



REPUBLIC OF KENYA

Ministry of Health

2nd NATIONAL MENTAL HEALTH CONFERENCE

8th to 10th October 2025

Venue: JW Marriott Hotel Nairobi



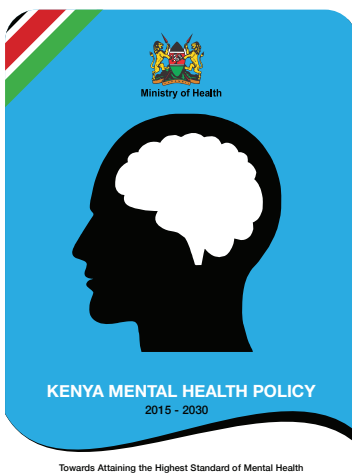
SECURING THE FUTURE: HOLISTIC APPROACH TO MENTAL HEALTH FOR GENERATIONS

Introduction

Mental health is essential for overall well-being, productivity, and quality of life, yet it remains one of the most neglected areas of public health, exacerbated by stigma, socioeconomic challenges, and limited access to services. Recognizing this urgent need, the Kenyan government has prioritized mental health as a national concern, advocating for a collaborative approach with stakeholders to improve mental health outcomes. Through the Kenya Mental Health Policy, the government is committed to promoting mental well-being, preventing mental disorders, and ensuring stigma-free, inclusive treatment for affected individuals through:

- 1) Mental health promotion, advocacy and partnership
- 2) Mental health information systems and research
- 3) Leadership and governance in the stewardship and mainstreaming of mental health across sectors
- 4) Strengthening of mental health systems

Key policy documents developed by ministry of health:



The Kenya Mental Health Policy 2015-2030. This document provides for a framework on interventions for securing mental health systems reforms in Kenya.

National Guidelines on workplace mental wellness to ensure advances towards improving employees' mental health



The National Strategy for implementation by all stakeholders to prevent suicide and promote mental wellbeing.



Ministry of Health

State of mental health in Kenya

01

Prevalence of mental health conditions



15% of working Kenyans (approximately 3.7 million individuals) live with at least one mental health condition.

Common mental health issues include depression, anxiety disorders, bipolar disorder, schizophrenia, and substance use disorders.

1 in 4 Kenyans visiting a healthcare facility has a mental health condition

02

Suicide rates



Kenya's suicide rate is estimated at 6.1 per 100,000 people, according to the World Health Organization (WHO).

Suicide attempts are prevalent, especially among youth, but the stigma around discussing mental health issues often leads to underreporting.

03

Vulnerable population



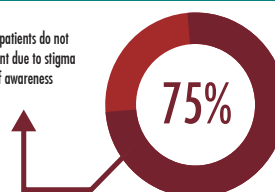
Youth and women are more vulnerable to mental health challenges, particularly due to unemployment, gender-based violence, and social inequalities.

Substance abuse, especially alcohol and narcotics, is a significant contributor to mental health issues among men.

04

Stigma and awareness

75 percent of patients do not receive treatment due to stigma and lack of awareness



75% of individuals with mental health conditions in Kenya do not receive treatment due to stigma, lack of awareness, and insufficient resources.

Mental health literacy among the general population remains low, exacerbating stigma and discrimination.

05

Economic impacts



In 2020, mental health conditions cost Kenya approximately KSh 62.2 billion (0.6% of GDP) due to lost productivity and healthcare expenses.

06

Treatment gaps



The Kenya Mental Health Policy 2015–2030 aims to reduce the treatment gap and improve mental health service delivery.

Introduction of clinical guidelines for mental health care in 2024 to enhance diagnosis and treatment at the primary healthcare level.

07

Government Initiatives



The psychiatrist-to-population ratio in Kenya is about 1:500,000, which is far below the WHO recommendation of 1:10,000.

There are fewer than 500 mental health professionals in the country, including psychiatrists, psychologists, and counsellors.



