### ****NAFSI MENTAL HEALTH HUB****

Minding your mind

Nafsi Mental Health Hub provides affordable, comprehensive, and tailored mental health services to youth and the broader community through certified psychologists, psychiatrists, and social workers. Operating under the auspices of Vijana Amani Pamoja, the hub offers onsite and online tele-health counseling services grounded in an integrated theoretical model that fosters healing, resilience, and effective psychological coping strategies.

By leveraging collaborative partnerships, the hub conducts cutting-edge mental health research to enhance understanding of cognitive, emotional, and behavioral patterns and the underlying causes of psychological disorders.

**Specialized Women Wellness Center**

**Nafsi She wellness**

Recognizing the unique mental health challenges faced by women, Nafsi She Wellness is a specialized department within Nafsi Hub dedicated to addressing their psychological well-being.

The department tailors unique interventions to suit adolescent girls' and women's mental wellness needs. Staggering statistics on the prevalence of mental illness among young women indicate that women are twice  as likely as men to experience  anxiety and depression due to biological, social, and cultural factors(WHO,2023) .

An estimated 35% of women globally have experienced gender-based violence, a key contributor to mental health disorders. The majority of women face a myriad of challenges ranging from economic bondage, stigma, and financial limitations. At the same time, they juggle triple roles of work, care giving, and community roles, which predispose them to immense pressure, leading to increased levels of stress, and anxiety burnout.

The key thematic areas of Nafsi She Wellness focus on trauma-informed care addressing GBV, maternal mental health through supporting women in pregnancy stages, postpartum , and parenthood stress. Self-empowerment focuses on enhancing self-awareness, self-efficacy, assertiveness, and resilience. In addition, women support networks for shared experiences and healing through group therapy interventions.

### ****VISION****

Equitable access to affordable, comprehensive, and quality mental health services for all, regardless of gender or socioeconomic status.

### ****MISSION STATEMENT****

To provide competent, curative, and holistic psychological services that foster self-awareness, address mental health challenges, and equip individuals with coping mechanisms for psychological and physiological wellness.

### ****OBJECTIVES****

1. Establish a safe and conducive environment for counseling within a robust psychological framework.
2. Conduct diagnostic assessments aligned with the **DSM-5** criteria.
3. Identify psychiatric emergencies and facilitate timely referrals to specialized mental health centers.
4. Demystify mental health misconceptions and promote Inclusivity, care, and support for those affected.
5. Provide psycho education and encourage positive lifestyle choices to enhance community well-being.

### ****THEORETICAL FRAMEWORK****

The **Nafsi Mental Health Hub** adopts an integrated theoretical framework that combines behavioral, psychoanalytic, person-centered, and cognitive-behavioral approaches.

This model emphasizes a holistic understanding of mental health, recognizing that thoughts, emotions, behaviors, and environmental factors influence psychological well-being.

Behavioral theory guides the development of practical skills and adaptive coping mechanisms.  Cognitive-behavioral therapy (CBT) techniques express the connectivity of cognitive, emotive, and behavior patterns employed to challenge negative thought patterns, promote emotional regulation, and facilitate positive behavior change. While psychoanalytic principles help uncover and address unconscious conflicts and past traumas

The person-centered approach promotes self-awareness, empathy, and personal growth within a supportive and non-judgmental space, empowering individuals to embrace their potential.

This integrated framework is particularly effective for addressing the diverse mental health needs of youth, women, and vulnerable populations. The framework advances the hub's mission of providing equitable, comprehensive, competent, and affordable mental health services through evidence-based practices and collaborative care.

### ****SERVICES PROVIDED****

1. Individual Counseling and Personal Therapy
2. Group, Couple, and Family Therapy
3. Child and Adolescent Counseling
4. Certified Counseling Psychology Courses (Basic and Intermediate)
5. Psychological Screening and Assessment
6. Mental Health Outreach and Community Recovery Programs

### ****COLLABORATIVE AND REFERRAL INTEGRATION****

By working closely with community organizations, governmental agencies, and global mental health initiatives, the hub ensures access to a wide range of resources and expertise.  International partnerships enable the hub to adopt innovative practices, support capacity building, and contribute to global mental health advocacy and research efforts.

Clients requiring specialized care, such as inpatient treatment, psychiatric intervention, or rehabilitation, are connected to trusted local and international facilities.

Through these networks, Nafsi creates a supportive ecosystem that bridges gaps in mental health services, providing clients with comprehensive and accessible pathways to healing and well-being.