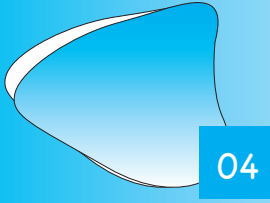


THE AMPLIFIER





04

**CEOs
Note**



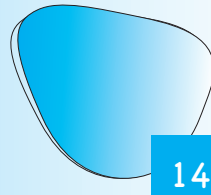
05

**YSOs
Highlights**



13

**County
Highlights**



14

**Opinion
Piece**



15

**Mental
Health Support**



16

**Connect
with us**

Youth Council.tv

 KENYA



Stay
Informed!!





Gloria Wawira
Ag. CEO National Youth Council

Welcome to the 6th edition of The Amplifier Newsletter, a platform dedicated to amplifying youth voices, sharing inspiring stories, and showcasing the creativity, resilience, and achievements of young people across Kenya. Through each edition, The Amplifier seeks to inform, inspire, and connect youth by highlighting issues that matter to them, celebrating youth-led solutions, and creating a space where young people can learn from one another and contribute to national development.

This edition shines a spotlight on mental health and wellbeing, a theme that touches the lives of young people across the country. Today's youth are navigating challenges that test their resilience, including academic pressures, unemployment, peer influence and the demands of an increasingly digital world. These realities can weigh heavily on mental wellbeing, often contributing to stress, anxiety, and, at times, unhealthy coping mechanisms. Yet, young people continue to demonstrate remarkable strength by innovating solutions, creating safe spaces

and championing resilience within their communities.

Mental health is not a weakness; it is a foundation for empowerment. When young people are supported to thrive emotionally and mentally, they are better equipped to lead, innovate and contribute meaningfully to society. This edition highlights youth-serving organizations that are making a difference through impactful interventions - from creative therapy initiatives in Kilifi and peer mentorship programs in Mathare to arts-based mental health awareness campaigns reaching communities nationwide.

As we mark this 6th edition, we invite you to continue this journey with us by normalizing conversations around mental health, supporting youth-driven solutions, and ensuring that every young person has the opportunity to thrive. Together, let us amplify resilience, amplify creativity, and amplify the future.

"What mental health needs is more sunlight, more candor, and more unashamed conversation." - Glenn Close

IMPACT 360 ORGANIZATION THARAKA NITHI

Impact360 is showing what it means when youth lead the way on mental health. Through their Youth Mental Health & Wellbeing Initiative, they are reaching young people aged 15-35 - from students to out-of-school youth and even vulnerable groups in rural areas - with safe spaces, peer-to-peer support and digital campaigns that break stigma.

By training Youth Mental Health Champions, hosting school sensitization pro-

grams and linking youth to professional counselors, they are building resilience and trust where it matters most.

What makes Impact360 stand out is its peer-driven approach: young people supporting each other, creating openness and proving that community outreach plus digital platforms can spark a sustainable model for mental health support that other counties can replicate.





ABOVE & BEYOND LEADERSHIP NETWORK (ABLN)

Above & Beyond Leadership Network is redefining youth mental well-being by blending leadership development with emotional resilience and civic engagement. Recognizing the pressures young people face- from academic stress to economic challenges and the digital world- they have built a preventative, youth-centered model that focuses on resilience and purpose instead of just crisis response.

Through mentorship programs, leadership workshops, and peer-led support groups, they equip youth with practical skills in emotional intelligence, stress management, and self-awareness, all grounded in value-driven leadership. Their work is rooted in the belief that mental wellbeing is essential for sustainable development and social cohesion, and by combining character growth with psychosocial support, they are nurturing a generation of leaders who are emotionally grounded, purpose-driven, and ready to lead with integrity.



Life Organization

Life Organization is proving that sports and community can be powerful tools for mental wellbeing. Their Nkomo Sports Day at Kanjai Primary School brought youth together through football, mentorship, teamwork, and fun-but it was more than just play.

“relieve stress, build confidence, and connect positively with peers.”

The event gave young people a safe space to relieve stress, build confidence, and connect positively with peers, showing how recreation can strengthen mental health. By reducing isolation, nurturing talent and encouraging healthy lifestyles, Life Organization continues to create grassroots platforms that inspire, empower and unite young people across the community.



YOUTHS FOR FUTURE

Youths for Future is all about building stronger, healthier communities by putting mental wellness at the center of youth development. Through mentorship, peer support, awareness sessions, and outreach, they are creating spaces where young people can talk openly and feel supported.

Their programs—from mental health awareness campaigns to life skills training and counseling—are helping youth break the silence, strengthen resilience, and grow in environments that encourage wellbeing. By sparking conversations and offering practical support, Youths for Future is showing that when young people stand together, mental health becomes a shared strength, not a hidden struggle.

