

# One Vision - Hertfordshire Partnership University NHS Foundation Trust (HPFT) PARTNERSHIP PROJECT 2023/2024



## SUMMARY REPORT

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# Introduction

The Watford Project, a partnership between One Vision and Hertfordshire Partnership University NHS Foundation Trust (HPFT), represents a significant step in addressing mental health challenges within the African and Caribbean communities in Watford. By enhancing engagement and access to mental health services for individuals who may not actively seek support from healthcare providers, the project aimed to foster inclusivity, understanding and tailored support for marginalised populations facing mental health issues. Through culturally sensitive approaches and targeted outreach, the purpose of the Watford Project was to empower individuals to prioritise their mental health, break down barriers to accessing services and create a more supportive environment where mental health support is readily available and utilised. This initiative reflects the commitment of both organisations to drive positive change, promote mental well-being, raise awareness, reduce stigma, and ensure individuals receive essential care to enhance their overall well-being. The summary report for the Watford Project seeks to provide an in-depth overview of the project's goals, activities, outcomes and insights, assess its impact on increasing mental health service access, evaluate outreach strategies and provide actionable recommendations to create an accessible and supportive mental health landscape for the African and Caribbean communities in Watford.



# MESSAGE FROM FOUNDER & CEO



On behalf of One Vision, I am delighted to present our report on the one-year Watford Project. This programme was close to my heart as I have seen too many cases of members of the African and Caribbean community suffering with mental health issues. There has been a gap in specific advice or literature targeted at ethnic communities and this can lead to false narratives and incorrect information spreading across a community. Within numerous Black communities, faith holds immense significance in individuals lives, serving as a cornerstone of identity, community, and support.

Yet, entrenched cultural norms and the stigma attached to mental health often deter individuals from seeking professional assistance for such issues. This pilot programme was a chance to initiate targeted support and facilitate access to mental health services for African and Caribbean men and women living in Watford improving their long-term health and well-being and ability to lead a healthy life.

One of the key focus areas of the project was connecting care to culture. Through the pilot, we have focused our efforts on delivering mental health support through our four pillar sessions on exercise, nutrition, culture and faith. The results have surpassed our expectations, and we are so thankful that the participants put their trust in One Vision to help them on their health journey. We also would like to thank Hertfordshire Partnership University NHS Foundation Trust for the opportunity to work in the health and wellbeing area and look forward to more opportunities where One Vision can help add real value to the lives of our local community.



**Enoch Kanagaraj**  
Founder/CEO  
**One Vision Bringing People Together**



# Executive Summary

The initial scoping of HPFT’s Enhanced Primary Mental Health Services revealed a crucial need for culturally sensitive interventions and outreach strategies. One Vision, as a voluntary sector charity, focused on bringing people and communities together, was strategically positioned to bridge the gap between services and the Black African Caribbean communities in Watford. Through the network of community connectors, comprising individuals with expertise and influence in local settings, One Vision aimed to enhance accessibility and engagement among these communities for services offered by HPFT.

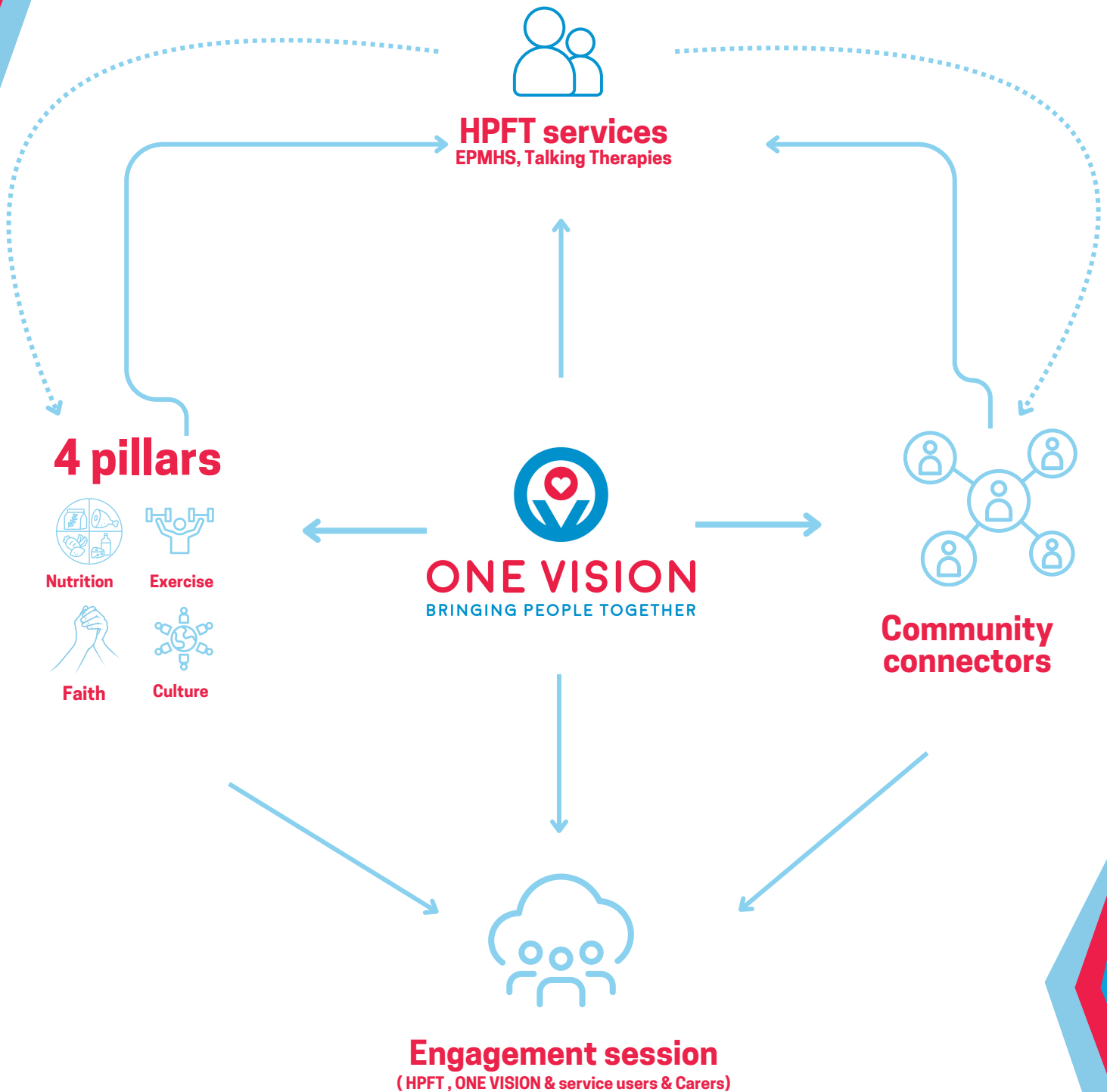
One Vision developed the 4 Pillar Programme - Culture, Nutrition, Exercise and Faith—based on evidence-based research, serving as a foundation for promoting mental wellbeing, especially within the African Caribbean Heritage population. The methodology included mapping faith-based and non-faith-based settings in Watford, conducting 4 pillar sessions to raise mental health awareness, employing a 2-tier network of Community Connectors and collecting qualitative and quantitative data.

