UBUNTU IN ACTION

6 Youth-Led Policy Recommendations for YOUTH MENTAL HEALTH IN EASTERN AFRICA

The Sawa Project

STRATEGIC RECOMMENDATION 1:

MOVE FROM POLICY ON PAPER TO YOUTH-DRIVEN POLICY IN PRACTICE.

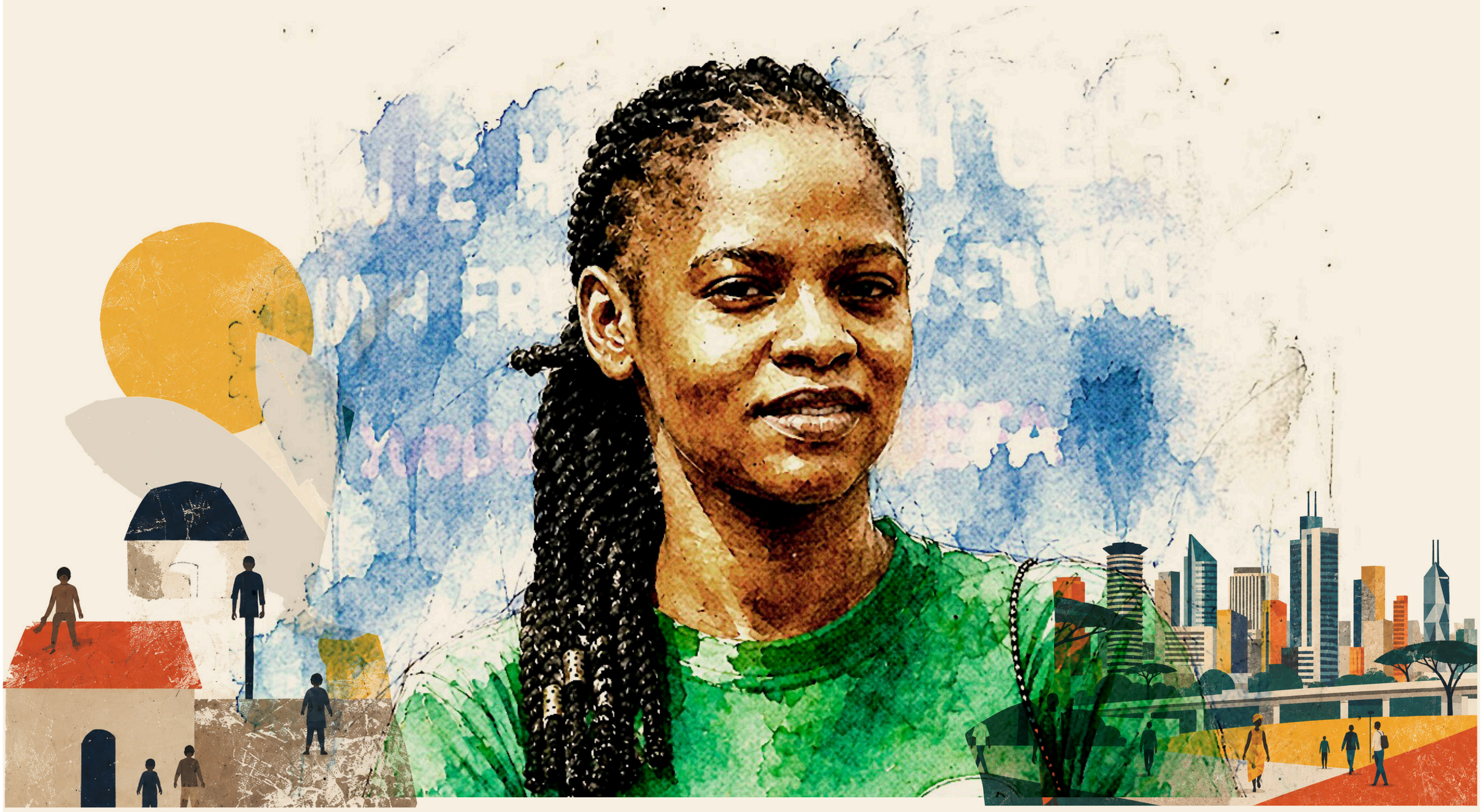


GOVERNMENTS, FUNDERS AND IMPLEMENTING PARTNERS MUST CO-DESIGN POLICIES WITH THE YOUNG PEOPLE THEY INTENDED TO SERVE; AND, IMPLEMENT AND MONITOR THEM TRANSPARENTLY.

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STRATEGIC RECOMMENDATION 2:

INVEST DIFFERENTLY AND MAKE FUNDING WORK FOR YOUTH-LED MENTAL HEALTH INITIATIVES.

