

Q | JAN
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MAR

2026 REPORT

STRONGMINDS®



Image by Karin Schermbrucker

PEOPLE TREATED FOR
DEPRESSION SINCE 2014
1,860,400

CURRENT COST TO TREAT
ONE PERSON (YTD)
USD \$13

QUARTER HIGHLIGHTS

- **New data shows lasting impact:** StrongMinds' latest evaluation found that clients sustained meaningful improvements in depression symptoms, functioning, and well-being 12 months after treatment.
- **StrongMinds launches in Tanzania:** Through a new partnership with the Ministry of Health, StrongMinds will train community health workers to deliver group therapy in Dar es Salaam and Dodoma.
- **New Perinatal Depression Report:** StrongMinds released a new report documenting the experiences of women in Uganda living with perinatal depression and the role of group therapy in their recovery.

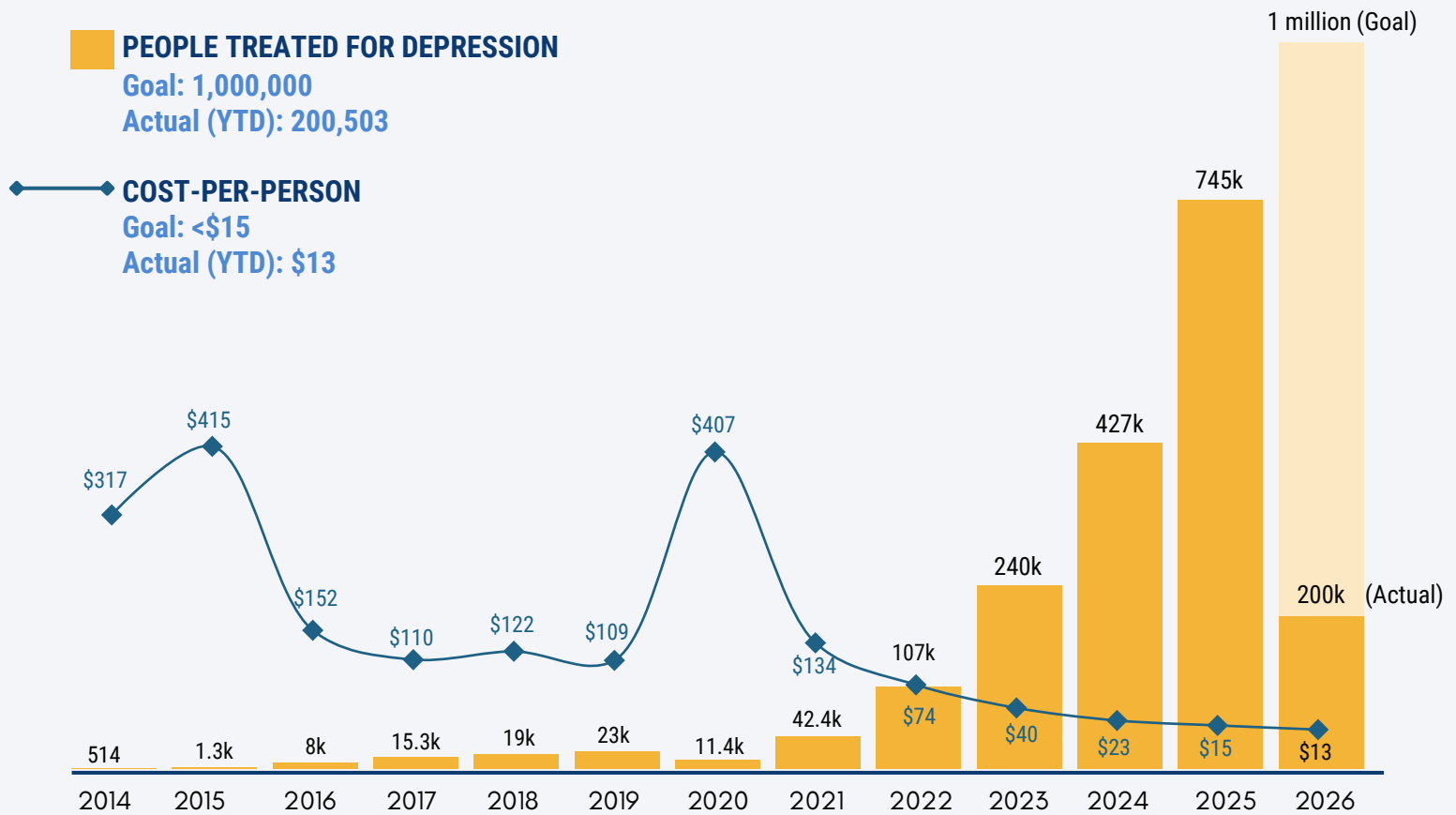
StrongMinds democratizes access to mental health care for people with depression, globally.

