

Q2 APR
MAY
JUN

2026 REPORT

STRONGMINDS®



Image by Karin Schermbrucker

PEOPLE TREATED FOR
DEPRESSION SINCE 2014
2,229,512

CURRENT COST TO TREAT
ONE PERSON (YTD)
\$10.55

QUARTER HIGHLIGHTS

- **StrongMinds hits new milestone:** More than 2 million people have been treated for depression since StrongMinds' founding in 2014, with the second million reached in just over a year.
- **StrongMinds launches in Rwanda:** Through a new partnership with the Rwanda Biomedical Centre, StrongMinds will begin training this year to bring our IPT-G model to the country.
- **Uganda releases national guidelines for schools:** StrongMinds helped develop the country's first national guidelines for integrating mental health support into education institutions, in partnership with the Ministry of Education and Sports and UNESCO.

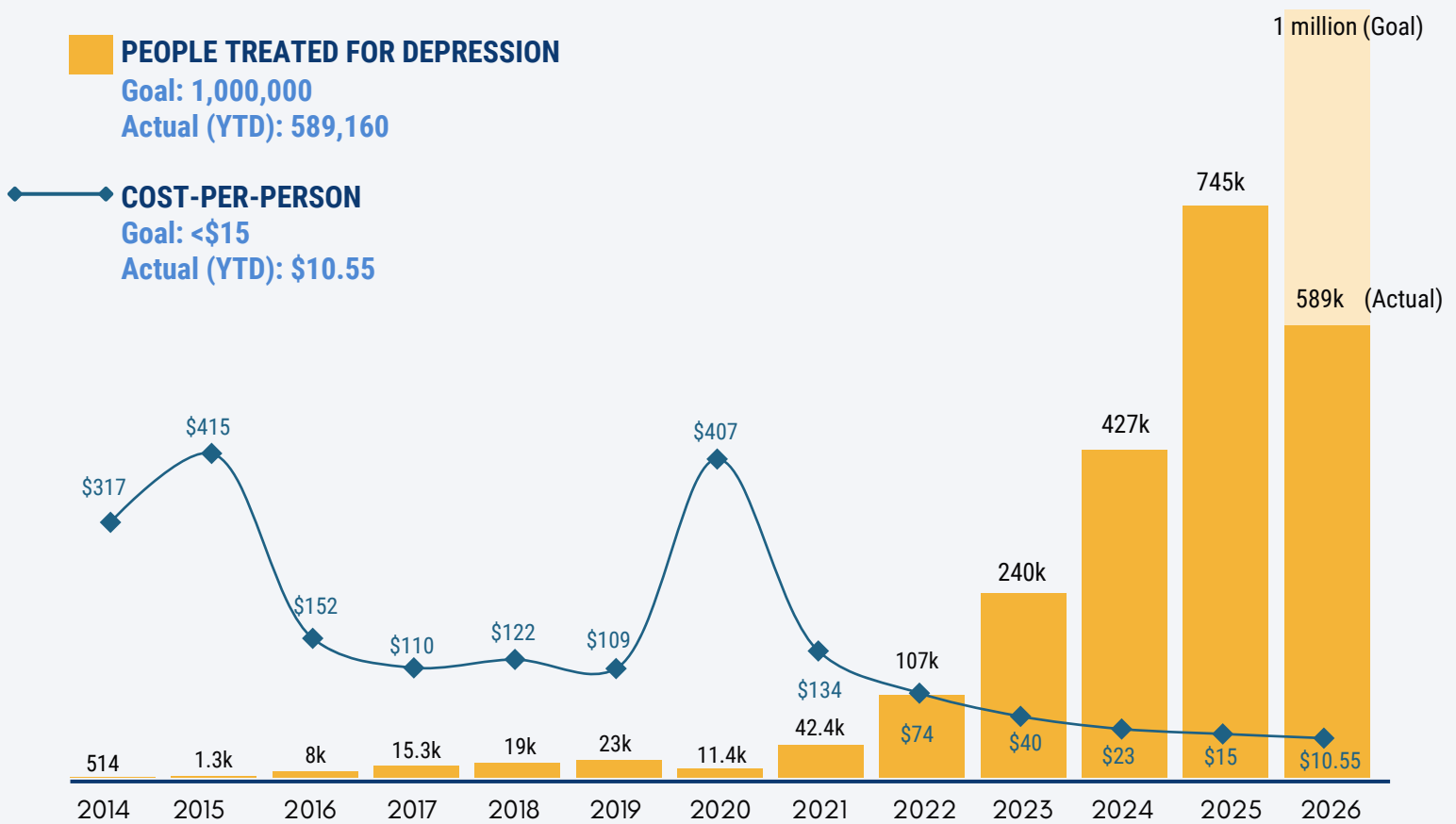
StrongMinds democratizes access to mental health care for people with depression, globally.