Challenges such as reaching a diverse demographic beyond the faith community, addressing stigma and cultural beliefs and limited resources posed obstacles to achieving inclusivity and accessibility for racially and ethnically diverse individuals. However, innovative strategies like the Flowcode, partnerships with organisations such as Arrowsmiths and virtual coffee mornings helped broaden outreach and engagement efforts. Feedback and insights from the project emphasised the importance of community engagement, collaborative partnerships, and leveraging technology for outreach and ongoing learning. Training HPFT staff in cultural understanding and language nuances for diverse communities proved beneficial.

To sustain progress, proposed actions include expanding outreach efforts, targeting specific community establishments, offering community connector training, increasing visibility through press and radio, providing incentives for participation and enhancing follow-up procedures. Cultural sensitivity and trust-building remain crucial aspects in providing mental health services to underserved communities like the African Caribbean population in Watford, underscoring the need for tailored approaches and continued efforts in addressing mental health disparities and inequalities. The focus on inclusivity, collaboration, innovation and cultural competence will be essential for future initiatives aimed at supporting mental wellbeing within diverse communities.



# Methodology & Delivery Method



# Methodology & Delivery Method



## MENTAL HEALTH & CULTURE

- Cultural norms in diverse groups
- Socialisation and ideologies on wellbeing practices in BAME groups
- Myths & superstitions in BAME communities
- Policing and legal implications
- Social acceptance
- Racism and mental health
- Mistrust of establishments
- Cultural biases
- Addressing hesitance in BAME groups in relation to engaging with NHS establishments



## NUTRITION & MENTAL HEALTH

- How nutrition impacts mental wellbeing
- Food and mood
- Mental Health Foundation research studies
- Culturally specific foods for brain health
- Cultural norms and cooking practices (what helps what harms nutritive uptake)
- Food demonstrations



## FAITH & MENTAL HEALTH

- Mental Health Foundation research on faith impact on mental wellbeing
- Faith impact on belief systems
- Challenging ideologies that limit access to health care
- Engaging faith leaders in supporting service users in their recovery
- Encouraging positive religious expression and practice
- Prayer and healing – getting the balance right



## EXERCISE & MENTAL HEALTH

- Mental Health Foundation research on exercise and mental wellbeing
- Addressing hesitance in BAME groups in relation to engaging with NHS establishments
- Addressing ideologies and beliefs that impact exercise uptake
- Weight management in BAME groups
- Engaging cultural groups in exercises groups where BAME trainers lead out



## CHALLENGES & SUCCESSES

### CHALLENGES

Reaching a diverse demographic



### CHANGE CREATED

#### Diversification of outreach

Utilisation of flowcode and partnerships with new venues expanded audience reach

### CHALLENGES

Deep rooted stigma & cultural barriers



### CHANGE CREATED

#### Collaborative partnerships

Engagements in faith and non faith settings facilitated mental health discussions

### CHALLENGES

Limited resource & capacity



### CHANGE CREATED

#### Virtual coffee

Introduction of virtual sessions allowed for open dialogue and convenience for participants

### CHALLENGES

Language barrier and digital literacy hindered potential users of the heritage heard project from self-referring for talking therapies, despite awareness of the option.



### CHANGE CREATED

#### Referral Success

Our project team, alongside community connectors, facilitated access to the forms and assisted 5-6 individuals in completing them

## Resource creation

In our efforts to promote mental health awareness and support within the African Caribbean Community in Watford, a range of resources have been developed by One Vision to address the unique needs and challenges faced by community members. These resources aim to provide information, foster community connection and offer practical tools for individuals to navigate their mental health journey effectively. Below is an overview of the key resources created as part of the Watford Pilot Project:

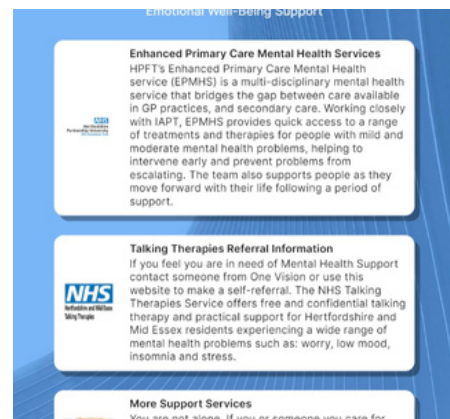
### Flow code

A Flow Code has been designed to provide easy access to mental health information and support services. This innovative tool allows community members to scan the code using their smartphones, leading them to a dedicated webpage with resources and guidance on seeking professional help. The Flow Code served as a gateway to vital mental health information, ensuring accessibility and convenience for individuals seeking support



### Welcome pack

To welcome newcomers to the Watford Pilot Project, a comprehensive Welcome Pack was developed. This pack includes informative materials about mental health, self-care tips, a list of available support services and guidance on how to engage with our community resources. The Welcome Pack aims to orient individuals to our programme and empower them with knowledge and resources to support their mental well-being.



### Safety plans

A Safety Plan template was created to assist individuals in developing personalised strategies for managing and maintaining their mental wellbeing. The Safety Plan outlines steps for coping strategies, social supports and emergency contacts, empowering individuals to proactively address their mental health needs and stay safe.