START WALKING FOUNDATION

Start Walking Foundation is proving that youth empowerment and mental health go hand in hand. Through their WALK Framework — Wellbeing, Access, Leadership, and Knowledge, they are creating safe spaces in schools

and communities where young people can talk openly, learn life skills, and build resilience.

From mentorship and dialogue forums to wellbeing awareness sessions, SWF is making mental health part of everyday youth development. They also champion menstrual dignity for adolescent girls and run leadership programs that boost confidence, inclusion, and civic participation.

By combining emotional support with structured frameworks for wellbeing and leadership, SWF is shaping a future where young people feel heard, supported, and ready to lead.





ST STEPHEN FOOTBALL CLUB

St Stephen Football Club is proving that football can be more than just a game- it's a lifeline for young people. Through regular training, mentorship and friendly matches, the club creates a safe space where youth can grow while tackling tough issues like drug abuse, alcoholism, crime, peer pressure and unemployment.

On the pitch, players learn discipline, teamwork and respect, while off the pitch they build confidence, healthy relationships and mental wellness. By organizing matches with neighboring teams, St Stephen FC also fosters unity and peaceful coexistence, giving young people a sense of belonging and showing how sports can spark positive change in the community.

THE COOPERATIVE UNIVERSITY OF KENYA

At CUK, students are taking the lead in championing mental health and wellbeing on campus. Through forums, peer discussions, and student-driven advocacy, they have created supportive spaces that reduce stigma and encourage access to counseling services. Their initiatives go beyond awareness-tackling issues like drug and substance abuse, promoting inclusivity, and building healthy social relationships.

By organizing wellness activities that strengthen emotional wellbeing and stress management, these student leaders are proving that mental health belongs at the heart of university life, and that young people themselves can drive the change toward a healthier, more supportive campus culture.

Save Bunyala Community C.B.O (SABCO)



SABCO is making mental health a community conversation by putting youth at the center of change. Through mentorship and life skills sessions, they help young people build emotional resilience, make positive decisions, and embrace healthy lifestyles.

Their community dialogues, awareness forums, and peer education programs tackle tough issues like stigma, substance abuse, unemployment, and sexual and reproductive health, while also creating safe spaces where youth can openly share about stress, anxiety, and personal challenges. Beyond mental health, SABCO engages

young people in volunteerism, climate action, and leadership activities that boost confidence, self-esteem, and social inclusion. By collaborating with local stakeholders and youth groups, they're amplifying youth voices and ensuring access to the support services that every young person deserves.

SERENITY OF SOUL

Serenity of Soul is creating spaces where young people feel truly seen and supported. Their mission is simple but powerful: make mental health a priority by giving youth safe corners to heal, connect, and grow.

From school mentorship programs that boost self-esteem and resilience, to Community Healing Corners where open conversations spark emotional recovery, they are building environments that feel safe and empowering.

They also run mental health literacy sessions to break down stigma, host live webinars and events that bring youth and professionals together, and even design interactive game spaces that mix fun with stress relief and teamwork.

By blending education, healing, and play, Serenity of Soul is proving that mental wellbeing can be both empowering and engaging— a movement where youth don't just survive, they thrive.



DREAM WINNERS' CBO

Dream Winners CBO is showing how art can transform mental health and youth empowerment. Through their Angaza Initiative, they use acting, modeling, dance, spoken word, and music to give young people platforms for self-expression, confidence building, and emotional healing.

“Their Her Story Matters Initiative focuses on mentorship and advocacy against gender-based violence, offering girls and young women safe spaces for support and awareness.”

Beyond the arts, Dream Winners hosts mentorship forums and youth discussions on self-esteem, leadership, and life skills, while initiatives like Love Without Reason and Sema use storytelling and community outreach to promote compassion, social connection, and awareness against drug abuse.

By blending creativity with advocacy, Dream Winners CBO is proving that mental health support can be vibrant, inspiring, and deeply rooted in the community.



“

Kicheko Fest is turning creativity into a powerful tool for mental health. From theatre productions and live performances to interactive social media sessions, they use art and youth-centered platforms to spark open conversations about wellbeing, healing, and personal growth.

Their participation in a 24-hour skipping rope challenge highlighted suicide prevention and mental health awareness, showing how innovative activities can inspire dialogue and support. By creating safe online spaces for self-expression and partnering in advocacy forums, Kicheko Fest continues to blend storytelling, performance, and community engagement to empower young people, reduce stigma, and celebrate togetherness.

