

Q3 JUL
AUG
SEP

2025 REPORT

STRONGMINDS®



QUARTER HIGHLIGHTS

**PEOPLE TREATED FOR
DEPRESSION SINCE 2014**

1,386,222

**CURRENT COST TO TREAT
ONE PERSON (YTD)**

USD \$16

- StrongMinds received a **\$5 million catalytic grant from Action for Women's Health**, funded by Pivotal, a major vote of confidence that accelerates our 2026-2028 priorities and strengthens our path to government-led scale.
- We released our first-ever report on **mental health in prisons**, documenting powerful outcomes and elevating the voices of incarcerated women and men benefiting from group therapy.
- StrongMinds was featured prominently at the **United Nations General Assembly's High-Level Meetings on Non-Communicable Diseases and Mental Health**, with multiple speaking engagements, a statement on the UNGA floor, and a co-hosted side event with the Government of Uganda highlighting our joint work to scale multisectoral mental health care.

StrongMinds democratizes access to mental health care for people with depression globally.

METRICS

⊗ Did not meet target

🕒 In progress

✅ Met target



1,386,222

People treated for depression since 2014

836,690

People psychoeducated in 2025 (YTD)

2.45m

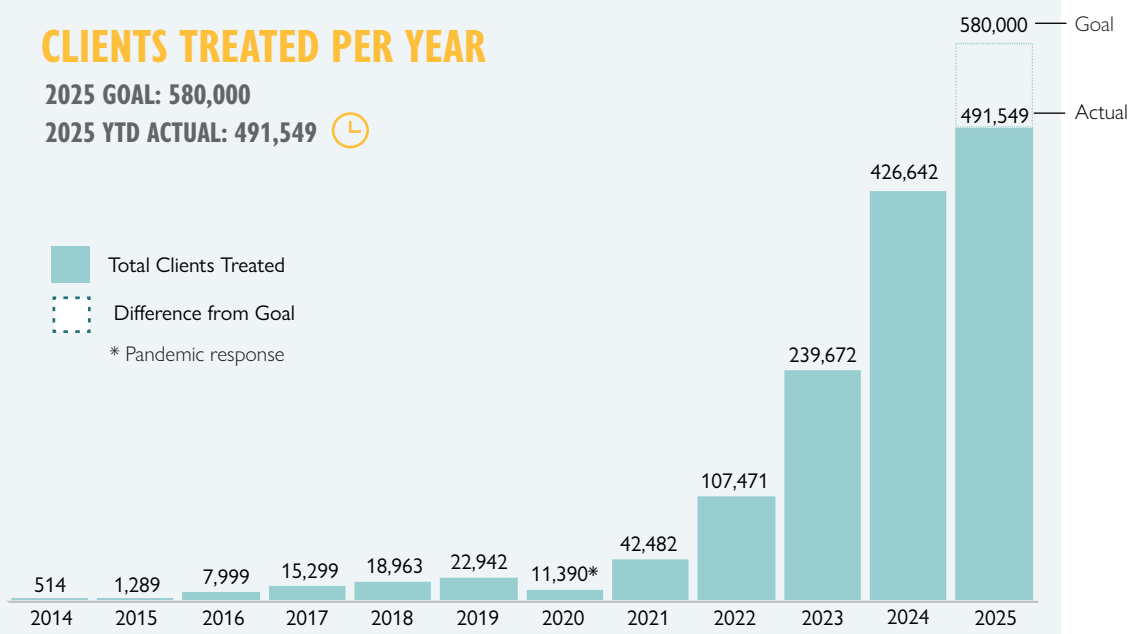
People psychoeducated since 2014

CLIENTS TREATED PER YEAR

2025 GOAL: 580,000

2025 YTD ACTUAL: 491,549 🕒

■ Total Clients Treated
 □ Difference from Goal
 * Pandemic response

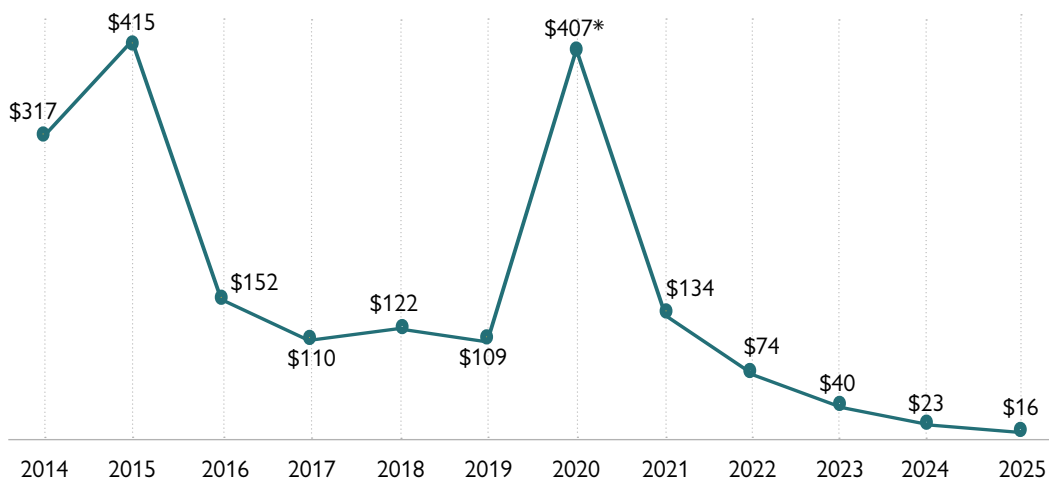


COST-PER-PERSON

GOAL: \$20

ACTUAL: \$16 ✅

* Pandemic response



IMPACT DATA*

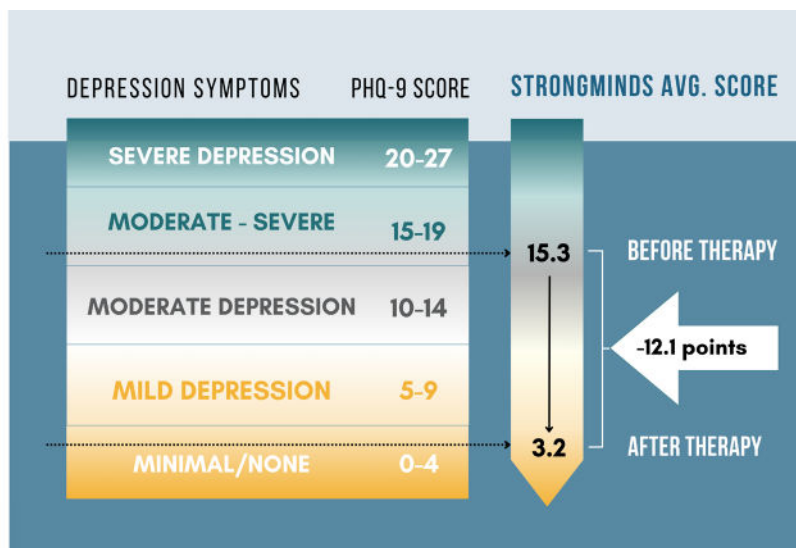
Change in depression symptoms, as measured by the PHQ-9 Depression Screening Tool.

GOAL: 8 point decrease

ACTUAL: 12.1 point decrease ✅

The PHQ-9 rates depression symptoms on a scale of 0-27. A 4-point drop on the PHQ-9 is considered a clinically significant reduction in depression score in the US.

*All data updated in Q4 2024 and externally validated 2-weeks post-therapy.



METRICS

IMPACT DATA*

ADULT WOMEN



FOOD SECURITY

85% increase in clients who report that they and their children consumed three meals in the past 24 hours.



SCHOOL ABSENTEEISM

29% increase in women who report their children not missing school over the past week.



WORK PRODUCTIVITY

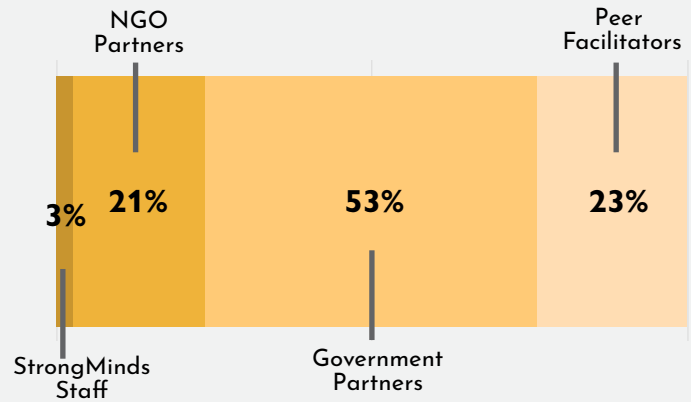
115% increase in clients who report they have not missed significant work/economic activity in the past seven days.



