

Restoring hope, health,  
and livelihoods in Africa by  
treating depression at scale.



## The Need

**1 in 4** African  
women suffer  
from depression.



This equates to  
**66 Million**  
women.



of whom have **NO**  
access to mental  
healthcare.

Women are  
**2X**  
as likely to  
suffer from  
depression  
as men.

## Our Model

StrongMinds programs  
are based on **Group  
Interpersonal  
Psychotherapy  
(IPT-G)**.

Each talk therapy  
group has  
**10-12**  
members.



Talk therapy groups are led  
by **trained lay community  
workers**, supervised by  
**mental health professionals**.

**12**  
weeks

of group  
talk therapy.

## Impact

**Greater than 75%**  
of women are Depression-Free  
at the conclusion of treatment.

**67%**  
↓  
reduction in  
unemployment

**63%**  
↑  
increase in the ability  
to save income

**40%**  
↑  
more families eating  
regular meals

**10%**  
↑  
more children  
attending school  
on a regular basis

**GOAL**  
**2 MILLION**  
**WOMEN**  
**by 2025**

StrongMinds.org



Total Patients Treated for Depression By Year