METRICS

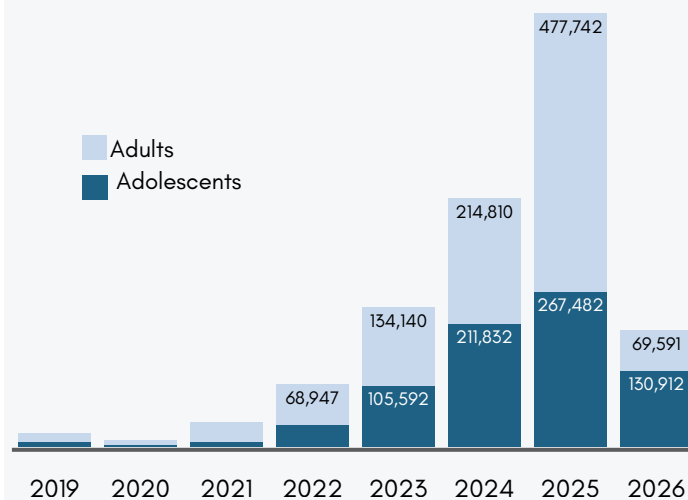
1,860,400
people treated for
depression since 2014

467,513
people reached through
mental health
sensitization in 2026

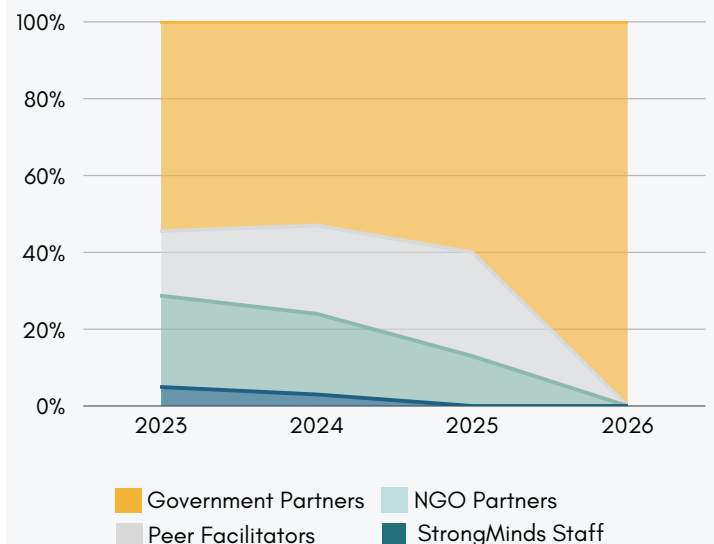
2,474,464
people reached through
mental health
sensitization since 2014



ADOLESCENTS TREATED FOR DEPRESSION (VS ADULTS)