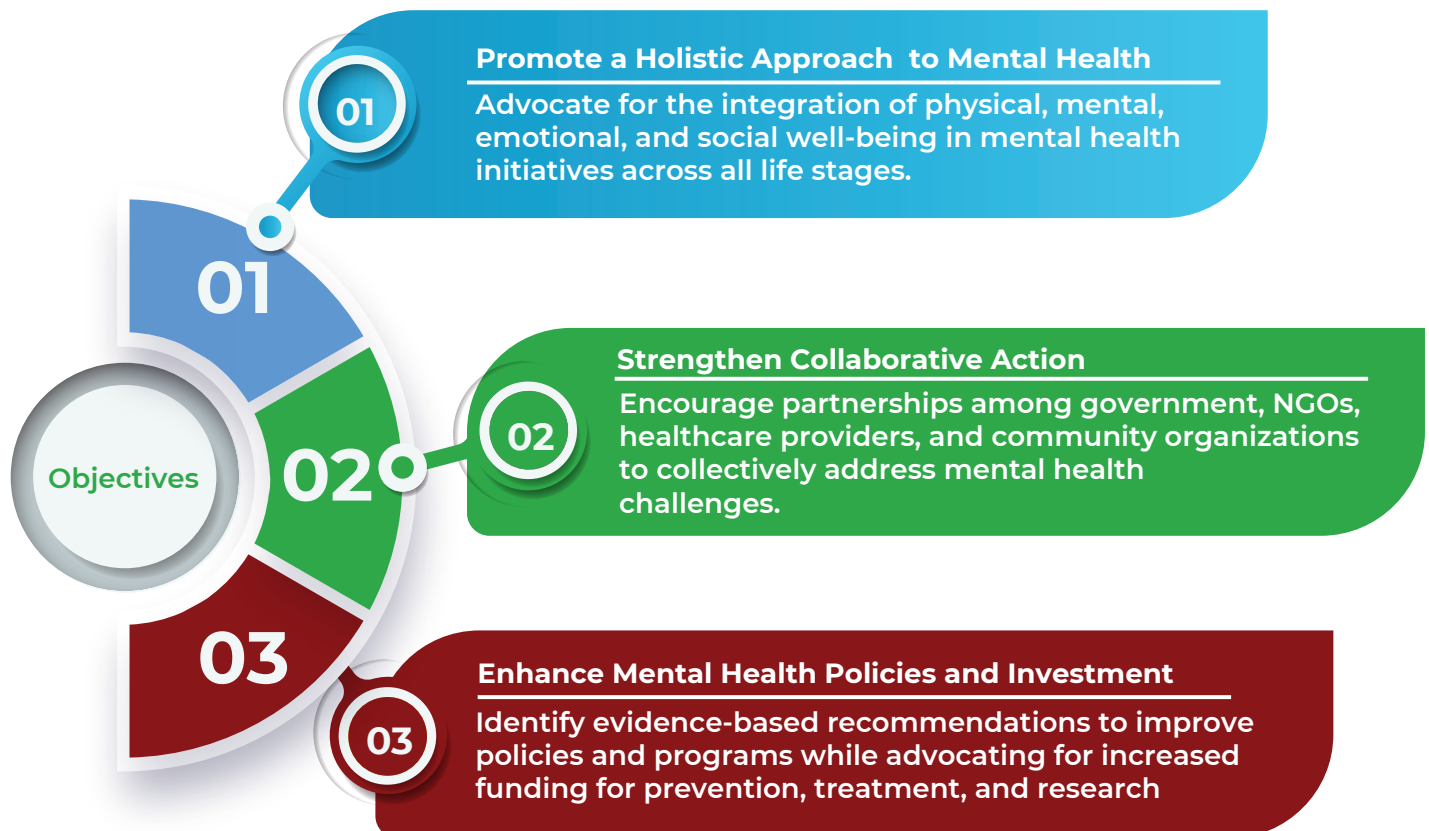
Ministry of Health

About the conference

The Ministry of Health, Kenya is convening the 2nd National Mental Health Conference to explore innovative strategies and evidence-based interventions, advocate for investment, and foster collaboration to promote mental health across the human lifespan.

The conference seeks to bring together a diverse group of mental health actors to discuss and deliberate on the mental health trajectory in Kenya.