METRICS

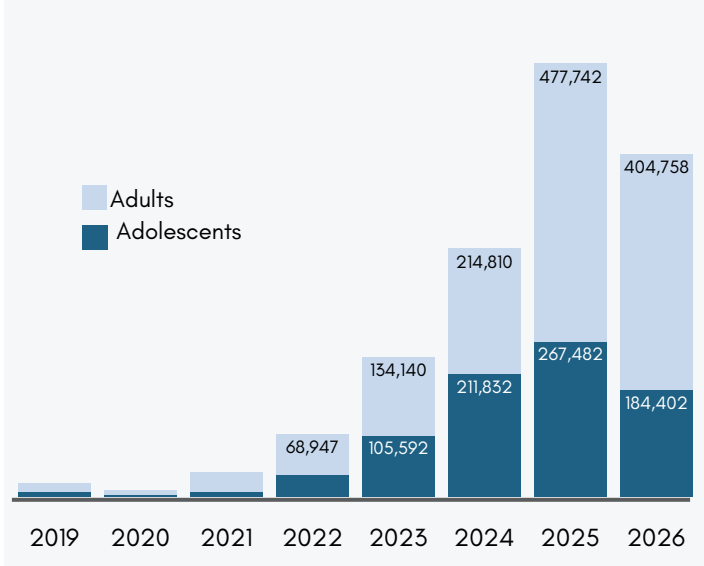
2,229,512
people treated for
depression since 2014

949,999
people reached through
mental health
sensitization in 2026

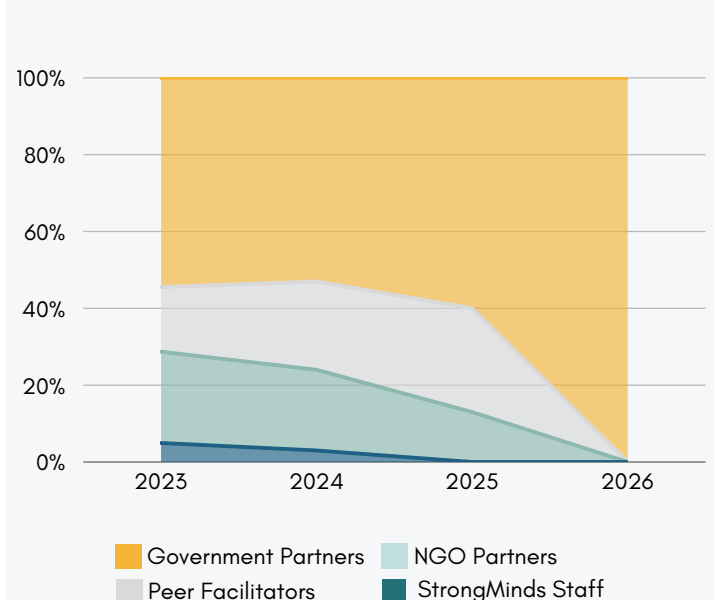
3,424,464
people reached through
mental health
sensitization since 2014



ADOLESCENTS TREATED FOR DEPRESSION (VS ADULTS)