SOCIAL SUPPORT

18% increase in clients who report having someone to turn to for social support.

CLIENTS TREATED BY THERAPY DELIVERY METHOD



FUNCTIONAL IMPAIRMENT

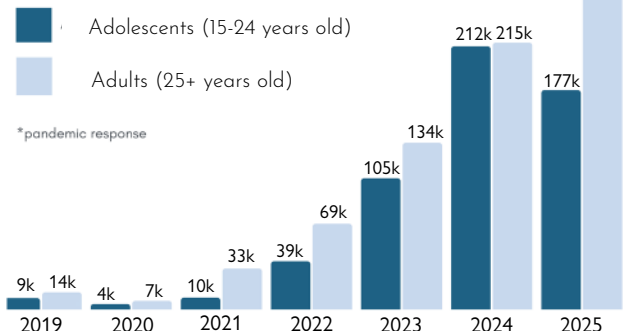
PHQ-9 follow-up question on the impact of depression symptoms on overall functioning.

"If you checked off any problems [on the PHQ-9], how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?"

ADOLESCENT PROGRAM RESULTS

ADOLESCENTS VS. ADULTS

RELATIVE GROWTH



15%

increase in adolescent clients who did not miss school in the past week.

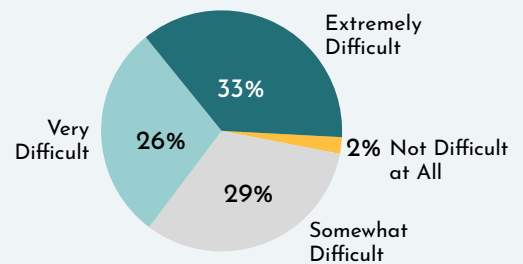
144%

increase in adolescent clients who report grades that are "good," "very good," and "excellent"

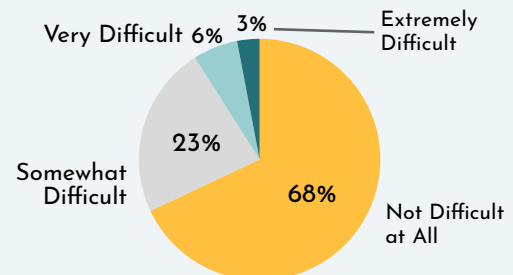
4%

increase in adolescent clients who report "always" or "often" feeling hopeful about the future.

PRE-THERAPY



POST-THERAPY



*All data updated in Q4 2024 and externally validated 2-weeks post-therapy.

IMPACT AND DELIVERY



Image by Karin Scherbrucker.

STRONGMINDS RECEIVES MAJOR GLOBAL RECOGNITION

A transformational gift fuels the next phase of growth for mental health across Africa.

We're thrilled to share that StrongMinds has been selected as one of just 80+ organizations worldwide to receive funding through [Action for Women's Health](#), a \$250 million global initiative supporting transformative work in women's mental and physical health. Awardees received between \$1-\$5 million.

This recognition underscores a growing global understanding: mental health is essential to women's wellbeing, resilience, and progress. It also affirms that our evidence-based, community-led model offers a powerful and scalable path to care for millions of women and girls across Africa.

"This moment is a launchpad, not a finish line," says StrongMinds CEO Sean Mayberry. "It allows us to deepen our work in Uganda, Zambia, Malawi, Kenya, Tanzania, and beyond."



A NEW 3-YEAR STRATEGY ADOPTED

StrongMinds is entering its most important chapter yet, with a new strategic vision and plan. By 2035, we aim to reach 100 million people through government-led, ultra-low-cost, community-based care. The next three years (2026-2028) are the bridge that will get us there.