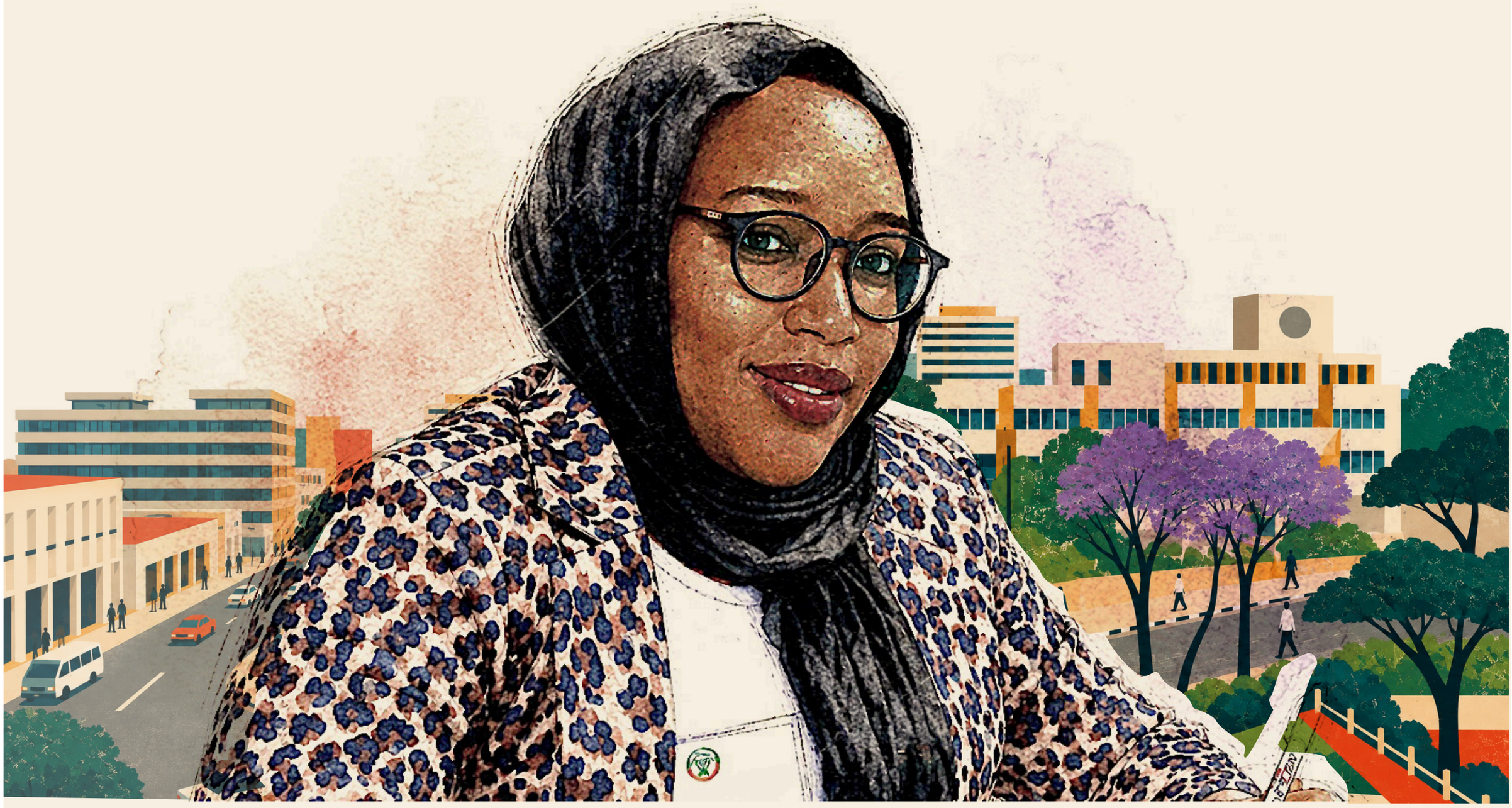


GOVERNMENTS AND FUNDERS SHOULD REDESIGN FUNDING MECHANISMS SO YOUTH-LED ORGANISATIONS CAN ACCESS FLEXIBLE, LONG-TERM INVESTMENT AND SCALE LOCALLY RELEVANT SOLUTIONS BEYOND THE LIFETIME OF A GRANT.

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STRATEGIC RECOMMENDATION 3:

REFRAME WHO HOLDS KNOWLEDGE AND WHOSE KNOWLEDGE COUNTS.



RESEARCHERS AND FUNDERS HAVE A RESPONSIBILITY TO IMPLEMENT YOUTH-LED, COMMUNITY-CENTRED MENTAL HEALTH RESEARCH. RETURNING KNOWLEDGE TO THE COMMUNITIES THAT GENERATE IT, AND INFORMING POLICIES THAT IMPROVE PEOPLE'S LIVES.

