

SAFE PLACE NIGERIA COMMUNITY REPORT



SAFE PLACE
NIGERIA



SAFE PLACE NIGERIA MONTHLY REPORT

Name of Donor/Partner	The Dew Centre
Reporting Period (Month/Year)	December 2020 - January 2021
Brief description of the project:	The Safe Place Nigeria Community is a closed virtual community on Facebook Groups where mental health-conscious Nigerians can get access to mental health professionals, self-care tools, wellness resources, and digital mental healthcare at a token price.

Project Activities Conducted within the period:

- Launch of Safe Place closed community platform on Facebook
- Launch of weekly live life-coaching sessions, #TalkbackThursdays
- Disbursement of 138 Scholarship Slots

A detailed breakdown of the project activities conducted:

Before the launch of Safe Place Nigeria, a mental health awareness specific survey was conducted to decide the potentials of the community. Using the feedback from the survey, the content, tone and mood for the community was set. The survey also provided insight on pricing for the community which was set at ₦5,000 per quarter and ₦15,00 per annum.

Prior to the launch of Safe Place Nigeria, a one-hour launch trigger was scheduled for the 21st of November, 2020. The was to build an ongoing conversation about trauma and self-care, hold a webinar to that effect, introduce Safe Place Nigeria as a solution and offer attendees of the webinar a one-time discount to Safe Place Nigeria at ₦10,000 for a year.

The launch trigger event also marked the announcement of scholarship positions to the community made available by The Dew Centre, Connected Development (CODE) and The Onyi Bala Foundation, Prospective members are requested to fill a form in order to ensure that the slots are awarded to persons who would otherwise be unable to afford the service.

Safe Place Nigeria was launched on the 5th of December with a pre-recorded two-hour launch event streamed live for members of the closed virtual community. Ten prominent celebrities including digital strategist JJ Omojuwa, activist Hamzat Lawal, artist Refilwe Nkomo and health guru, Damola "AskDamz" Ladejobi who were invited to explore the interrelationship between mental health and other aspects of society.

After the launch, we have consistently provided mental health support, mental wellness resources, digital mental health care, and daily access to mental health professionals. Our in-house counselors provide safe rooms and chat boxes where members can fully express themselves and ask questions. We also provide resources and encourage open, honest, and vulnerable conversations in the group and pull up resources for members anytime they need them.

Once a week, members are invited to a live group-counseling session titled #TalkbackThursday where prominent issues in the community ranging from happiness, to love and bereavement. The session promotes shared experiences and allows members to put faces on the voices behind the posts.

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Challenges faced during implementation this period:

- The Safe Place community was launched on 5th December, one month's and four days after the initial day of 1st November due to the aftermath of the #Endsars protests.
- In the first two months, members were wary of sharing their journeys with mental health. During private conversations with counselors, some of the members expressed feelings of anxiety about sharing in the group.
- Lack of data prevented some interested community members in joining live conversations surrounding mental health in Nigeria.

Statistics: How many people are in Safe Place Nigeria?

There are 149 members in Safe Place Nigeria. Here's how they are divided:

1. By Payment

S/N	Paying Members	Disbursed Scholarship Slots	Available Scholarship Slots	She Writes Woman Community Members
-	13	116	384	20

1.5. Scholarship Disbursement

S/N	The Dew Centre Sponsorship	CODE Sponsorship	Onyi Bala Foundation
Total Number of Scholarships	300 Slots	150 Slots	150 Slots
Disbursed Scholarships	50	30	24

2. By Gender

S/N	MALE	FEMALE	NON-BINARY	COMMUNITY PAGES
-	36	111	0	2

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Testimonials

"As a member of Safe Place Nigeria, I've found an all inclusive space where I'm comfortable to share my struggles. Apart from helping me cope, it has also shown me I'm never alone."

Somkene Okeke

"My mental health has improved on a positive side because seeing other people who are not ashamed of their mental health status encourages me."

Airijuan Blessing

"The space is so heartwarming & I'm happy that such a community exists to help people with their mental health."

Nusaybah Abdulfattah



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 **377** People reached through the Helpline

 **15** Therapy sessions provided

 **189** People reached on Safeplace



ABOUT THE PROGRAMME

Safe Place Nigeria consists of a 24/7 toll-free mental health helpline, free virtual therapy sessions, and the virtual community, Safe Place Nigeria.