## RESOURCE CREATION

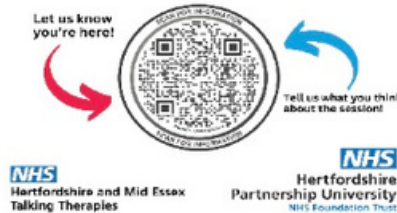
My Safety Plan	
Remember: Help is always available.	
<b>1. My warning signs are:</b> <small>*These can be thoughts, feelings or behaviors that indicate you are at risk.</small>	<b>2. My effective coping strategies are:</b> <small>*These are things you can do to help lift your mood, like meditation or exercise.</small>
<b>3. People I can reach out to for distraction:</b> Person 1: Contact No. Person 2: Contact No. Person 3: Contact No.	<b>4. People I can reach out to for help:</b> Person 1: Contact No. Person 2: Contact No. Person 3: Contact No.
<b>5. Steps I can take to make my environment safer:</b> 1. 2. 3. 4. 5.	<b>6. In the event of a crisis:</b> Call Emergency Contact #1: Call Crisis Hotline: Call Emergency Services:




**Well-Being Diary**  
S M T W T F S SCAN HERE NOW  
How I'm currently feeling (AM) Date: \_\_\_\_\_  
How I'm currently feeling (PM)  
Time I woke up: \_\_\_\_\_  
5 things I did when I first woke up:  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_  
Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snacks: \_\_\_\_\_  
Screen time: \_\_\_\_\_  
Movement: \_\_\_\_\_  
Bedtime: \_\_\_\_\_  
To Do List  
Water Intake: \_\_\_\_\_

### My Safety Plans

### Well-Being



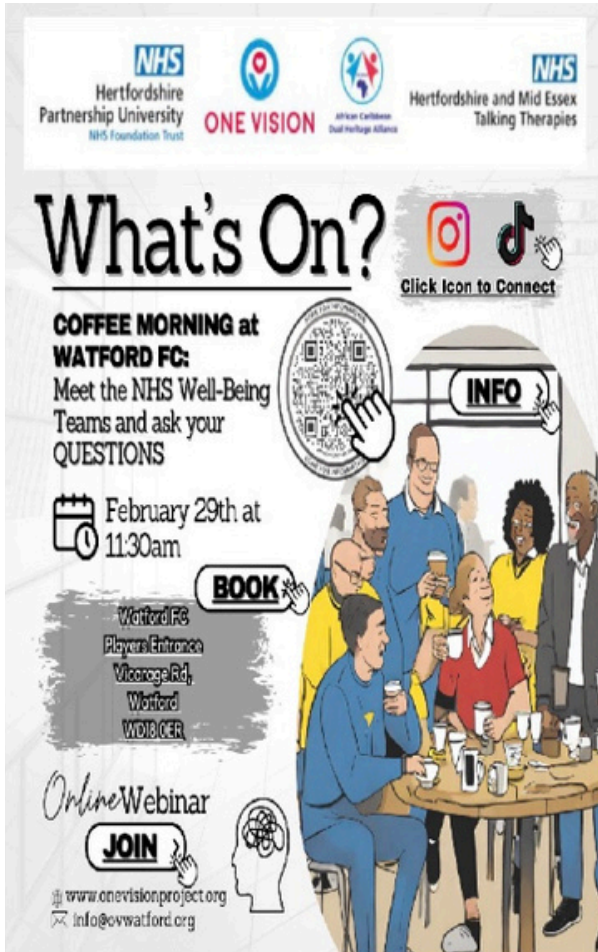
## Weekly virtual coffee Mornings

To foster community connection and provide a supportive environment for sharing experiences, we hosted weekly Virtual Coffee Mornings. These informal gatherings allowed community members to come together in a relaxed setting, share their stories, and offer mutual support. The Virtual Coffee Mornings promoted social interaction and camaraderie, combating feelings of isolation and loneliness often associated with mental health challenges.

## Whatsapp group

A dedicated Whatsapp group was established to facilitate ongoing communication and peer support among community members. This group served as a platform for sharing resources, offering encouragement and engaging in discussions related to mental health and well-being. The WhatsApp group provided a sense of belonging and community solidarity, enabling individuals to connect with others who understand and empathise with their experiences.

## RESOURCE CREATION



## Engagement sessions

Monthly engagement sessions were conducted to offer interactive, educational and informative space for community members. Specialists from EPMHS and NHS Talking Therapies came to the community settings where participants felt comfortable and not intimidated, fostering a conducive environment for learning and participation.

## Conclusion

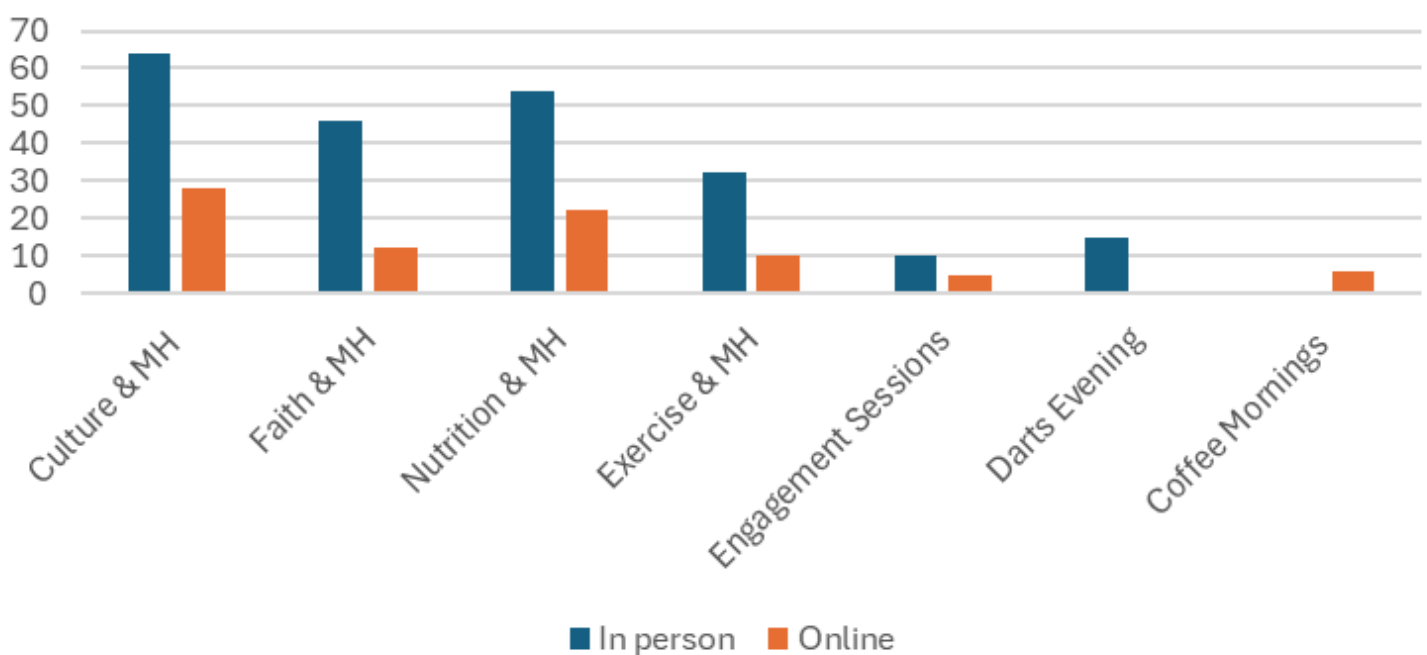
In conclusion, the creation of these resources reflects our commitment to promoting mental health literacy, reducing stigma and fostering community support within the African Caribbean Community in Watford. Through accessible information, peer support and engaging activities, we strive to empower individuals to prioritise their mental well-being and seek the support they need to thrive.