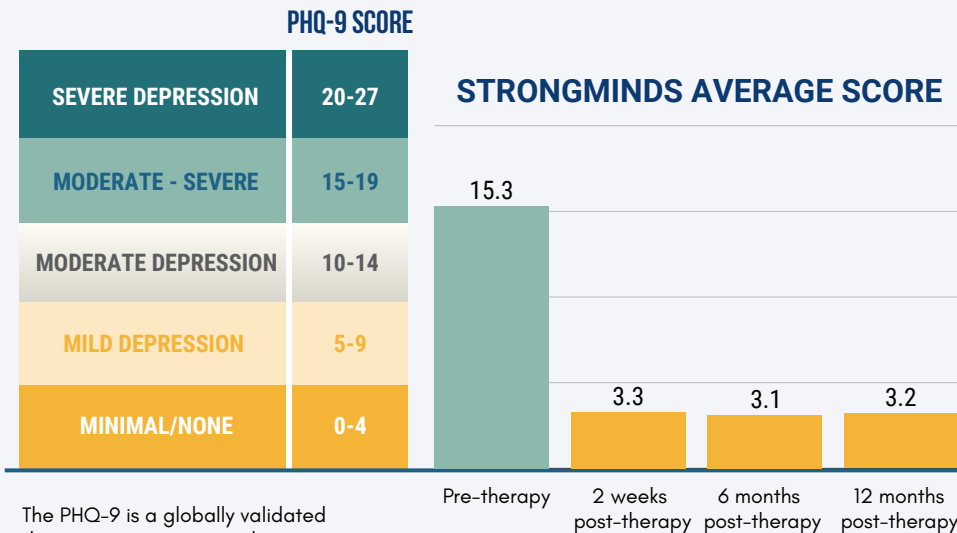


GOVERNMENT-LED SCALING ENTITIES DELIVERING GROUP THERAPY



IMPACT DATA*

DEPRESSION SYMPTOMS

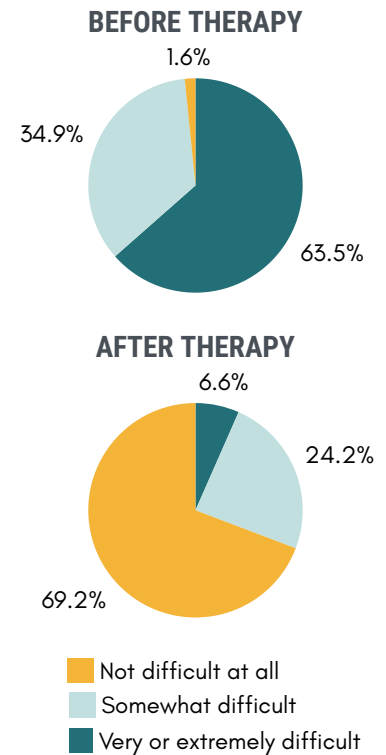


The PHQ-9 is a globally validated depression screening tool.

In the United States, 4-point drop on the PHQ-9 scale is considered a clinically significant reduction in depression score.

FUNCTIONAL IMPAIRMENT

How difficult is it for you to work, manage home, or get along with others?



SPILOVER EFFECTS

+0.5

Meals

additional meals per day on average for clients' children (1.8 → 2.3)

+27.8%

Work

increase clients reported not missing work in the past week at 12 months

+27.4%

Grades

increase in adolescent clients rate their grades as "good", "very good", and "excellent"

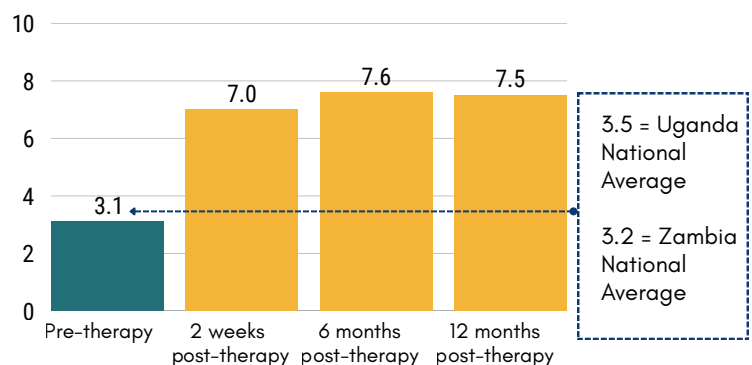
81.5%

Social support

of clients reported having someone to turn to for support, up from 63.3% before therapy

SUBJECTIVE WELL-BEING

"Please imagine a ladder with steps numbered from zero at the bottom to 10 at the top. The top of the ladder represents the best possible life for you, and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?"



Subjective well-being is measured by the Cantril Life Ladder from the Gallup World Poll and was published in the 2026 UN World Happiness Report.

*From 12-month evaluation of 2024 therapy cohort, published February 2026

IMPACT AND DELIVERY

NEW EVALUATION REPORT:

The Benefits of StrongMinds' Depression Treatment Endure One Year Later

A new 12-month follow-up evaluation shows that clients who completed StrongMinds' six-week, lay-facilitated group therapy program in Uganda and Zambia continued to experience substantial improvements one year after treatment.