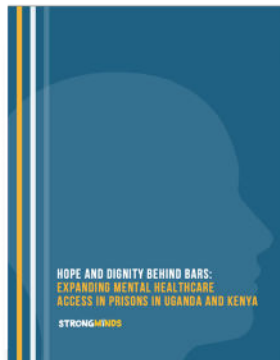
Our focus for 2026-2028:

- **Scale through government systems:** Deepen partnerships in Uganda and Zambia, and open a Kenya country office in early 2026 to support our rapidly growing program.
- **Advance an ultra low-cost mental health care model:** Develop a significantly simplified mental health care model that maximizes impact while minimizing resource inputs to support government adoption and rapid scaling across multiple sectors.
- **Digitize and modernize:** Fully digitize data collection by 2028 to drive faster, smarter decision-making.
- **Strengthen our organization:** Clear deliverables across all teams, streamlined quality assurance, and new career progression pathways for staff.
- **Lead responsibly:** Finalize an ethical AI policy and adopt a simplified, shared approach to risk.

With this rigorous strategic planning process now complete, we look forward to sharing our progress with our community of supporters.

IMPACT AND DELIVERY

NEW REPORT: Mental Health in Prisons



StrongMinds has released a new report, [Hope and Dignity Behind Bars: Expanding Mental Healthcare Access in Prisons in Uganda and Kenya](#), documenting the powerful impact of our growing mental health work in prisons.

Since partnering with the Uganda Prisons Service in 2023, more than 14,000 incarcerated men

and women have participated in evidence-based group talk therapy led by their fellow inmates. Participants report dramatic reductions in depression symptoms, improved relationships with family, and greater confidence in planning for life after release. The report also highlights broader benefits within facilities, including reduced conflict, stronger communication, and safer environments for both inmates and staff.

Building on Uganda's success, StrongMinds launched a pilot program with the Mombasa County Government in 2025 to bring group therapy to the Mombasa Remand Prison in Kenya, part of the county's wider effort to integrate mental health care into public institutions and schools.

The new report shares compelling data and personal stories illustrating how healing and hope can take root even in the most difficult environments.



How One Man Overcame His Difficult Past Through Prison-based Therapy.

Elijah, 29, was brought to the Mombasa Remand Prison in Mombasa, Kenya, by his mother following a domestic conflict rooted in addiction. "I felt like my life was over. My dad had died. I had let everyone down. And I was brought here by my own mom. It broke me," he says of the early days of his incarceration.

But therapy gave Elijah the opportunity to speak openly about his past, and how growing up in a violent home had shaped the actions that led to his arrest. "I was able to admit what I had done. I threatened my mother—she didn't lie. But now I see where it all came from. Therapy helped me understand myself."

After seeing his progress, Elijah's mother decided to drop the case and focus on rebuilding their relationship. Elijah plans to return to school and study automotive engineering. "Now, I want to help others. In this place, people are going through hard, hard things. But if we talk...if we get support.. we can change. 100%."

TEAM MEMBER PROFILE Faith Bothuwok Fuachan, Program Coordinator, Prisons & Police



StrongMinds' prison program is the brainchild of Faith Bothuwok Fuachan, whose 25-year career uniquely prepared her to take on the challenge of prison-based mental health care.

Faith began her career as a Registered Psychiatric Nurse, working across high-pressure wards—including criminal units—supporting patients through counseling, family engagement, and reintegration. She later managed community programs at Uganda's National Referral Mental Hospital and spent a decade with the African Centre for Treatment and Rehabilitation of Torture Victims.

Drawing on her clinical experience and deep compassion, Faith envisioned a program where inmates could provide peer-to-peer mental health support. As a program coordinator at StrongMinds, she reached out to the Uganda Prisons Service, launching a partnership that has now transformed the lives of thousands of incarcerated men and women and their families. Read our [Fireside Chat with Faith](#).

ORGANIZATIONAL DEVELOPMENT

STRONGMINDS AT THE 80TH UN GENERAL ASSEMBLY

StrongMinds had a robust presence at the UN General Assembly, where High-level Meetings focused on non-communicable diseases and mental health.

UNGA 80 HIGH-LEVEL SIDE EVENT

StrongMinds and the Government of Uganda convened health leaders from Uganda, Zambia, and other countries on September 24, 2025 for a high-level side event at the Permanent Mission of Uganda to the United Nations. This event took place on the sidelines of the UN General Assembly, as member nations prepared to adopt a new political declaration on non-communicable diseases and mental health. The event highlighted the lessons learned from our collaboration with the Government of Uganda to scale community-based mental health care through multiple sectors of government.