## Community Engagement Data

During the project year, we conducted a total of 35 4-pillar sessions, both virtually and face-to-face, with an approximate attendance of 40-60 individuals per session. This data illustrates the significant engagement and participation in our project activities, demonstrating the community's strong interest and commitment to engage in discussions surrounding mental well-being and access to available resources. These sessions also provided an opportunity for ongoing support and check-ins with individuals who were being referred to the HPFT services.

Awareness and Outreach through  
Four Pillar and Other Support Sessions

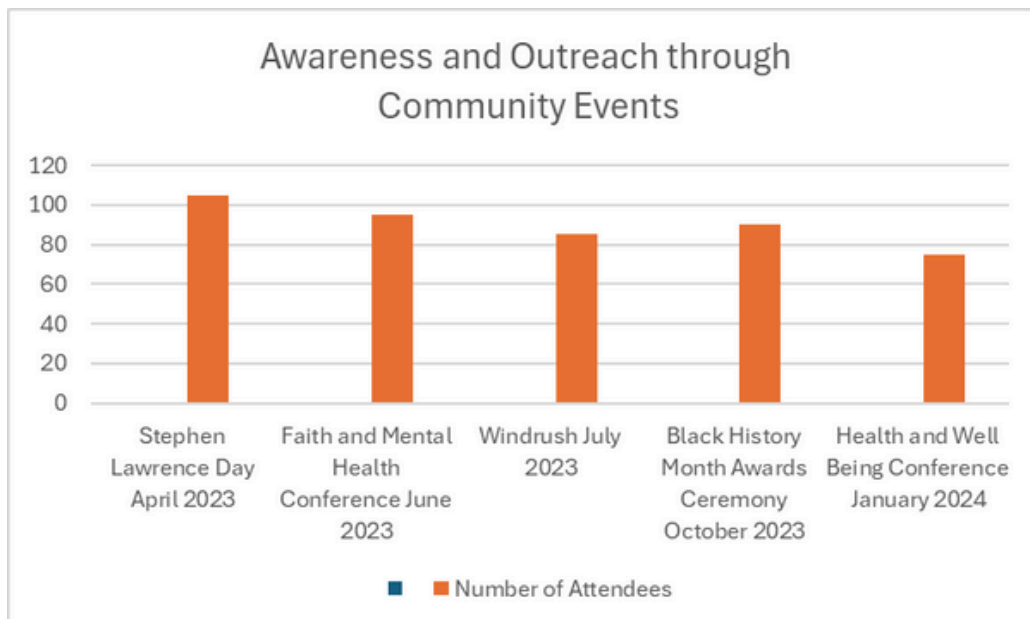


# Community Engagement Data

During the project year, One Vision organised a series of community events aimed at increasing awareness and outreach of the program among the African and Caribbean communities in Watford. These events included commemorations such as Stephen Lawrence Day, celebrations for Black History Month, the Windrush Conference and discussions on faith and mental health, and health and well-being initiatives, which took place at the House of Commons UK Parliament.

These events served as platforms to engage community members in discussions surrounding mental well-being and to provide access to available resources. Additionally, they facilitated partnerships with faith leaders and other statutory bodies, further increasing awareness, outreach and support for the programme.

The community events reached out to approximately 80-100 people per event. This data illustrates the significant engagement and participation in project activities, reflecting a strong interest and commitment from the community to address mental health issues and inequalities.

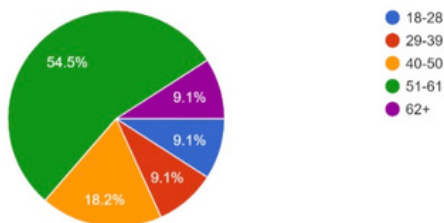


## Demographic and ethnicity

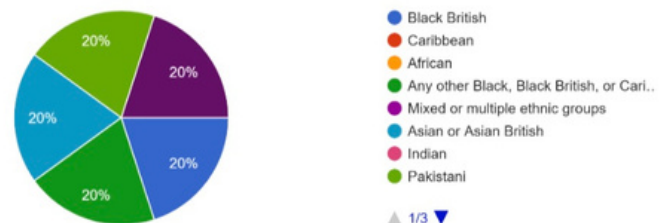
Due to the project being initially set in faith-based settings, the target audience naturally gravitated towards the older generations within the African and Caribbean communities in Watford. As the project transitioned away from faith-oriented contexts to non-faith settings, there was a marked broadening of engagement to include a wider demographic range, spanning across different age groups. This inclusive outreach was enabled through strategic initiatives and active community involvement efforts.