Across both countries, average PHQ-9 depression scores fell from 15.3 before therapy to 3.2 at 12 months, indicating a sustained reduction in depressive symptoms. More than 70% of clients remained depression-free one year after treatment, while the share of clients reporting that symptoms made it "very" or "extremely" difficult to work, care for their homes, or get along with others dropped from 63.5% before treatment to 6.6% at 12 months.

The report also shows broader gains in well-being and daily life. Clients' subjective well-being scores, measured using the Cantril Ladder, rose from 3.1 before treatment to 7.5 at 12 months, exceeding national averages in both Uganda and Zambia. At the one-year mark, clients were also more likely to report missing no work in the past week, having someone to turn to for support, and that their children had eaten at least two meals in the previous 24 hours. See the Metrics and Impact Data pages above for the full details.



Our latest evaluation report tracks clients' symptoms, functioning, and well-being one year after depression treatment.



THE MENTAL HEALTH CRISIS IS URGENT. IT IS ALSO SOLVABLE.

The mental health treatment gap in Africa is a public health emergency hiding in plain sight. Millions of people affected by depression and other mental health conditions lack access to any level of mental health care. The problem can seem almost too big to tackle.

But mental health is not an unsolvable problem. Too often, we assume effective care requires psychiatrists, specialist clinics, and infrastructure that many communities simply do not have. That assumption has become one of the biggest barriers to action.

StrongMinds' new 12-month follow-up report shows another path is possible. Clients treated by trained lay facilitators in community-based therapy groups sustained large reductions in depression one year after treatment, with sustained benefits to functionality and subjective well-being.

We already have tools that work. Now we need the urgency, imagination, and political will to bring them to scale.

ORGANIZATIONAL DEVELOPMENT

TANZANIA

OUR NEWEST GOVERNMENT PARTNERSHIP

StrongMinds has begun operations in Tanzania through a new partnership with the Ministry of Health to expand access to community-based depression care. In 2026, StrongMinds will train community health workers to deliver group therapy in Dar es Salaam and Dodoma, bringing mental health support closer to the people who need it.

The partnership reflects Tanzania's growing commitment to addressing depression and other mental health conditions through accessible, community-based solutions. In a statement, the Ministry of Health's Department of Curative Services acknowledged the growing burden of mental health conditions and commended StrongMinds for "championing accessible community-based health interventions."



The Ministry also noted that the IPT-G model "has demonstrated positive outcomes in similar settings" and is well-aligned with Tanzania's priorities to expand mental health services and strengthen psychosocial support across health facilities and communities.

For StrongMinds, the Tanzania partnership marks an important step toward building government-led mental health infrastructure across Africa.

EXPANDING DEPRESSION CARE IN ZAMBIA'S CORRECTIONAL FACILITIES

StrongMinds has launched a new partnership with the Zambia Correctional Service to provide group therapy for incarcerated people and correctional officers experiencing depression.

The program will begin in two facilities: Mwembeshi Correctional Facility in Chilanga, Lusaka Province, and Mukobeko Correctional Facility in Kabwe, Central Province. A total of 60 inmates and 10 officers have been trained by StrongMinds to facilitate group therapy sessions. Zambia Correctional Service leaders have called the program timely and critical, noting that separation from family, stigma, and overcrowding can contribute to stress and depression among inmates.

StrongMinds is already working with Uganda Prisons Service and the Kenya Prisons Service. Since 2023, we have helped more than 20,000 people in correctional facilities recover from depression. The Zambia program marks another step toward expanding access to depression care in correctional settings, where treatment can support rehabilitation, reduce conflict, and help people rebuild their lives.