Objectives of the conference

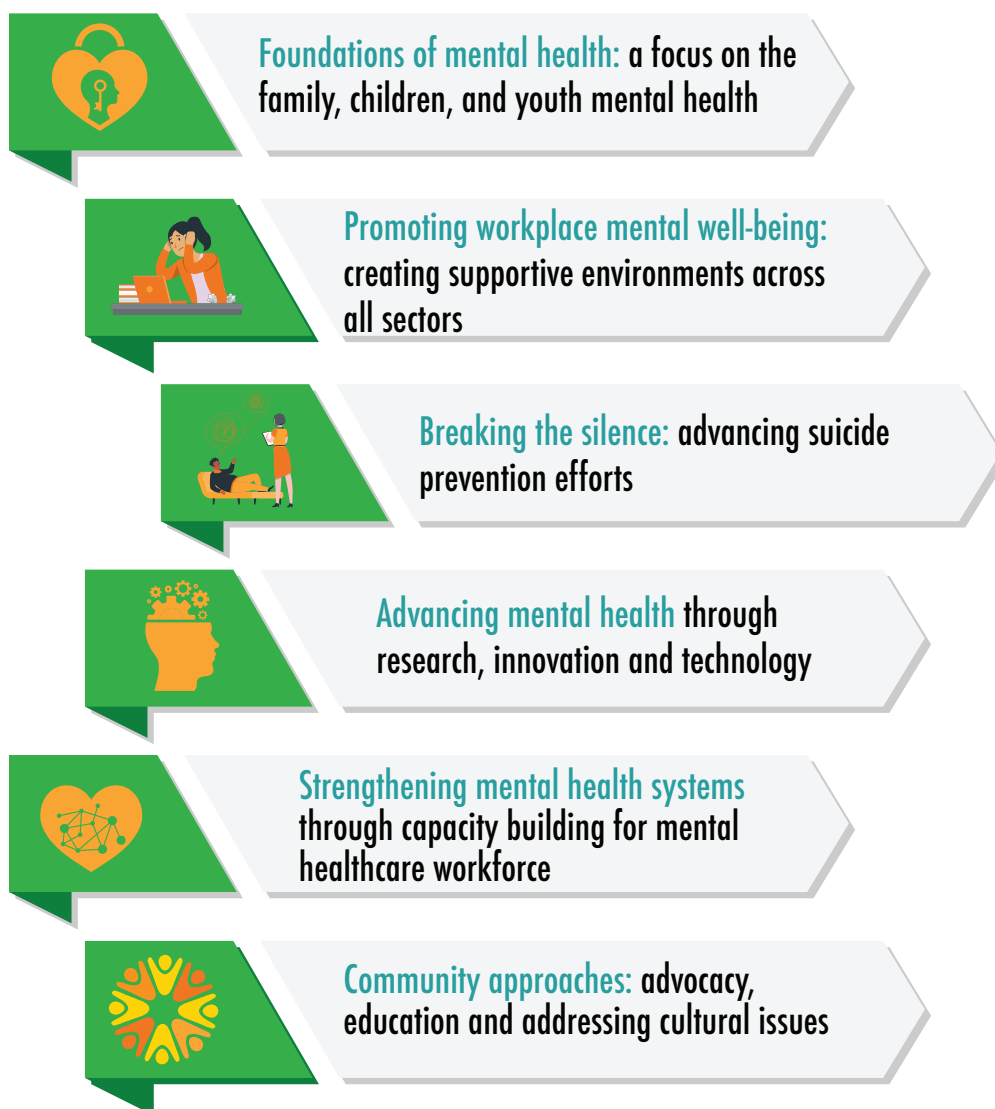




Conference Theme:

Securing the future: Holistic approach to mental health for generations

The sub-themes include:



Inauguration of the event, welcoming of delegates and opening remarks delivered by the Chief Guest (Government Official)



Opening Ceremony

Keynote Speeches



Delivered by local and international delegates comprising of experts in the field of mental health, policy makers, community members, people with lived experiences and care givers to set the tone for the conference and provide insights into the theme and subthemes

Featuring diverse stakeholders including healthcare professionals, policy makers, educators, researchers, community leaders, people with lived experiences and caregivers to discuss various aspects of mental health



Panel Discussions

Workshops and Breakout Sessions



Interactive sessions with presentation of abstracts and research findings focusing on specific topics such as child and adolescent mental health, geriatric mental health, mental health in the workplace, and community-based mental health care

Participants can display their research and projects related to mental health for peer review and discussion



Poster Presentations

Exhibitions and Community Village



Showcasing mental health resources, innovations, and services from various organizations and institutions

Opportunities for delegates to interact, connect, share ideas, and build professional relationships.