### Beginning Aug/ Sept 2023

#### Age

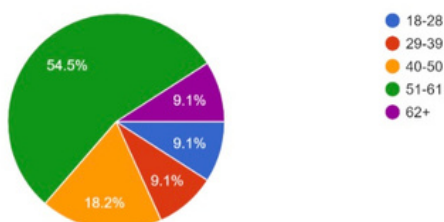


#### Ethnicity

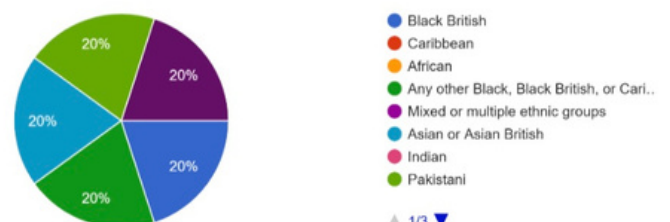


### Mid point dec 2023

#### Age

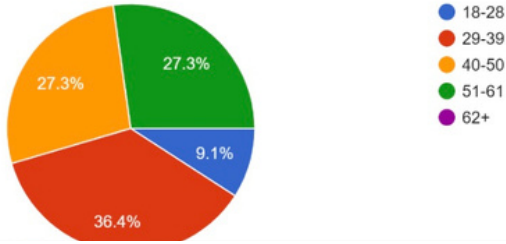


#### Ethnicity

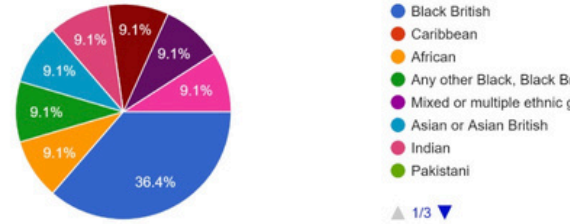


# Feb/ March 2024

## Age

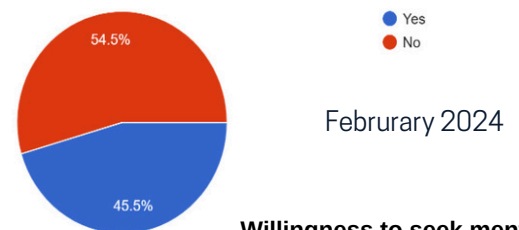
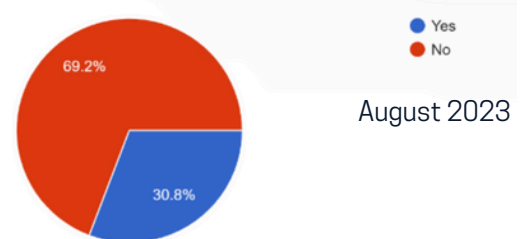
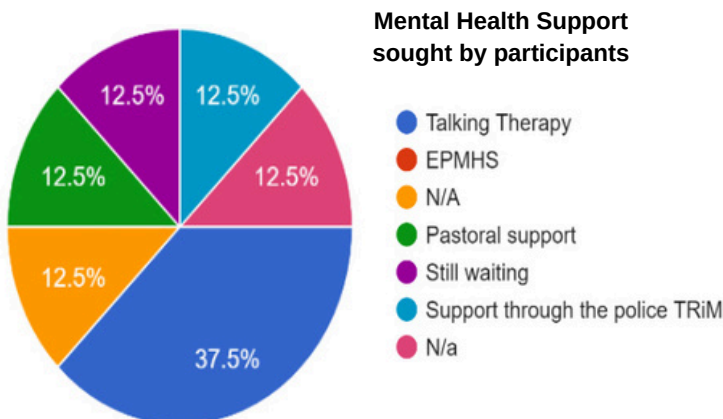


## Ethnicity



## DATA

Pre-project qualitative data revealed a general lack of awareness regarding available NHS resources and a limited understanding of the need for emotional well-being support. Quantitative data indicated that a significant portion of participants did not access or utilise mental health services prior to the project. During the project, qualitative feedback highlighted increased awareness of available resources and a growing willingness to seek mental and emotional support. Quantitative analysis showed a notable uptake in the utilisation of mental well-being services post-project implementation. This data represents the transformative impact of the Heritage Heard project in bridging awareness gaps and fostering a supportive environment for mental well-being.

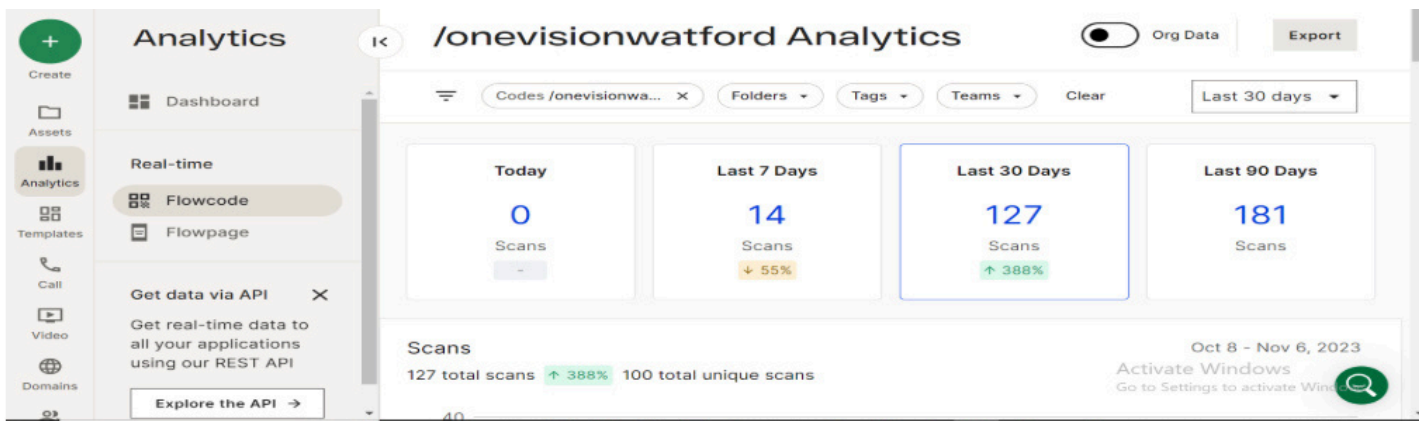


Willingness to seek mental and emotional support

# Flow code Analytics

The Flow Code played a significant role in disseminating information about the Heritage Heard Project and directing individuals to HPFT services during the 4 pillar sessions, engagement sessions and other outreach efforts. Analysis of the Flow Code usage revealed a notable increase in usage between October 2023 and January 2024, indicating a growing interest and engagement with the project. Additionally, celebrations such as the Black History Month Awards Night and Mental Health and Well Being Conference provided valuable platforms to amplify the exposure for our project, further extending its reach and impact within the community.

