Q3 JUL AUG SEP

2026 REPORT

STRONGMINDS®



Image by Karin Schermbrucker

PEOPLE TREATED FOR DEPRESSION CUMULATIVELY SINCE 2014

2,542,351

CURRENT COST TO TREAT ONE PERSON (YTD)

$10.99

QUARTER HIGHLIGHTS

- **StrongMinds wins the Good Start Challenge:** Our program for refugee parents in northern Uganda was named one of six global winners from more than 1,000 applications worldwide and will receive €200,000 to continue its work.
- **StrongMinds welcomes new Kenya Country Director:** Dr. Regeru Njoroge Regeru joins to lead our Kenya office, where our work has been government-led from the start.
- **Setting the course for AI:** A new organization-wide AI policy puts strong guardrails in place as we explore how AI can strengthen mental health systems in partnership with governments.

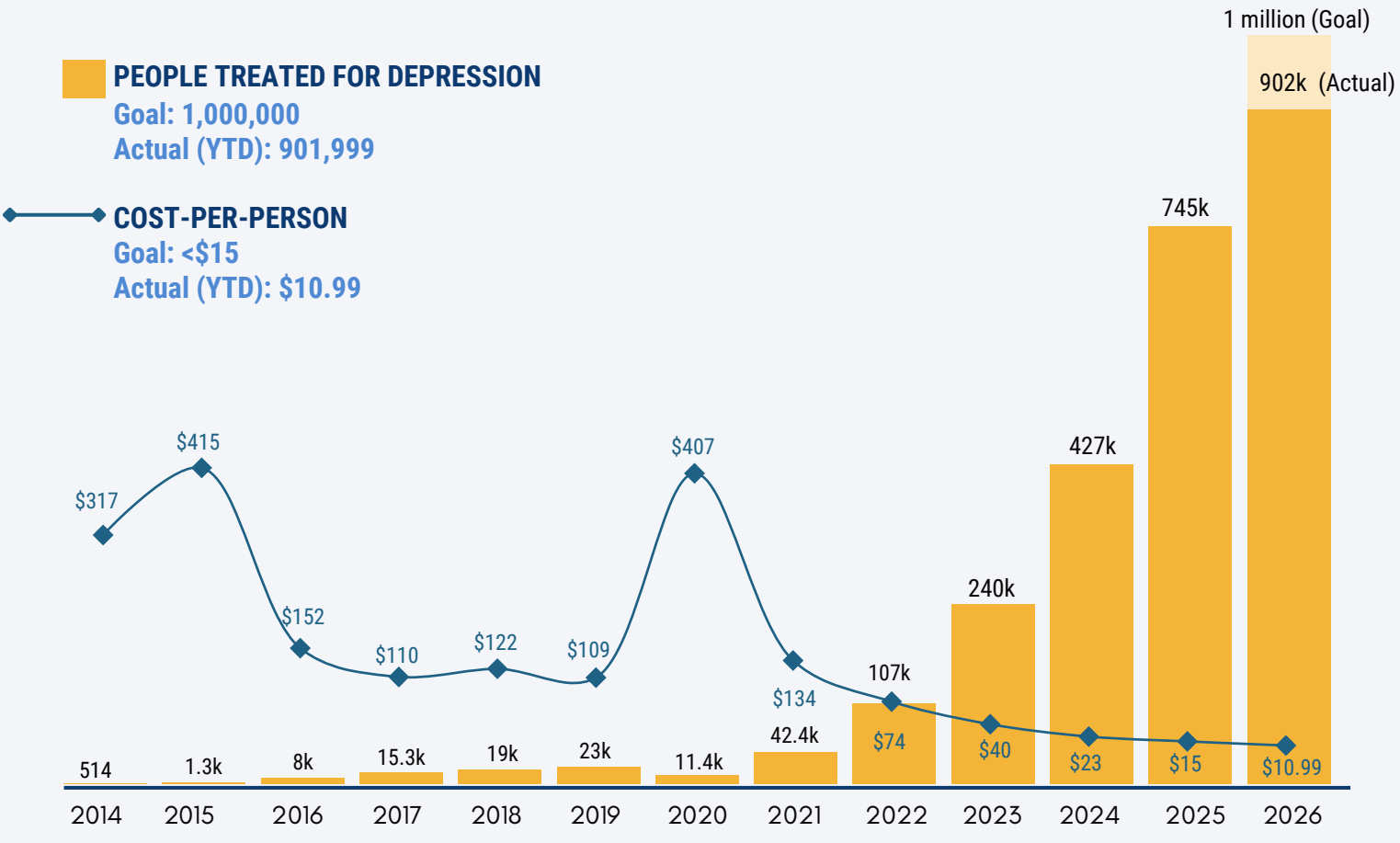
StrongMinds democratizes access to mental health care for people with depression, globally.