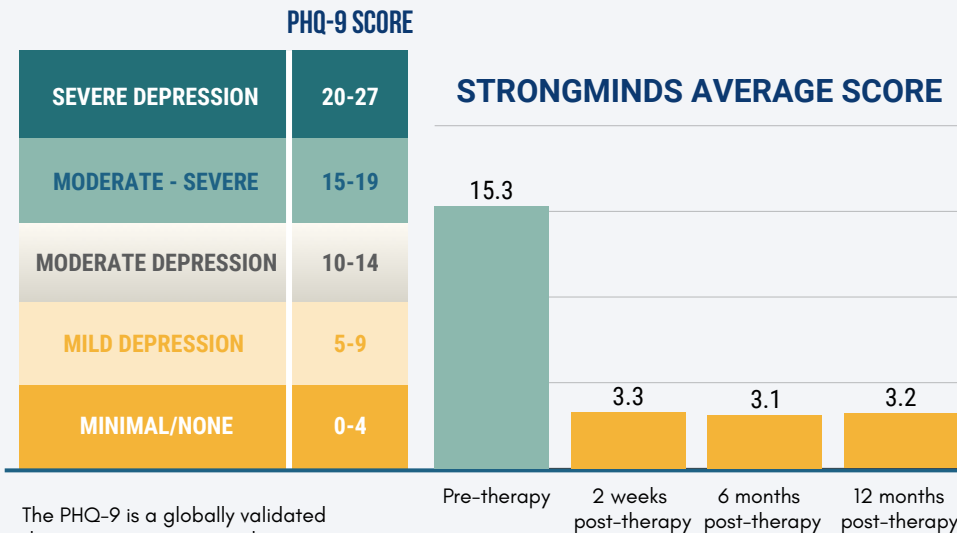


GOVERNMENT-LED SCALING ENTITIES DELIVERING GROUP THERAPY



IMPACT DATA*

DEPRESSION SYMPTOMS

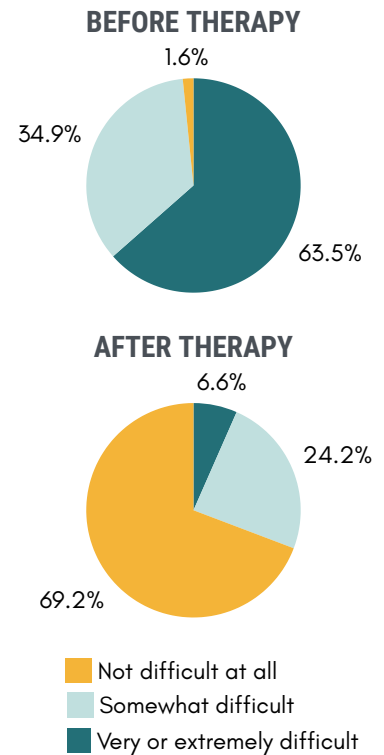


The PHQ-9 is a globally validated depression screening tool.

In the United States, a 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 in 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"

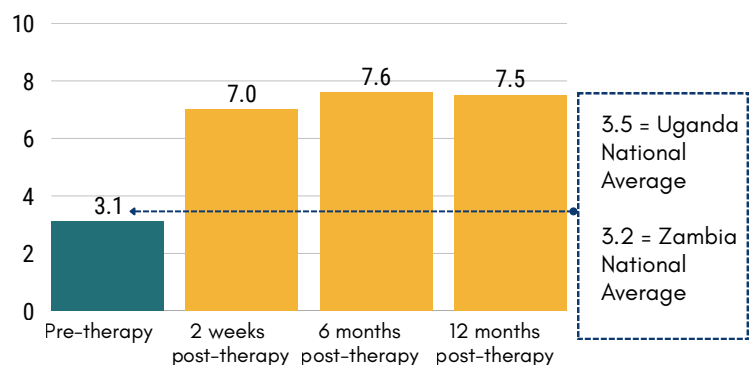
81.5%

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

2 MILLION SMALL VICTORIES

We did it! StrongMinds Has Treated 2 Million People for Depression

It took StrongMinds 12 years to treat its first million people for depression. It took just over a year to treat the second. This quarter, StrongMinds crossed a milestone worth celebrating: 2 million people treated for depression since 2014!

Behind that number are 2 million individual lives, and the ripple effects reach far beyond them. StrongMinds' data shows that when someone recovers from depression, up to four members of their family feel the benefits, such as children eating more regular meals and performing better in school.

Multiply that across 2 million clients, and this milestone's true reach extends into millions of people across Uganda, Zambia, Kenya, Tanzania, and Malawi.

This milestone belongs to everyone who has supported StrongMinds along the way: the donors who backed an idea before it had proof, the government partners who opened their systems to a new model of care, and the thousands of facilitators delivering therapy in their own communities. With sights now set on reaching 100 million people by 2035, this milestone marks real momentum toward that goal.



