistent investment builds lasting change.

The Sawa Project

“HADAL MA DHISO, GACMO AYAA DHISA”

WORDS DON’T BUILD, HANDS BUILD.

(Somalia)

Policy without implementation is just words.