METRICS

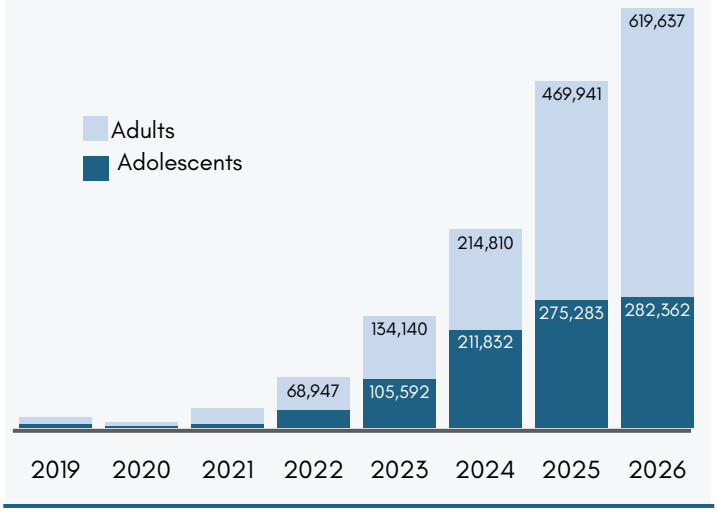
2,542,351
people treated for depression since 2014

1,631,664
people reached through mental health sensitization in 2026

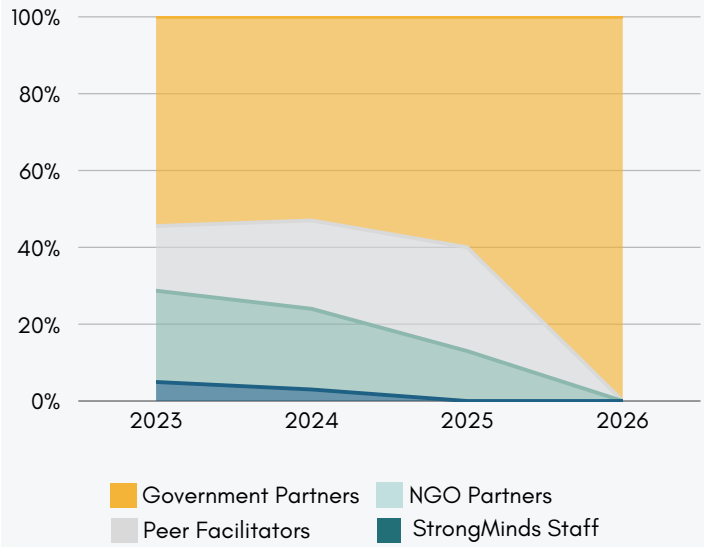
4,106,129
people reached through mental health sensitization since 2014



ADOLESCENTS TREATED
FOR DEPRESSION (VS ADULTS)



GOVERNMENT-LED SCALING
ENTITIES DELIVERING GROUP THERAPY



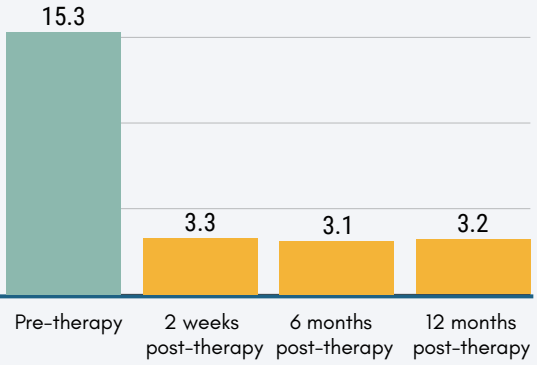
IMPACT DATA*

DEPRESSION SYMPTOMS

PHQ-9 SCORE

SEVERE DEPRESSION	20-27
MODERATE - SEVERE	15-19
MODERATE DEPRESSION	10-14
MILD DEPRESSION	5-9
MINIMAL/NONE	0-4

STRONGMINDS AVERAGE SCORE



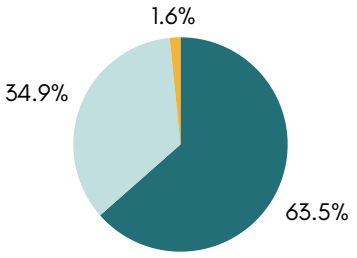
The PHQ-9 is a globally validated depression screening tool.

According to the WHO, a 5-point drop on the PHQ-9 scale is considered a clinically significant reduction in depression score.

