

More good days, together: Call to take mental health seriously

This May, the global Mental Health Awareness Month theme invites a question that sounds simple and turns out to be quietly profound: What does a good day look like – for you, and for your community?

For a mother in Kampala, a good day might mean waking up with enough energy to cook breakfast, walk her children to school and arrive at work without the weight of invisible dread. For a woman in a refugee settlement in Adjumani district, a good day might mean laughing, genuinely laughing, for the first time in months.

For a young man who has spent years cycling in and out of hopelessness, a good day might simply mean believing there will be another one. For a student preparing for university, it might mean being able to concentrate. For an employee, it might mean showing up fully. For an employer, it might mean a workforce present, not just in body, but in mind.

These are not abstract aspirations. They are the measure of what mental health care makes possible. As a country, more good days together means investing now in the mental wellbeing of our population, so that investment pays dividends through a more productive workforce, stronger families and a more resilient society. In Uganda right now, far too many people are not having enough of them.



Charlotte Oloya

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The writer is the deputy country director of
StrongMinds Uganda, a non-profit providing
community-based group therapy for
depression across Sub-Saharan Africa**



On Monday, we marked
African Liberation Day,
the day that honours the

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