Networking Sessions

Closing Plenary



Summarizing the discussions and outcomes of the conference and formulating a common resolution and agenda for future actions

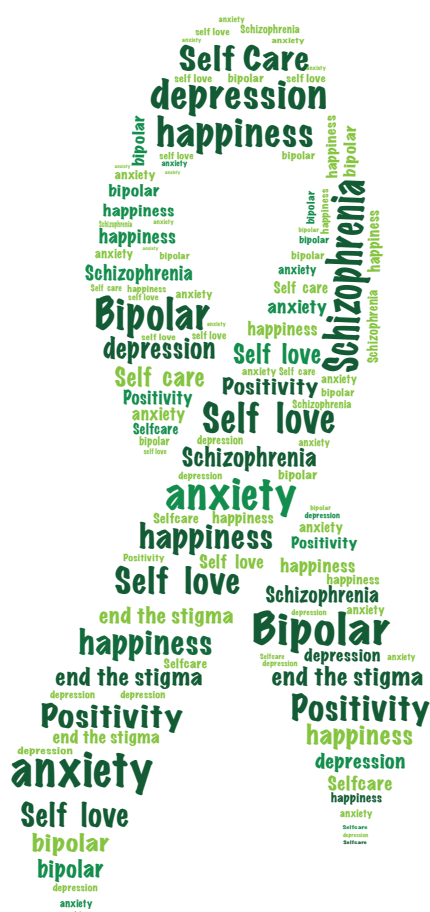


Conference host

The Ministry of Health, Kenya in partnership with with key partners from various institutions like Johnson and Johnson Foundation are hosting the conference, alongside key partners from various institutions i.e The Aga Khan University, Amref Health Africa, Safaricom, Kenya Airways, Kenya Psychiatrist Association, Kamili Organisation, Basic Needs, Cities Rise, Clinton Health Access Initiative, Medtronic Labs and The Nairobi City County Government.

Conference speakers

The conference will bring together international experts and field practitioners as keynote speakers and panelists





8th October 2025

- Panel discussion on previous mental health resolutions and where we are as a country
- Opening ceremony
- Edutainment workshops and mind wellness sessions
- Conference breakout sessions (based on sub-themes) and presentation of abstracts
- Panel Discussions
- Keynote speakers on subthemes
- Learnings on interventions
- Poster presentations



9th October 2025

- Conference breakout sessions (based on sub-themes) and presentation of abstracts
- Keynote speakers on subthemes
- Panel Discussions
- Networking and Health breaks
- Entertainment
- Panel meeting detailing conference resolutions
- Cultural Dinner and Networking
- Closing ceremony



10th Oct 2025 – The Mental Health Walk 2025

- Inaugural Mental Health Walk.
- Youth mental health: Art and music therapy activities
- Brain boost camps and mental wellness play shops



Invitation

A Partners' Dinner will be held following the conclusion of the 2nd Mental Health Conference 2025 to express gratitude to the organizations and individuals whose support will have made the event possible. This exclusive gathering will offer an opportunity to recognize the vital role of partners in advancing mental health dialogue and collaboration. During the dinner, stakeholders will be invited to reaffirm their commitment to the implementation of the conference resolutions. The event will serve as a platform to strengthen partnerships for sustained action beyond the conference. Continued engagement will be essential in driving forward the shared vision for improved mental health outcomes.



Partners sponsorship packages

Sponsorship category	Elite KSH. 7,000,000	Platinum KSH. 5,000,000	Diamond KSH. 4,000,000	Gold KSH. 2,500,000	Silver KSH. 1,000,000	Bronze KSH. 500,000
Prominent logo placement on all conference materials (website, signage, agenda, and promotional materials)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Access to all conference sessions, meals, and networking events for representatives	<input checked="" type="checkbox"/> 12 Tickets	<input checked="" type="checkbox"/> 10 Tickets	<input checked="" type="checkbox"/> 6 Tickets	<input checked="" type="checkbox"/> 4 Tickets	<input checked="" type="checkbox"/> 2 Tickets	<input checked="" type="checkbox"/> 2 Tickets
Host a breakout session-Moderators (Branded with organisation Logo)	2 Session	1 Session	1 Session	1 Session	1 Session	1 Session
Recognition in all press releases and media coverage	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Media mentions before, during, and after the event	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Visibility & Networking Opportunities	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Booth location in the exhibit hall with an option for additional customized branding	3m wide by 2.4m high	3m wide by 2.4m high	1.2 m wide by 2.4m high	1.2 m wide by 2.4m high	<input type="checkbox"/>	<input type="checkbox"/>
Recognition during the opening and closing remarks	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
General remarks-opening/closing ceremonies	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participation in Panel Discussion	2 Panel discussions	1 Panel discussions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advertisement in the conference Program	Full Page Ad	3/4 Page Ad	1/2 Page Ad	1/4 Page Ad	1/8 Page Ad	<input type="checkbox"/>
Place promotional materials in the conference registration area	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Host a 1 hour presentation session	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Opportunity for 15 minutes speaking session at the gala dinner with high-profile attendees	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Participating organizations