KEY LEARNINGS

NEW REPORT HIGHLIGHTS THE URGENT NEED FOR PERINATAL MENTAL HEALTH CARE

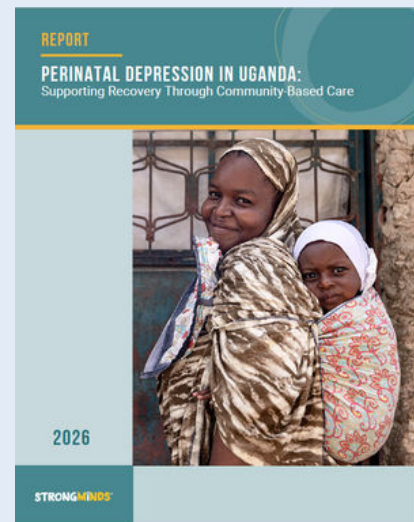
StrongMinds has released a new report, **Perinatal Depression in Uganda: Supporting Recovery Through Community-Based Care**, highlighting the urgent need to expand mental health care for pregnant women and new mothers across sub-Saharan Africa.

Pregnancy and the postpartum period can be joyful, but they can also bring profound stress. For many women, this season of life is marked by relationship strain, financial pressure, isolation, grief, and overwhelming responsibility. In low- and middle-income countries, up to one in four women experience perinatal depression, and most never receive care. Left untreated, perinatal depression can have serious consequences for women and their children, increasing risks related to maternal health, infant development, family stability, and long-term well-being.

The report draws on focus group discussions and interviews with 28 former StrongMinds clients in Uganda who were pregnant or had recently given birth when they participated in therapy. Many described arriving in therapy exhausted, anxious, isolated, and unsure of their ability to care for their children. Through the group, they found support, learned communication and coping skills, strengthened relationships, and regained hope.

One former client, Evelyn, described therapy as a turning point. “I have regained my hope and I feel genuinely happy again,” she said. “I feel courageous and empowered.”

These testimonials provide compelling evidence for policymakers, researchers, governments, and donors to prioritize perinatal mental health by integrating depression screening and treatment into maternal and child health systems, investing in community-based delivery models, and expanding access for the women most at risk.



Our new report on perinatal mental health draws on focus group discussions with former clients.



“I have regained my hope and I feel genuinely happy again. I feel courageous and empowered.”

-Evelyn

COMMUNICATIONS, FINANCE, AND FUNDRAISING



COMMUNICATIONS & MARKETING

Q1 MEDIA COVERAGE

Mighty Earth, March 26, 2026

[US Should Not Threaten HIV Assistance to Zambia in Critical Minerals Negotiations](#)

Good Good Good, February 26, 2026

[17 Ways to Celebrate International Women's Day](#)

Associated Press, February 3, 2026

[StrongMinds Partners With Zambia Correctional Service to Treat Depression Among Inmates and Officers](#)

AllAfrica, January 12, 2026

[Africa: Trauma Tax is Africa's Hidden Economic Burden](#)

FINANCE

We have completed all 2024 audits without findings.

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

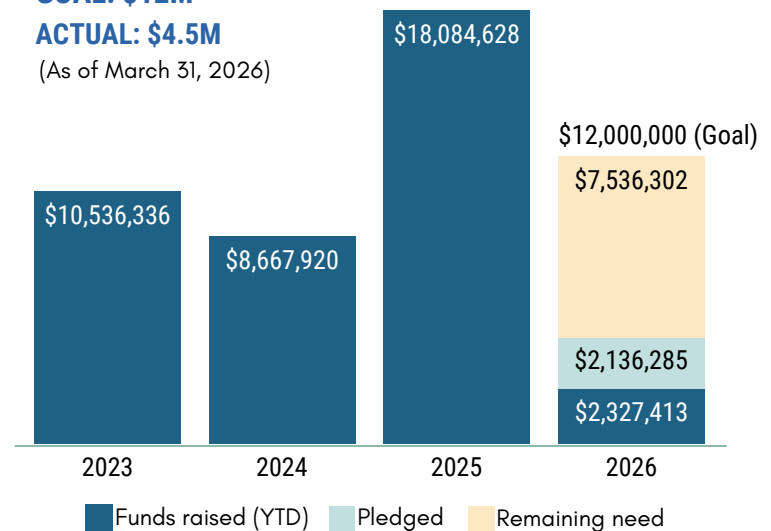
View our latest [quarterly financial statements](#).

TOTAL FUNDS RAISED

GOAL: \$12M

ACTUAL: \$4.5M

(As of March 31, 2026)



REVENUE & EXPENSES