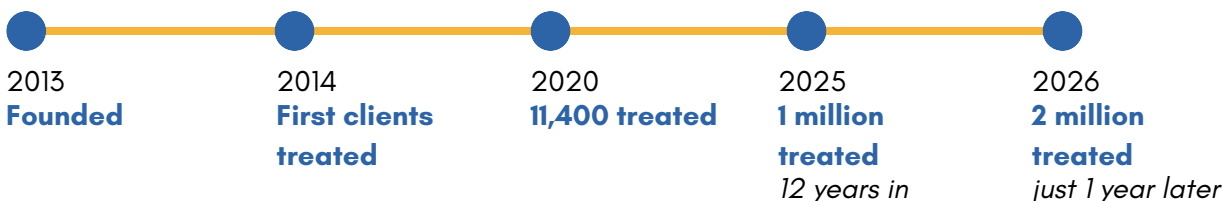
HOW WE MET OUR BIG OUTRAGEOUS GOAL BY LETTING GO OF IT ENTIRELY

Founder and CEO Sean Mayberry looks back on the winding, sometimes humbling road that got us to 2 million.

"When I started StrongMinds in 2013, I set what felt like a properly outrageous goal: we would treat 2 million people in Africa for depression by 2020. I wrote it down. I put it in front of donors. I put it on slides. I said it out loud to anyone who would listen... But reality was coming down hard: by 2018, we had reached a total of 45,000 people. Two million by 2020 was not ambitious; it was fantasy."

What followed was a decade of course corrections. Peer-led therapy, shorter treatment cycles, a costly detour into teletherapy, and eventually, a full handover of our model to government partners. Sean's essay traces how staying loyal to "the people we had not reached yet," rather than to any one model, is what finally got us there.

Read Sean's full reflection, "How We Met Our Big Outrageous Goal by Letting Go of It Entirely," [on our website](#).



ORGANIZATIONAL DEVELOPMENT

RWANDA

OUR NEWEST PARTNERSHIP

StrongMinds is launching operations in Rwanda in partnership with the Rwanda Biomedical Centre (RBC).

Depression rarely exists in isolation. It frequently co-occurs with and compounds other health burdens, including HIV, cancer, and tuberculosis, making mental health care an essential complement to broader health systems rather than a standalone service.

The partnership reflects the commitment the Centre is making to strengthen mental health among its patients. Dr. Gishoma Darius, Division Manager, Mental Health Division, at the Biomedical Centre said, "RBC appreciates your commitment to strengthening community-based mental health interventions and promoting mental well-being."

ADVOCATING AT THE UN HIGH-LEVEL MEETING ON HIV/AIDS

StrongMinds Advocacy Director Liz Bayer addressed the UN on the links between mental health and HIV, calling on member states to integrate community-based mental health services into HIV prevention and care, first at the UN's Interactive Multi-Stakeholder Hearing, then again at the High-Level Meeting itself. "People with untreated mental health conditions are at greater risk of acquiring a new HIV infection, and people living with HIV and depression have lower ART adherence," Bayer said.

She also called for member states to invest in training and support for lay providers and peers, and to embed mental health into measurable HIV commitments going forward, arguing that doing so would accelerate progress toward global HIV targets and build more person-centered care systems.

STRONGMINDS AT WOMEN DELIVER 2026

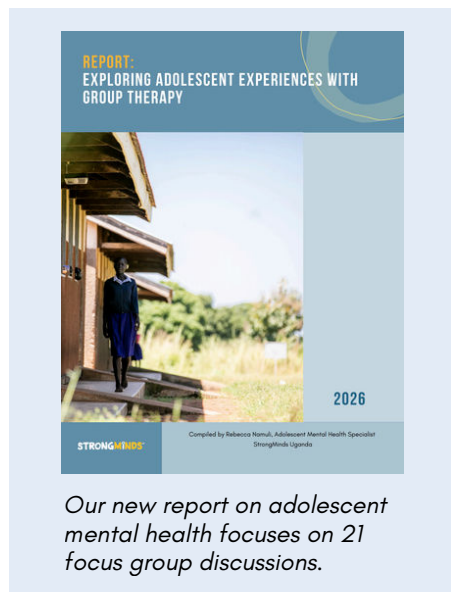
StrongMinds brought community-based care to life at Women Deliver 2026 in Melbourne, Australia, in April. At our booth, attendees stepped into a virtual reality simulation of a therapy group in Zambia, experiencing what group care actually looks like. We shared untranslatable words from Ugandan and Zambian languages that capture how people describe mental health and invited visitors to share their own.