Uganda's Minister of Health, Hon. Dr. Jane Ruth Aceng, said in her opening remarks, "Delivery of mental health is guided by national policies and ministry-specific policies, including the Uganda Mental Health Act, which aims to align mental health services in Uganda to international standards." Zambia's Minister of Health, Hon. Dr. Elijah J. Muchima, spoke of the need for research and multisectoral collaboration.

The event featured a panel discussion with Dr. Hafsa Lukwata, Assistant Commissioner for Mental Health at Uganda's Ministry of Health; as well as Lucero Andaluz Llerena and Faith Hassozi Kyateka from United for Global Mental Health. Panelists agreed that partnerships between governments and civil society are fundamental to successful scaling of mental health care.



In collaboration with StrongMinds, the Government of Uganda showcased its multi-sectoral approach, focusing on lessons learned on the path to scaling.



StrongMinds and the Government of Uganda hosted a side event on community-based mental health care during the UNGA High-Level Meetings.

SPEAKING ENGAGEMENTS

StrongMinds Uganda's Country Director, Vincent Mujune, spoke on a Devex panel on brain health, where he urged the global community to "take bold action and invest in brain health and support community systems that deliver it." At "Mental Health Can't Wait," a high-level event hosted by United for Global Mental Health, Wellcome Trust, and the World Health Organization. Vincent was invited to make remarks from the floor about the importance, effectiveness, and feasibility, of investing in community-based mental health programs.

OFFICIAL STATEMENT TO THE UN GENERAL ASSEMBLY

Finally, on Thursday, Sept 25, Vincent delivered a Civil Society Statement during the UN High-Level Meeting on NCDs and Mental Health, calling for UN member states to invest in multisectoral mental health programs and programs that reach people at the community level.

COMMUNICATIONS, FUNDRAISING, AND FINANCIALS



Image by Karin Schermbrucker.

COMMUNICATIONS & MARKETING

Q3 MEDIA COVERAGE

AP News, September 24, 2025
[Uganda and Zambia Ministers Highlight Community-Based Mental Health at UN Event](#)

Solutions Now Africa, September 22, 2025
["Sowing Despair": Climate Crisis Sends Mothers into Depression](#)

Grand Challenges Canada, July 7, 2025
[New Field Guide on Mental Health and AI: A Practical Resource for Innovators](#)

FINANCE

We have completed all 2024 audits without findings.

View our [990s and audited financial statements](#)

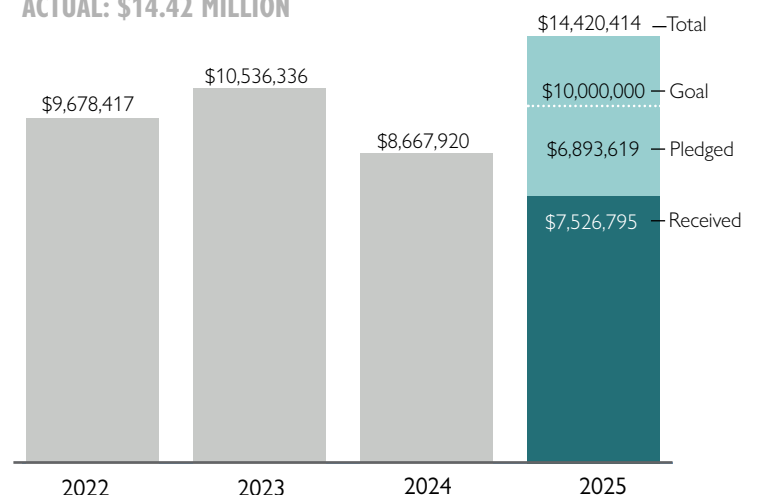
View our [latest quarterly financial statements](#).

GLOSSARY OF KEY TERMS

IPT-G: Group Interpersonal Therapy
MOH: Ministry of Health
NGO: Non-Governmental Organization
PHQ-9: Patient Health Questionnaire (for depression)
Peer Facilitator: Former client who is trained to lead therapy groups in their community

TOTAL FUNDS RAISED

GOAL: \$10 MILLION
ACTUAL: \$14.42 MILLION



REVENUE & EXPENSES