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STRATEGIC RECOMMENDATION 4:

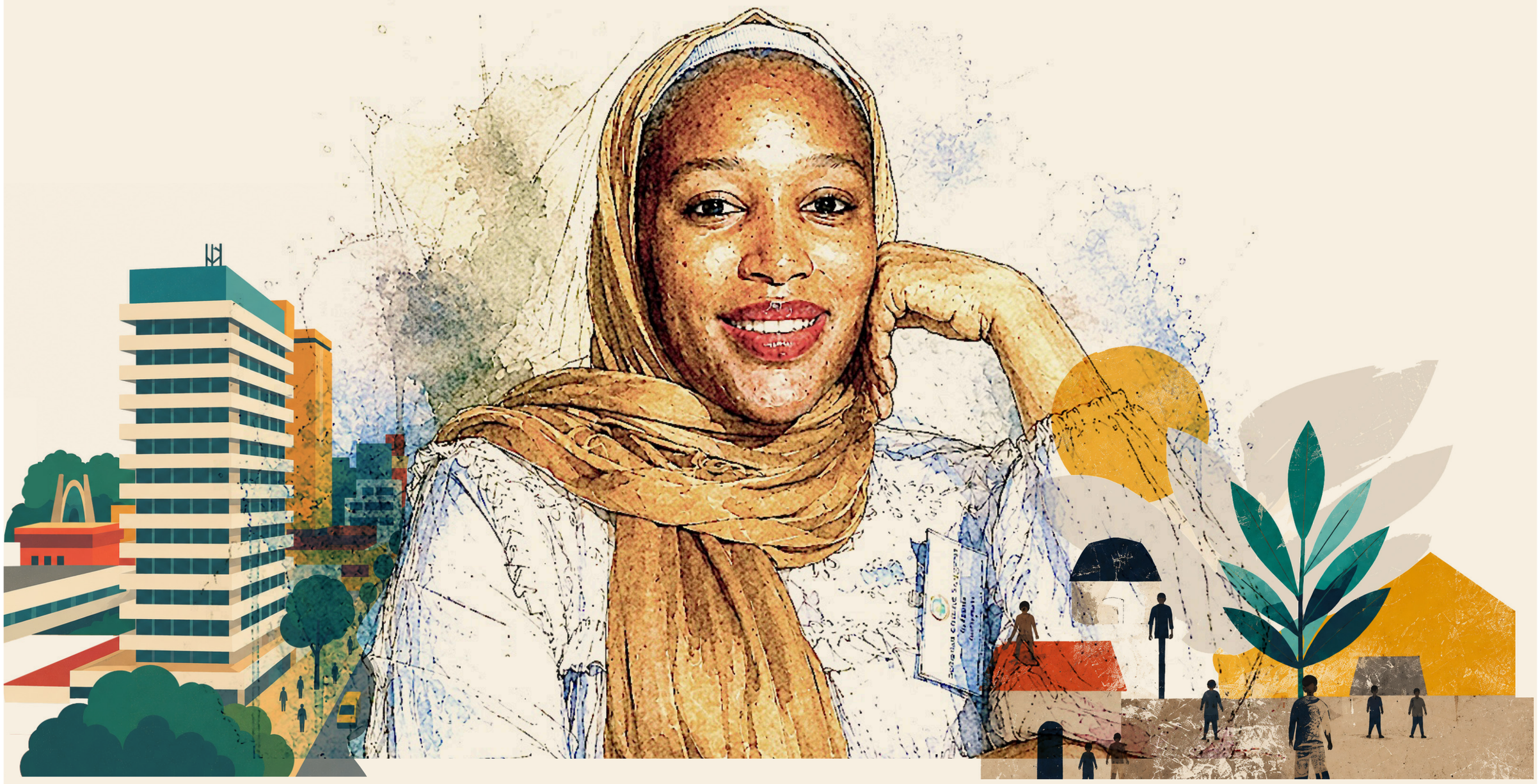
GIVE YOUTH-LED ORGANISATIONS AN EQUAL ROLE IN MENTAL HEALTH NETWORKS.



FUNDERS, ORGANISATIONS AND GOVERNMENTS NEED TO BUILD EQUITABLE PARTNERSHIPS AND NETWORKS THAT SHARE LEADERSHIP, DECISION-MAKING AND RESOURCES WITH YOUTH-LED ORGANISATIONS.

PROGRAMMATIC RECOMMENDATION 1:

BRING MENTAL HEALTH SUPPORT TO WHERE YOUNG PEOPLE ALREADY ARE, IN WAYS THAT RESONATE.

