



10<sup>th</sup> October 2023

## **SPEAK OUT AFRICA INITIATIVE PUBLIC STATEMENT ON WORLD MENTAL HEALTH DAY 2023**

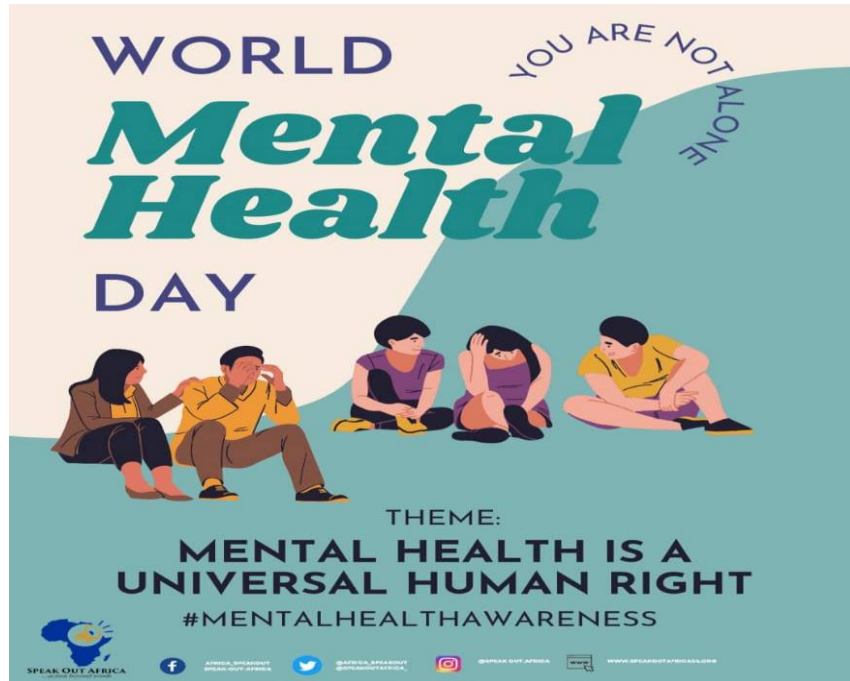
On this day, World Mental Health Day, Speak Out Africa Initiative (SOAI) reaffirms its unwavering commitment to the belief that "Mental Health is a Universal Human Right." We recognize that mental health is an integral part of overall well-being and is essential for the flourishing of individuals, communities, and nations.

As an organization dedicated to promoting practical development through transparency, accountability, empowerment, and political participation, we understand that mental health is not only a personal matter but also a critical societal concern. Good governance, democracy, and public service delivery are closely intertwined with the mental health of our citizens. We recognize that mental health challenges can hinder one's capacity to fully participate in society and demand equitable access to national wealth, economic empowerment, and legal protection. It is our firm conviction that mental health support and services should be accessible to all, without discrimination, as an inherent human right.

At Speak Out Africa Initiative, we have consistently aligned our efforts with the United Nations' Sustainable Development Goals (SDGs) to enhance an enabling society. Our mission is to build and support sustainable democracy rooted in the principles of inclusion, accountability, institutional reforms, human rights, justice, and good governance. We firmly believe that mental health is an essential component of these principles.

Today, on World Mental Health Day, we call for a renewed commitment from governments, institutions, and individuals to prioritize mental health as a universal human right. We urge all stakeholders to work together to eliminate stigma, increase access to mental health services, and create environments where every individual can thrive mentally, emotionally, and socially.

In conclusion, Speak Out Africa Initiative stands in solidarity with citizens who seek justice, accountability, equitable distribution of national wealth, sustainable grassroots development, economic and legal empowerment, and the promotion and protection of basic rights, freedoms, and liberties. Together, we can create a world where mental health is a universal human right, and every voice is heard and valued.



#WMH2023  
#WorldMentalHealthDay  
#MentalHealthAwareness  
#SpeakOutAfricaInitiative.

SPEAK OUT AFRICA  
*...action beyond words*