On stage, StrongMinds' Rebecca Nabirabwa spoke on suicide prevention and the power of community-based care at our side event, "Inside the Circle: Community-Based Mental Health Care for Women and Girls," held in partnership with Orygen. Rebecca brought the audience into a live simulation of a therapy group before joining a panel with StrongMinds' Charlotte Oloya and United for Global Mental Health's Yves Miel Z. on scaling mental health care for women and girls.



KEY LEARNINGS

NEW REPORT EXPLORES HOW GROUP THERAPY BUILDS LIFE SKILLS FOR DEPRESSED ADOLESCENTS



StrongMinds has released a report, **Exploring Adolescent Experiences with Group Therapy**, examining how our IPT-G program affects not just depression symptoms but life skills and long-term well-being among young clients in Uganda. Adolescence is a critical window for mental health. Half of all mental health disorders begin by age 18, yet most go undetected and untreated, contributing to poor academic performance, school dropout, and risky behavior.

The report draws on 21 focus group discussions with 213 former adolescent clients across Uganda. Participants described their lives before therapy as marked by sadness, isolation, and academic decline; afterward, they reported growth across three life-skills domains: self-awareness, social and relationship skills, and decision-making.

UGANDA RELEASES NATIONAL GUIDELINES FOR MENTAL HEALTH IN SCHOOLS

Uganda's Ministry of Education and Sports has released new national Guidelines for Integrating Mental Wellbeing and Psychosocial Support in Education Institutions, a first-of-its-kind framework built to bring structure to a crisis playing out in classrooms across the country.

StrongMinds partnered with UNESCO and the Ministry to co-fund and help develop the guidelines, contributing grassroots experience and clinical expertise gained through more than a decade of delivering group therapy in Ugandan schools and communities. The Ministry recognized StrongMinds' "pioneering work in mental health advocacy" as central to ensuring the guidelines "address real-world challenges faced by our learning institutions."

The guidelines provide comprehensive guidance for integrating mental health and psychosocial support into education institutions across Uganda, with standardized frameworks for promotion, prevention, and referral pathways that connect schools to community and clinical care. They build on a 2022 Ministry directive that mandated weekly mental health hours in schools but left many administrators without practical guidance on implementation.

For StrongMinds, the guidelines mark a significant step toward embedding depression care into the systems young people encounter every day and turning years of programmatic experience into national policy.

COMMUNICATIONS, FINANCE, AND FUNDRAISING



COMMUNICATIONS & MARKETING

Q2 MEDIA COVERAGE

McKinsey & Company, April 22, 2026

[The future is shared: Financing task-sharing programs in mental health](#)

The Middle East North Africa Financial Network, April 28, 2026

[Tanzania Partners With StrongMinds To Expand Community Mental Health Services](#)

Nile Post, May 28, 2026

[More Good Days, Together: A Call to Uganda to Take Mental Health Seriously](#)

Grand Challenges Canada, May 21, 2026

[Brain Capital as a Scaling Frontier](#)

FINANCE

We have completed all 2024 audits without findings.

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

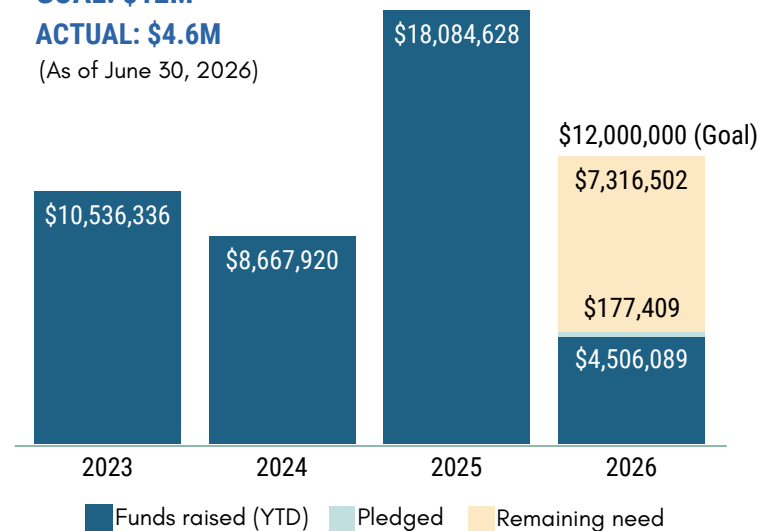
View our latest [quarterly financial statements.](#)

TOTAL FUNDS RAISED

GOAL: \$12M

ACTUAL: \$4.6M

(As of June 30, 2026)



REVENUE & EXPENSES