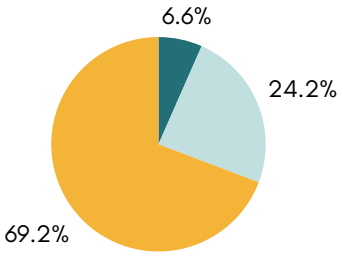
FUNCTIONAL IMPAIRMENT

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

BEFORE THERAPY



AFTER THERAPY



Not difficult at all
Somewhat difficult
Very or extremely difficult

SPILLOVER EFFECTS

+0.5 — Meals
additional meals per day on average for clients' children (1.8 → 2.3)

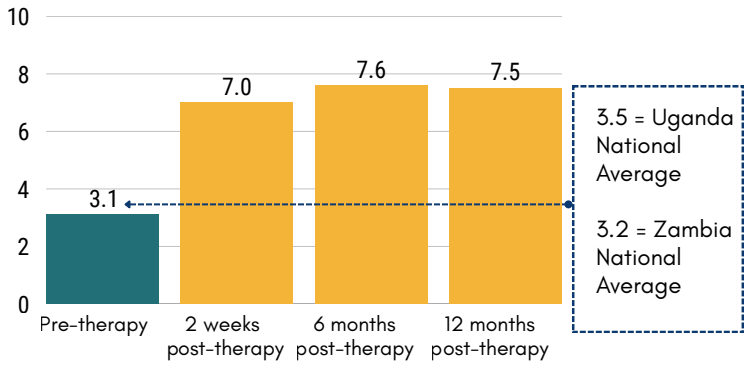
+27.8% — Work
increase in clients who reported not missing work in the past week at 12 months

+27.4% — Grades
increase in adolescent clients who 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

A GOOD START FOR REFUGEE FAMILIES

StrongMinds Named a Global Winner of the Good Start Challenge



StrongMinds was named one of six global winners of the Good Start Challenge, a €2.6 million challenge to advance the well-being of parents and caregivers of young children. Our program, Integrated Mental Health Care for Refugee Families, was selected from more than 1,000 applications worldwide and will receive €200,000 to continue its work.

The program treats depression in refugee parents of young children across Adjumani, Yumbe, and Obongi districts in northern Uganda. Screening starts at the refugee reception center, so parents can be connected to care early. Trained community volunteers, many of them refugees themselves, run the therapy groups in Dinka and Arabic.

With the support of government partners, the program has treated 3,551 caregivers in Adjumani, with a 93% sustained recovery rate.

CALLING FOR THE DECRIMINALIZATION OF SUICIDE IN UGANDA

For World Suicide Prevention Day in September, StrongMinds hosted a press briefing at the Kampala office calling on the government to decriminalize suicide and attempted suicide. Advocates, civil society partners, and legislators joined us, including TPO Uganda, the Ministry of Education and Sports, and Mercy Omona of the Uganda Parliamentary Forum on Mental Health.

StrongMinds Community Mental Health Specialist Rebecca Nabirabwa spoke about how criminalization keeps people from seeking help and leaves them more isolated in crisis. "To democratize mental health, we must decriminalize emotional suffering," she said. She called for care integrated into communities, schools, and primary health centers, and asked the Ministry of Education and Sports to strengthen implementation of the national school mental health guidelines StrongMinds helped develop.

Omona said the parliamentary forum is working with the Ministry of Health, StrongMinds, and other partners to advocate for reform in mental health policy and legislation, and that it is time for Parliament to move from awareness to concrete action.

ORGANIZATIONAL DEVELOPMENT

WELCOMING OUR NEW KENYA COUNTRY DIRECTOR

Government-Led from the Start



StrongMinds welcomes Dr. Regeru Njoroge Regeru as Kenya Country Director, a pivotal step in bringing our Kenya office into full operation. With a local board already in place, the office now has the leadership to carry its work forward.

Kenya also marks a new template for StrongMinds. In other countries, we built our programs first and moved delivery into government systems over time. In Kenya, our work has been government-led from the start, so we are beginning where other countries eventually arrived.

Dr. Regeru is a medical doctor who most recently led Johnson & Johnson's mental health grant portfolio in Kenya, in partnership with the Ministry of Health, after earlier work on community health quality improvement and HIV prevention at LVCT Health.

"What drew me to StrongMinds is the clarity of the mission: treatment that works, delivered close to home, built into systems that governments run," he said.

In the year ahead, he plans to go deeper in the six counties where StrongMinds already works, building partnerships strong enough for counties to deliver and sustain IPT-G themselves. He also aims to establish StrongMinds as a credible voice in Kenya's mental health landscape, advancing policy and public resource allocation for mental health.

NEW CONVERSATIONS: MENTAL HEALTH AND SPORT

StrongMinds has been in conversation with a growing number of professional athletes and athletic organizations interested in supporting mental health care. It's a connection our clients often make themselves. Many young people first connect with StrongMinds where they play, and when they describe their depression, one of the first things they name is the sport they stopped playing. Asked how they knew they were getting better, many give the same answer: "I started playing again."

