



MENTAL HEALTH  
FOR YOUTH INITIATIVE

# STRATEGIC GOALS (2025–2030)

*Measurable outcomes and long-term sustainability*

*Strengthen Mental Health  
Awareness and Education*

01

*Integrate mental health education into schools and communities to increase knowledge and early intervention.*

*Expand Access to Youth Mental  
Health Services*

02

*Improve access to affordable, inclusive mental health care for young people.*

*Enhance Youth Well-being through  
Creative and Safe Platforms*

03

*Promote resilience and self-expression through arts-based and community-driven wellness programs.*

*Build Climate Resilience and  
Economic Stability*

04

*Address climate-related stress and economic vulnerability through environmental and livelihood initiatives.*

*Institutionalise Research, Learning,  
and Policy Advocacy*

05

*Use evidence to influence national and regional mental health policies.*

*Advance Youth Empowerment and  
Mindset Transformation*

06

*Raise advocates to champion awareness creation and positive behavioural changes in their communities*



# THEORY OF CHANGE

*MHYI operates on the following theory of change*

**IF** *young people gain mental health knowledge and understand how social determinants (gender-based violence, SRHR, substance abuse, climate stress) shape their mental health,*

**AND IF**

*they access safe, trauma-informed psychosocial support that helps them process unresolved trauma and build coping capacity,*

**AND IF**

*they develop healthy behaviours and positive coping mechanisms through skills training, creative expression, and peer support,*

**THEN**

*young people will experience improved mental wellbeing, increased agency, reduced stigma, and greater help-seeking behaviour.*

**AND IF**

*evidence-informed policy advocacy drives systemic change at national, regional, and continental levels to institutionalise youth mental health as core infrastructure,*

**THEN**

*communities, institutions, and governments will recognise youth mental health as foundational to productivity, leadership capacity, and democratic resilience.*

**THEN**

*Africa will unlock its demographic dividend by investing in the psychological health of its 420 million young people.*



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## UNDERLYING ASSUMPTIONS

*MHYI operates on the following theory of change*

### **Young People Want To Heal; They Need Safe Spaces, Knowledge, And Support**

- *Trauma and unresolved emotional challenges are addressable with evidence-based interventions*
- *Behaviour change is possible when young people understand the root causes*
- *Government partnerships enable systems change faster than standalone programming*
- *Youth leadership and peer support amplify reach and sustainability*
- *Regional and continental policy frameworks harmonise approaches across*