Project activities conducted this month:

- Calls and therapy sessions this month doubled with more male beneficiaries
- Talk back Thursday became a significant event with higher turnout on Safe Place
- Launched a community wide survey that provided important insight on our beneficiaries

A detailed breakdown of the project activities conducted this month:

In Safe Place community, results from our survey showed that:

- 94.4% of the community have seen improvement in their mental wellness journey.
- 77.8% of those members feel safe enough to share their experiences within Safe Place Nigeria.
- 66.7% are willing to recommend Safe Place Nigeria to members of the public.

We also launched #SaveFaces, an initiative where members who have anything they want to ask the community for or about can ask anonymously by emailing us their questions or concerns.

The helpline received the most calls from Lagos, Ondo and Abuja respectively. Most of the callers found the helpline number via social media and even organizational WhatsApp groups.

Need mental health support, Call 0800 800 2000



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 **42**

**Free
Tele-therapy
Sessions
Provided**

 **200**

**People
Reached on
Safe Place
Nigeria**

 **570**

**People
Supported
Through the
Helpline**

ABOUT THE PROGRAMME

Safe Place Nigeria is a three-pronged project that provides mental health support services to middle and low-income earners in Nigeria.

The project consists of:

- A 24/7 toll-free mental health support helpline, 0800 800 2000.
- Free and unlimited tele-therapy sessions.
- A closed virtual community on Facebook Groups where mental health-conscious Nigerians can get access to mental health professionals, self-care tools, wellness resources, and digital mental healthcare at a token price

SUMMARY OF MARCH'S ACTIVITIES

HELPLINE: The helpline recorded a higher number of calls from men this month as opposed to previous months. 24% of callers who needed support in March presented as men with the top aspects of concern as bereavement, relationships, and marital status. March also brought a 151% increase in calls as 0800 800 2000's visibility increased as the helpline became the top result on Google searches made for "mental health helpline in Nigeria." The top three states for calls were Lagos, Abuja, and Rivers state.

TELE-THERAPY: For March, the top presenting issues by clients of therapy are relationship/marital issues, depression, and anxiety. The community therapist used an existential and person-centered approach to facilitate mindfulness practices, integrate CBT and other techniques, provide support and ask probing questions to analyze clients' experiences as well as prompt insight and introspection.

SAFE PLACE NIGERIA: Members of the community participated in a two-day strategic advocacy training aimed at building the capacity of persons with psychosocial disabilities on the CRPD, rights-based advocacy, lobbying strategies and more, to push for the enactment of rights-based mental health legislation in Nigeria. Members of the community participated in a roundtable discussion highlighting how to unite the disability community.

Help Us Give Mental Health A Voice In Nigeria.

Donate to She Writes Woman at bit.ly/donatotsww or bit.ly/givetoSWW



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32

**Free
Tele-therapy
Sessions
Provided**



118

**People
Reached on
Safe Place
Nigeria**



704

**Calls
Made
Through the
Helpline**

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SUMMARY OF APRIL'S ACTIVITIES

HELPLINE: The number of calls to the helpline visibly increased in April, with 704 calls made during the month. Our counselors addressed and supported men and women from states all over Nigeria - mainly Lagos, Abuja, and Oyo states - on several issues including depression, anxiety, and relationship issues. This month, plans to effect Integrated Voice Messaging to help callers navigate the helpline have been approved. IVM will inform callers of the objective of the helpline, assure them of confidentiality, and offer other options in the case of dropped or missed calls.

THERAPY: The number of female clients to the therapy is as high as ever with just one male client scheduling virtual therapy sessions. Like the helpline, the prevalent issues presented by clients are depression, anxiety, and relationship problems.

SAFE PLACE NIGERIA: The first offboarding of community members took place in April. Seventy-eight (78) community members, sponsored by the Dew Centre, Connected Development, and The Onyi Bala Foundation, were offboarded from the community as their scholarships lapsed. To help ensure the continuance of the program and interaction between members of the community, the services of an experienced community manager were engaged. In addition to the activities of the Safe Place Ambassadors, there were over 168 interactions on mental health conversations in the community. The quarterly goal to disburse 150 of the 500 available scholarship slots was also successful as we disbursed 154 scholarships to the community from December 2020 - April 2021. For Q2 of 2021, we aim to disburse another 150 scholarships to people living with mental health conditions in Nigeria.

Need Mental Health Support, Call The 24/7 Toll-free Helpline 0800 800 2000