In Zambia, 13-year-old Jerome stopped playing basketball after being bullied at school and pulling away from his friends. As his confidence returned through his StrongMinds group, so did basketball.

Stories like Jerome's are why sport and mental health are so closely linked for our clients, and why these new conversations with athletes feel like a natural fit.

KEY LEARNINGS

RESPONSIBLE AI

HOW STRONGMINDS IS APPROACHING AI

A new organization-wide policy sets the guardrails as we explore how AI can help strengthen mental health systems.

INTRODUCING THE NEW AI POLICY

StrongMinds introduced its first AI Acceptable Use Policy, giving all staff and consultants a shared framework for using AI in their work. Built on four principles (people first, do no harm, human accountability, and shared learning), the policy keeps client and clinical data out of every AI platform and ensures AI never makes decisions about eligibility, referrals, or program outcomes without human review. An AI Steering Committee oversees the policy alongside a risk register, a tool inventory, and an incident response process. Within those guardrails, staff are encouraged to put AI to work, and teams across StrongMinds have already built their own automations and tools.

WHERE WE'RE HEADED

Beyond daily work, we are exploring how AI could enhance our programs as we scale, supporting the volunteers and government partners who deliver care. It's not about creating another chatbot. Any tool we pursue would be intentional, extremely guardrailed, and designed to provide 24-hour linkage to human care.

"We're not just out there throwing our own tools into the abyss," said Jordan Levinson, Director of Digital Transformation in IT. "We're actually building things that enhance the connection to government systems, things that governments can scale and that we can scale in partnership with governments."

HOW WE BUILD

We work directly with governments to design and implement the digital tools we develop, and our future AI work will follow the same approach: strengthening the mental health service landscape rather than sitting outside it.

We are also committed to working with African-based technology companies. Working well in local languages remains one of the biggest challenges in AI, and we want what we build to contribute to greater language equity in the field.

Everything we build is meant to bolster human capacity in the mental health system, not replace it. As access to care expands, so does the need for people to deliver it, and we see AI as one of the tools that can help grow that workforce and create employment rather than take it away.

"We're working so closely with the governments in order to strengthen the systems and not further fracture them with digital tools," Levinson said.

In December, StrongMinds will lead a panel on AI and community mental health at the Global Digital Health Forum, moderated by Levinson.

COMMUNICATIONS, FINANCE, AND FUNDRAISING



COMMUNICATIONS & MARKETING

Q3 MEDIA COVERAGE

Nile Post, August 2, 2026
Uganda pushes for social emotional learning in schools amid rising mental health concerns

Third News, September 3, 2026
Solar-Powered Hubs Recognized for Enhancing Parental Wellbeing in Sub-Saharan Africa

AllAfrica, September 11, 2026
Uganda Urged to Decriminalise Suicide As Advocates Push for Mental Health Reform

Substack, September 25, 2026
Governments have a claim on innovation. Nobody has staked it.

FINANCE

We have completed all 2025 audits without findings.

View our 990s and audited financial statements.

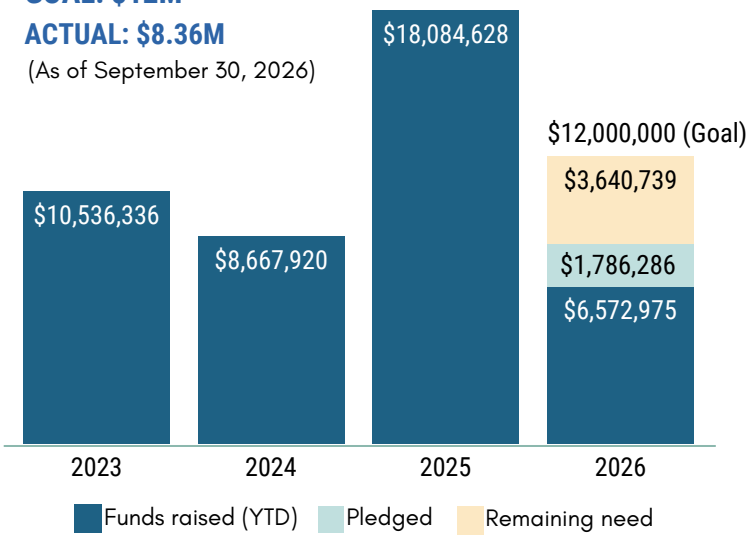
View our latest quarterly financial statements.

TOTAL FUNDS RAISED

GOAL: $12M

ACTUAL: $8.36M

(As of September 30, 2026)



REVENUE & EXPENSES