”

center expo

mental wellness

Nation Med
Media of Africa for Africa

Uber

Health

KICHEKO FEST

SAHAJA YOGA MEDITATION

KNIGHTWISE HUMAN CAPITAL

Kuunganisha

OLIVEYARD

AR

Dance iH Co

SAHAJA YOGA MEDITATION

KNIGHTWISE HUMAN CAPITAL

Kuunganisha

coaching

COUNTY HIGHLIGHTS;

FAR EAST — NAIROBI

FAR EAST is standing strong for youth in Mathare by tackling drug and substance abuse through regular engagement sessions that spark awareness and positive change. With weekly mentorship and sensitization activities, they provide guidance and peer support to young people who often lack reliable systems of advice, helping more than 50 youths so far make informed choices and embrace healthier lifestyles. Driven by their slogan “YUT FOR YUT,” the group embodies the spirit of youth empowering youth—creating safe, community-based spaces where young people can find mentorship, resilience, and encouragement to live positively.

DADA YANU — KILIFI

Dada Yangu’s Crochet Academy is showing how creativity can heal. By teaching teenage girls to crochet in after-school and holiday programs, they are offering more than just a skill— they are creating safe spaces for friendship, confidence, and belonging. The mindful rhythm of crochet helps participants manage stress and anxiety while expressing themselves in positive ways. Beyond wellbeing, the academy provides materials to ensure equal participation and supports girls through mentorship, workshops, and exhibitions where they can showcase and even sell their handmade products. With every stitch, Dada Yangu is weaving together emotional resilience, creativity, and economic empowerment for young girls in Kilifi.

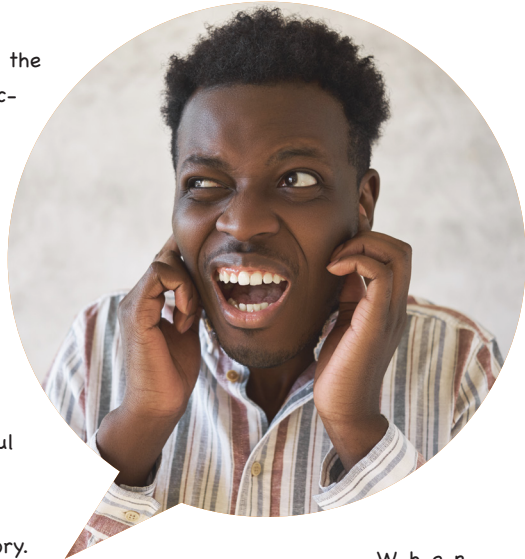


Opinion Piece

Mental health is one of the most pressing challenges facing young people today. The pressures of school, the uncertainty of employment, and the constant noise of social media create a heavy burden. Many youth feel isolated, anxious, or overwhelmed, and without support these struggles can lead to harmful coping strategies.

But this is not the whole story. Young people are also showing remarkable resilience. Across Kenya, youth are building peer networks, creating safe spaces, and leading campaigns that break the silence around mental health. They are proving that vulnerability is not weakness - it is courage. By speaking out, they challenge stigma and inspire others to seek help.

Mental health is more than an individual issue; it is a collective responsibility. Families, schools and communities must recognize its importance and provide platforms where youth can be heard. Professional support should be accessible, but so should everyday empathy - listening, mentoring and standing together.



When mental health is prioritized, young people thrive. They learn better, work with focus and build stronger relationships. They also become leaders who can transform society with creativity and compassion. Ignoring mental health undermines progress; addressing it unlocks the full potential of a generation.

The future of Kenya depends on the wellbeing of its youth. Supporting mental health is not optional, it is essential. By investing in young people's resilience today, we build a nation that is stronger, kinder and ready for tomorrow.

Alex Saitoti



If you or someone you know is struggling with mental health, remember you are not alone. Reach out to trusted friends, family, or professionals. You can also connect with these organisations offering support:

- Kenya Red Cross — Toll-Free Helpline: 1199 (24/7 emergencies & psychosocial support)
- Befrienders Kenya — Confidential listening, Phone: 0722 178177
- Chiromo Hospital Group — Counseling & psychiatric services, Phone: +254 709 579 000
- Africa Mental Health Foundation — Community programs, Phone: +254 20 271 7919

If you ever feel like harming yourself or are in immediate danger, please call 1199 right away or go to the nearest hospital. Your life matters, and help is available.

Be featured in the Amplifier;

Email; registration@nationalyouthcouncil.go.ke / Whatsapp 0700692692

Connect with us

www.nationalyouthcouncil.go.ke | NYC_YouthVoice



AMPLIFIER

To maximize these benefits, please ensure your organization's profile is complete and up-to-date on the NYC portal.

For assistance or inquiries, feel free to contact us at registration@nationalyouthcouncil.go.ke.

For more information, visit the NYC website or contact:

Email: info@nationalyouthcouncil.go.ke

Web: www.nationalyouthconcil.go.ke