Johnson & Johnson

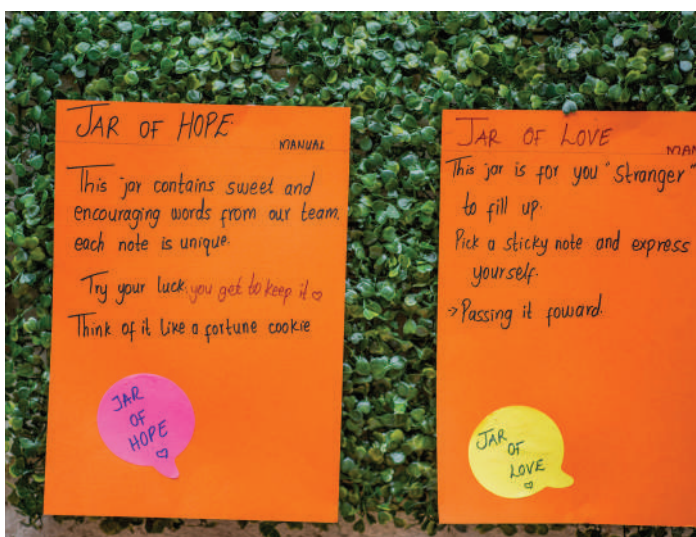
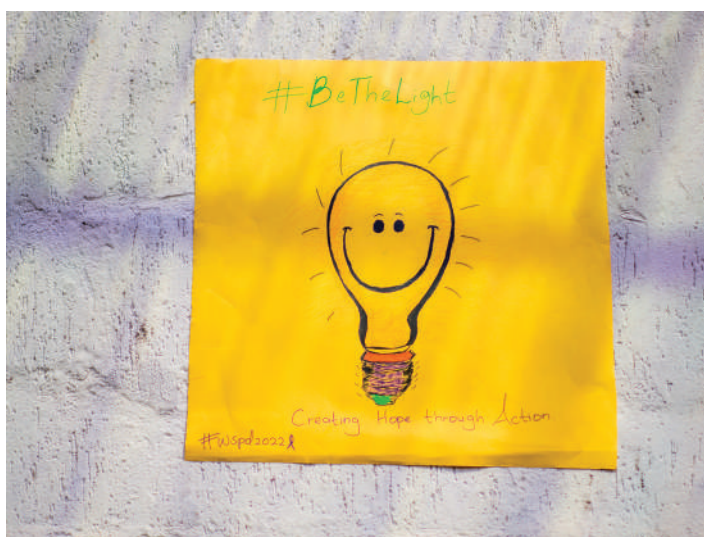


CITIESRISE



Ministry of Health

Key highlights of Ministry of Health Support for Mental Health



Commemoration of world suicide prevention day 10th September 2022
Photos courtesy of Ministry of Health.



World mental health day-10th October 2024 - Photos courtesy of Ministry of Health



Ministry of Health



Mental Health Champions from Kilifi County, volunteering with Basic Needs Basic Rights Kenya, hold a debrief meeting following the conclusion of a social contact activity -Photo Courtesy of Basic Needs Kenya



Session facilitator Stephen Kilumo advising male pupils from Vishakani Primary school, Kilifi county during the Youth First Kenya (YFK) personal resilience and health sessions at their school. Photo courtesy of Basic Needs Kenya.



Siblings 15-year old Neema (r) and 14 year old Janet(l) pose for a photo outside their class following the conclusion of one of the Youth First Kenya (YFK) personal resilience and health sessions at their school in Vishakani Primary school, Kilifi county. Photo courtesy of Basic Needs Kenya.