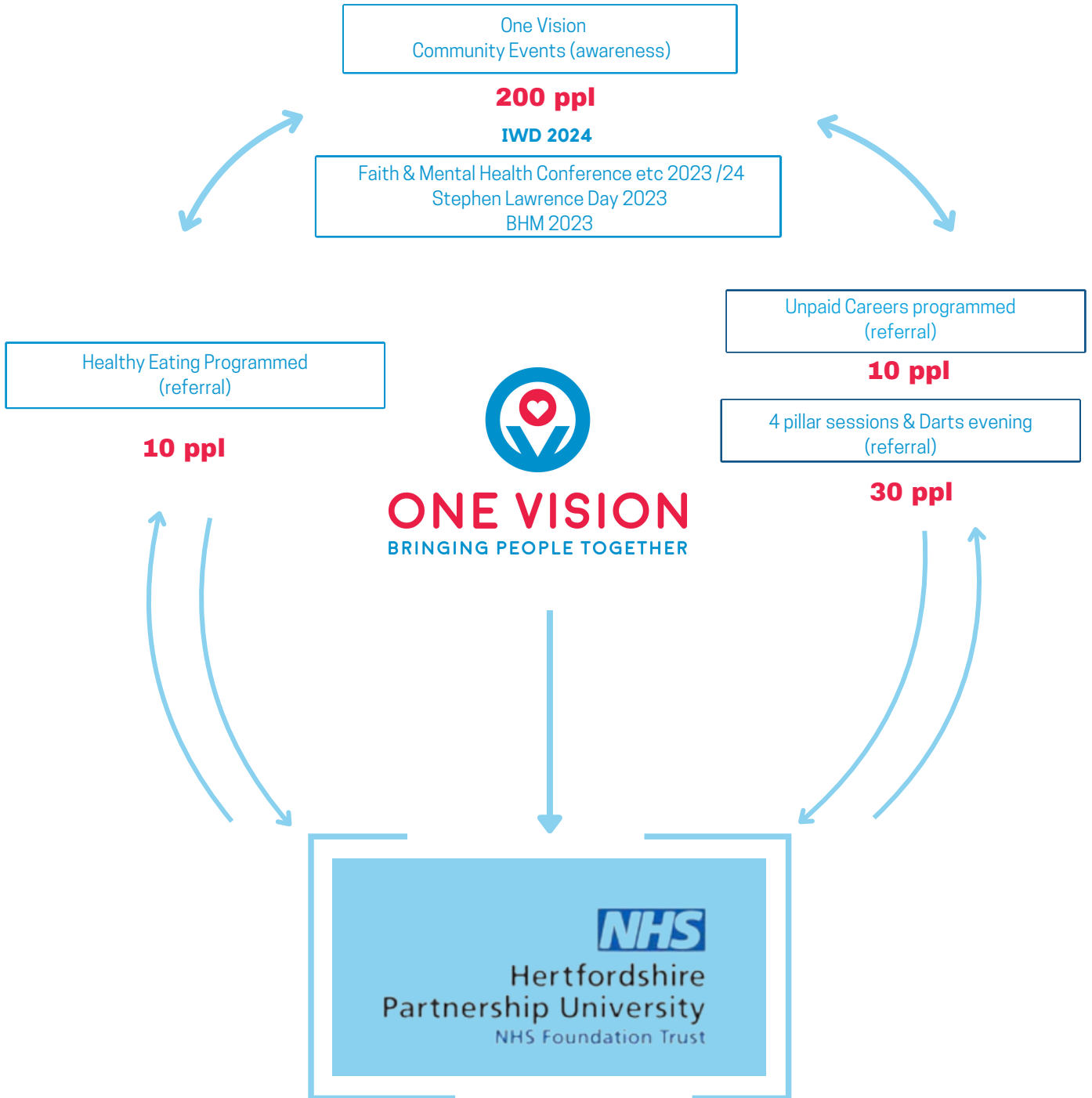
## OCTOBER 23



## January 24



# Outreach & Impact

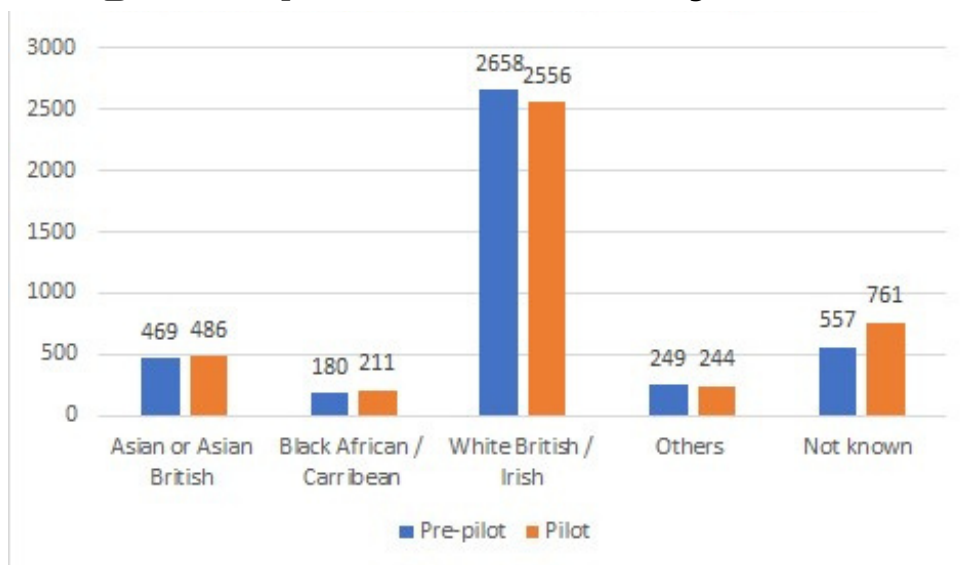


# Impact

The summary report indicates that One Vision’s multifaceted approach and community engagement efforts have indeed had a tangible impact on the uptake of NHS Talking Therapies among individuals from African Caribbean backgrounds. The graph below represents approximately a 1% increase in the uptake of Talking Therapies services from people from minority communities and an increase in the unknown category.

While a 1% increase may not appear substantial at first glance, it signifies notable progress, particularly considering the potential barriers to accessing mental health services within this community. This positive outcome suggests that the project initiatives and engagements resonate with the target audience and make a difference in addressing their needs and concerns. Furthermore, it emphasises the significance of tailored approaches and community involvement in promoting mental health support services to diverse populations.