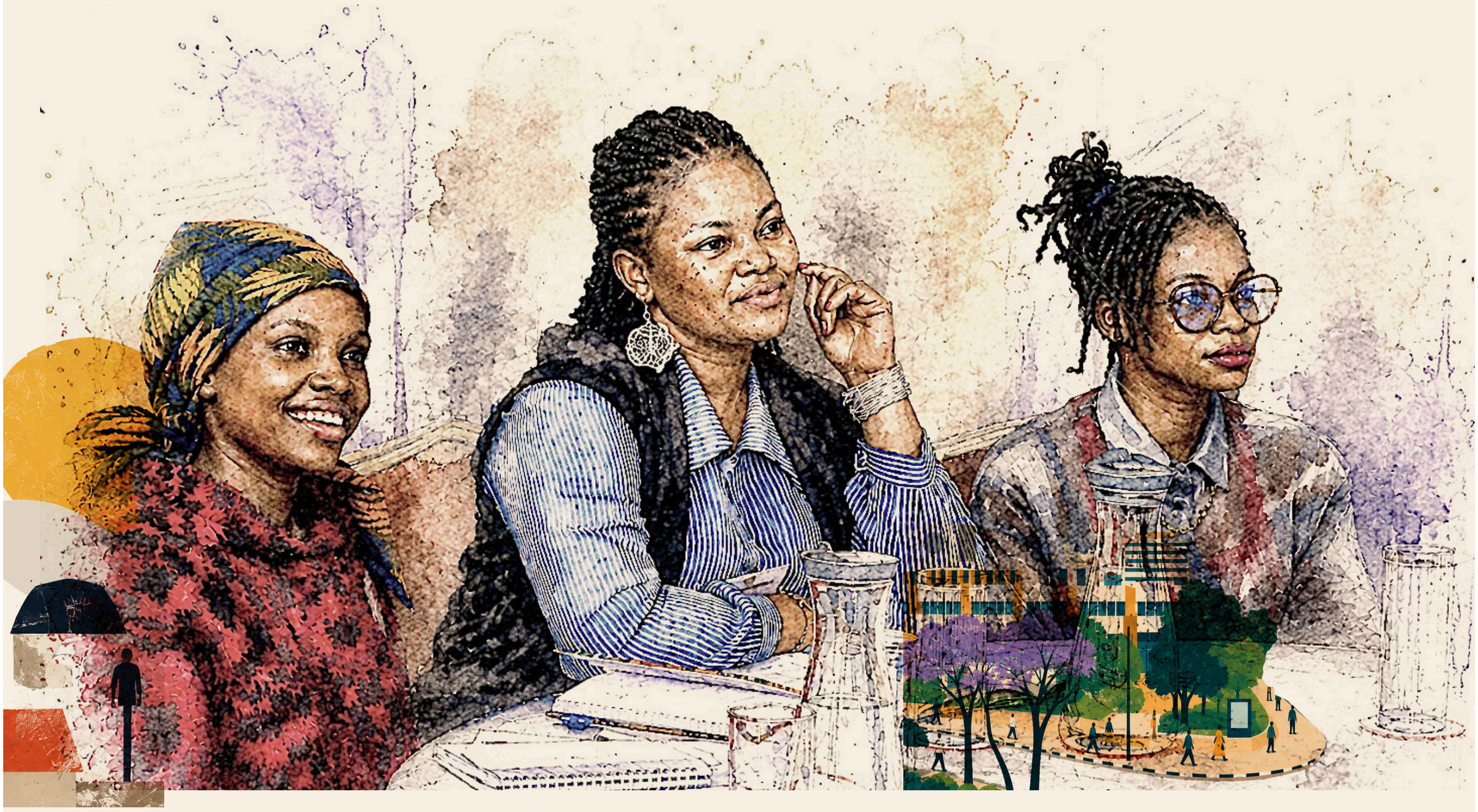


GOVERNMENTS AND SERVICE PROVIDERS SHOULD INTEGRATE MENTAL HEALTH SUPPORT INTO PLACES YOUNG PEOPLE ALREADY LEARN, WORK AND GATHER; USING CREATIVE AND COMMUNITY-ROOTED APPROACHES.

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PROGRAMMATIC RECOMMENDATION 2:

CREATE COMMUNITIES WHERE YOUNG PEOPLE CAN SAFELY TELL THEIR STORY AND SEEK SUPPORT.



ORGANISATIONS AND CULTURAL LEADERS SHOULD TAKE SUSTAINED, YOUTH-LED APPROACHES TO FIGHTING STIGMA BY COMBINING ETHICAL STORYTELLING AND CREATIVE EXPRESSION WITH PRACTICAL PATHWAYS TO CARE.

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UBUNTU IN ACTION

Youth-Led Policy Recommendations for

YOUTH MENTAL HEALTH IN EASTERN AFRICA

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The full report shares the Sawa leaders' stories, proverbs, examples and recommendations; showing what is possible when young people are trusted and resourced to lead.

ACCESS THE FULL REPORT:

kofiannanfoundation.org/ubuntuinaction

Kofi Annan Foundation

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