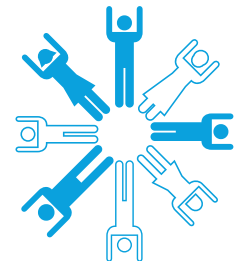
## Watford Talking Therapies Referrals July 2023 vs March 2024



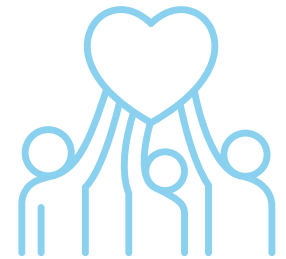
## Observation & Learning

Throughout the duration of our project, several key observations and learning have emerged shedding light on the unique challenges and opportunities within the African Caribbean community in Watford and informing our approach to mental health advocacy and support.

**1. Diverse Demographic Engagement:** Due to the project being initially set in faith-based settings, the target audience naturally gravitated towards the older generations within the African and Caribbean community in Watford. As the project transitioned away from faith-oriented contexts, there was a marked broadening of engagement to include a wider demographic range, spanning across different age groups. This inclusive outreach was enabled through strategic initiatives and active community involvement efforts.



**2. Expanded Community Reach:** As our project progressed, we were able to connect with a higher demographic of people from various black communities, reflecting the rich diversity within the African and Caribbean diaspora in Watford. This expanded reach highlighted the importance of inclusive programming to address the diverse needs and experiences of community members.



**3. Cultural Sensitivity and Receptiveness:** We observed a varying degree of receptiveness to mental health discussions within different segments of the community. While some individuals were open to discussing mental health openly, others expressed hesitation or reluctance due to cultural beliefs or stigma. This underscored the importance of culturally sensitive approaches to mental health advocacy and the need for targeted interventions to address stigma and misconceptions.



**4. Community Resilience and Solidarity:** Despite the challenges faced, we witnessed a remarkable sense of resilience and solidarity within the community. Peer support networks, community gatherings and collaborative efforts demonstrated the strength and resilience of individuals coming together to address mental health issues collectively.



**5. Importance of Partnerships:** Building partnerships with local organisations, faith and non faith-based institutions and mental health professionals played a crucial role in the success of our project. Collaborative efforts facilitated resource sharing, increased community engagement and enhanced the effectiveness of our interventions.



**6. Continuous Learning and Adaptation:** Throughout the project, we embraced a culture of continuous learning and adaptation, responding to feedback and refining our strategies based on observed outcomes. This iterative approach allowed us to remain responsive to the evolving needs of the community and optimise the impact of our interventions.



In conclusion, the observations and learnings from our project underscore the complexity and importance of addressing mental health within the African Caribbean community in Watford. By embracing inclusivity, cultural sensitivity and collaborative partnerships, we have made noticeable strides in promoting mental health awareness and support, while recognising the ongoing journey towards fostering holistic well-being within the community.



## Testimonials

I am grateful for the Virtual Coffee Mornings and the WhatsApp group. They have provided me with a sense of belonging and support during difficult times. It's comforting to know that I'm not alone in my struggles and that there are resources available to help us navigate mental health challenges."

"As a young adult, I often felt isolated and misunderstood when it came to mental health. This project has changed that. The engagement sessions and educational workshops have empowered me with knowledge and tools to prioritise my mental well-being. I'm proud to be part of a community that values mental health and support."



This project has been a lifeline for me and my family. As an elder in the community, I never thought I would see mental health addressed so openly and compassionately. The workshops and support groups have given me a renewed sense of hope and connection. Thank you for making mental health a priority in our community." -

"I appreciate the efforts put into raising awareness about mental health in our community. While there's still a long way to go in breaking down stigma and barriers, initiatives like this give me hope for a brighter future where mental health is openly discussed and supported."

While I was initially sceptical about joining the project, I'm pleasantly surprised by the sense of camaraderie and understanding I've found here. The resources and support offered have been helpful and I'm hopeful that with continued participation, I can overcome some of the challenges I've been facing."

## Follow up plan and vision

Follow up plan	Our vision for the future
<p>1. Continued Engagement - Maintain regular communication through WhatsApp group, Virtual Coffee, Mornings, social media platforms, emails, sharing newsletter</p>	<p>1. Cultural Competency - Mental health services are culturally competent and responsive to the unique needs and experiences of the African Caribbean Community and South Asian Community in Hertfordshire</p>
<p>2. Evaluation and Feedback - Regular evaluations - Gather feedback from participants</p>	<p>2. Empowerment Community members are empowered to prioritise their mental well-being, advocate for their needs and access appropriate support services without fear of stigma or discrimination.</p>
<p>3. Partnership Strengthening - Strengthen partnership with local organisations, mental health professionals, faith and non-faith based institutions.  -Extend outreach to South Asian communities in Hertfordshire,</p>	<p>3. Holistic Support Mental health support is integrated into all aspects of community life, including religious, professionals, faith-based gatherings, social events, and educational institutions initiatives, fostering a holistic approach to well-being.</p>
<p>4. Capacity Building, Invest in capacity building initiatives to empower community connectors and provide cultural competency training.</p>	<p>4. Collaborative Network A collaborative network of stakeholders, including community leaders, healthcare professional and community connectors work together to address systemic barriers and promote mental health equity.</p>
	<p>5. Capacity for Larger Scale Projects Leveraging the experiences and expertise gained during the last year from this Project and the other projects the leadership of One Vision is confident in our ability to deliver larger scale projects that have a broader impact on mental health advocacy and support within the community</p>



# COLLABORATIVE IMPACT THROUGH COMMUNITY

## Impact on mental health

One Vision's impact on mental health advocacy extends beyond its direct project work, benefiting from its broader community engagement initiatives. Through previous projects like the "Care for Carers" programme, supported by Hertfordshire County Council (HCC), One Vision has built strong relationships with minority ethnic groups, including South Asians. This network has facilitated the dissemination of information about National Health Service (NHS) Talking Therapies and other mental health services offered by Hertfordshire Partnership University NHS Foundation Trust (HPFT) and referral to services from diverse minority ethnic communities.

By leveraging its existing connections and trust within diverse communities, One Vision has amplified the reach and impact of HPFT's mental health initiatives, resulting in a collaborative impact that extends beyond individual projects. The ability to engage with minority ethnic groups and foster deeper connections has allowed One Vision to create a more inclusive and accessible mental health support network, ultimately contributing to improved well-being within the community.

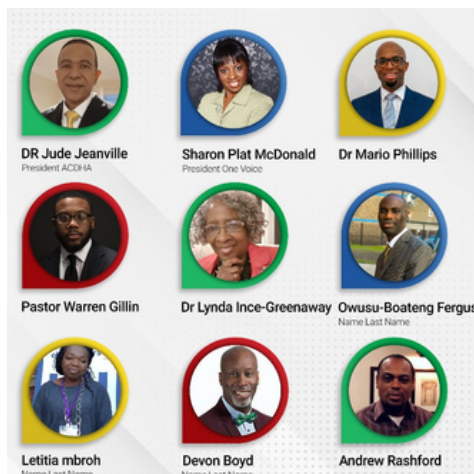
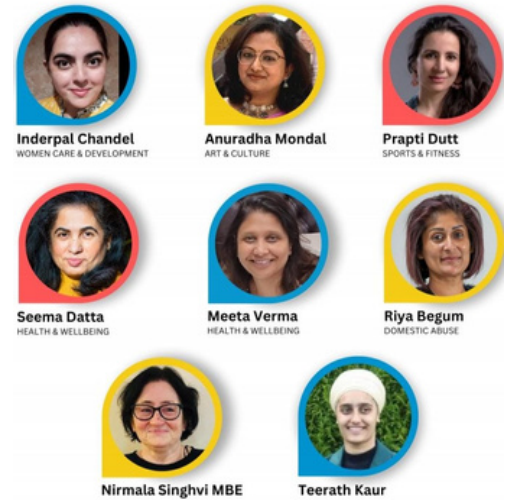
## Community Engagement

Wartford Project Work, Care for Carers Programme for South Asian Communities in Hertfordshire (Supported by Hertfordshire County Council) and Collaboration with Minority Ethnic Groups (South Asians, etc Awareness of NHS Talking Therapies and Other Mental Health Services by HPFT Through this collaborative approach, One Vision has been able to extend its impact and reach within the community, creating a more cohesive and supportive environment for mental health awareness and advocacy.

Through this project, there also has been an opportunity for cross-organisational learning where HPFT staff have been trained, through the sharing of resources and expertise from within One Vision, to enhance cultural sensitivity in dealing with service users from African and Caribbean backgrounds and provide more contextualised care and support.



# community connectors



# Conclusion

This Summary Report encapsulates the transformative journey of the Watford Pilot Project from 2023 to 2024. Through concerted efforts, strategic partnerships and community engagement, the project has made significant strides in promoting mental health awareness and support within the African Caribbean Community in Watford.

This report highlights the multifaceted approach employed by One Vision and its partners, which included 4 pillar engagement sessions, peer support groups, outreach events and collaboration with religious and spiritual leaders. These initiatives aimed to address the stigma surrounding mental health, increase awareness and enhance access to HPFT's comprehensive mental health support services.

Throughout the project, key observations and learnings emerged, underscoring the importance of cultural sensitivity, community resilience and collaborative partnerships in advocating for mental health equity. The extension of outreach efforts to include South Asian communities in Hertfordshire further demonstrates One Vision's commitment to inclusivity and diversity within its programme delivery models.

Looking ahead, the vision for the future outlined in this report emphasises the need for continued engagement, capacity building and the delivery of larger scale projects. Leveraging the expertise and experience gained from this project, One Vision is poised to further its impact and create lasting change in mental health advocacy within the community.

In closing, the Watford Pilot Project has laid a strong foundation for ongoing efforts to break down barriers, foster understanding, and build bridges of support for mental health within the African Caribbean Community and beyond. With dedication, collaboration, and perseverance, we can collectively strive towards a future where mental health is prioritised, health inequalities and stigma are eradicated, and all individuals have equitable access to support and resources for their overall well-being.



# **CASE STUDY**

## **BREAKING BARRIERS**

### **BUILDING BRIDGES**

#### **Introduction:**

Watford Town Church, situated in the heart of Watford, England, serves as a beacon of support and guidance for its community members, particularly within the Black, African Caribbean Community. This case study delves into the prevalent attitudes, myths and assumptions surrounding mental health within this demographic



and explores the pivotal role that Watford Town Church plays in addressing these challenges. Furthermore, it examines the significance of creating space within the church for mental health literacy and dismantling religious beliefs that impede access to professional mental health support.

#### **Background:**

Despite the array of services offered by Watford Town Church, mental health awareness remains a pressing issue within the African Caribbean population. Cultural beliefs, systemic barriers and a lack of awareness often deter individuals from seeking or accessing appropriate mental health support. Recognising this, One Vision and Hertfordshire Partnership University NHS Foundation Trust (HPFT) collaborated to introduce an intervention program at Watford Town Church, aimed at raising awareness and promoting mental health literacy within the community.

#### **Objectives:**

##### **The objectives of the intervention were to:**

1. Increase awareness and understanding of mental health challenges among African Caribbean individuals.
2. Reduce stigma surrounding mental health within the community.
3. Enhance access to mental health resources and support services.

## Implementation:

### The intervention employed a multifaceted approach, incorporating various strategies:

- **Education and Training Workshops:** Interactive sessions provided information about mental health disorders, symptoms, and available treatments, tailored to address cultural nuances.
- **Peer Support Groups:** Regular support groups offer individuals a safe space to share experiences and seek emotional support.
- **Outreach and Engagement:** Community events and social media campaigns were utilised to reach a broader audience.
- **Collaboration with Spiritual Leaders:** Mental health discussions were integrated into religious gatherings, with spiritual guidance provided alongside support.

## Evaluation and Impact:

The effectiveness of the intervention was assessed through pre-and post-intervention surveys, focus groups, interviews and monitoring of engagement. Positive outcomes included increased awareness, reduced stigma, enhanced support networks and strengthened partnerships between mental health organizations and faith-based communities.

## Conclusion:

The intervention at Watford Town Church exemplifies the potential of community-based approaches to address mental health challenges among ethnic minority populations. By leveraging existing community resources and fostering collaboration between stakeholders, the initiative succeeded in promoting mental health awareness, reducing stigma, and enhancing support networks within the African and Caribbean communities. This case study highlights the importance of tailored interventions that consider cultural context and engage community leaders in advocating for mental health and well-being.

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