

The Goal: Make maternal mental health screening and support accessible, normal, and stigma-free across Ghana. We're partnering with hospitals, universities, mental health professionals, and faith communities to create safe spaces for conversation, screening, and healing.

What We're Doing: Maternal health screening at partner hospitals. Campus mental health talks. Workplace wellness sessions. Support groups for new mothers. Professional counseling connections. Public awareness campaigns. All driven by one belief: Mental health is health period!

Breaking Stigma, Building Support

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In partnership with Mental Health Authority of Ghana
Because a healthy mother = a healthy family.


IF YOU KNOW SOMEONE STRUGGLING:

- Don't tell her to "snap out of it" or "be grateful"
- Listen without judgment
- Offer specific help:
"Can I watch the baby while you rest?"
- Encourage her to talk to a healthcare provider
Check in regularly—don't assume she's fine

EMERGENCY RESOURCES:

If you're having thoughts of harming yourself or your baby:

 Call the National Mental Health Emergency Line:
0800-678-678 (Toll Free)

 Go to the nearest hospital emergency room
You don't have to face this alone. Help is available. You
deserve to feel better.

Breaking Stigma, Building Support is a 2026 mental health initiative by Jubilare Group in partnership with Mental Health Authority.

Who We Are: Jubilare Group is a Christian organization using music and relevant social interventions to bring about measurable social impact. We believe worship without works is incomplete. For 4 consecutive years (2022-2025), we have combined excellence in gospel music with consistent community service to Ghana's most vulnerable populations.

Why Mental Health? Ghana is facing a silent crisis: 1 in 5 new mothers experience postnatal depression, yet most suffer in silence. Rising suicide rates among students. Workplace burnout destroying families. Too many suffer because of stigma. Too many don't know where to turn. Too many think mental health struggles mean spiritual failure or personal weakness.



JUBILARE
GROUP

IT'S OKAY TO NOT HAVE IT ALL TOGETHER

*You showered, showed up,
held it together. That
counted today.*



2026
Campaign

#EveryMindMatters

The Truth About Student Life in Ghana

Everyone else may seem to have it figured out: Acing exams. Thriving socially. Balancing school, work, relationships.

But here's what they're not posting:

- The 3am panic attacks before deadlines
- The loneliness even when surrounded by people
- The constant comparison and feeling "not good enough"
- The financial stress and family pressure
- The fear of disappointing everyone who sacrificed for your education
- The exhaustion that no amount of sleep fixes
- The relationship struggles or finding yourself

You're not weak. You're human.

1 in 3 university students in Ghana experiences anxiety or depression. The pressure is real. The struggle is real. And talking about it doesn't make you less capable, it makes you brave.



Warning Signs You Shouldn't Ignore:

- Feeling sad, empty, or hopeless most days
- Loss of interest in things you used to enjoy
- Difficulty concentrating or remembering things
- Grades dropping despite working hard
- Withdrawing from friends and activities
- Sleeping too much or barely sleeping
- Loss of appetite or eating too much
- Feeling worthless or excessively guilty
- Irritability or frequent mood swings
- Physical symptoms: headaches, stomach issues, fatigue
- Substance use to cope (alcohol, drugs)
- Thoughts of self-harm or suicide
- Forced excitement or joy when with people

If you recognize any of these symptoms, don't wait. Reach out today!

You're Not Broken. The Pressure Is Real.

ACADEMIC STRESS

Ghana's education system is competitive. Fear of failure, heavy course loads, and unclear career paths create constant anxiety.

SOCIAL COMPARISON

Social media shows everyone's highlight reel. You compare your behind-the-scenes struggle to their edited success. It's not real.

FINANCIAL PRESSURE

School fees, transportation, feeding, books when money is tight, focus becomes impossible and guilt becomes overwhelming.

FAMILY EXPECTATIONS

You're carrying the hopes of parents or care giver who sacrificed everything. That weight can feel crushing, especially when you're struggling.

RELATIONSHIP TRAUMA

Heartbreak, betrayal, toxic relationships, breakups, or abuse leave emotional wounds. Dating pressures and relationship expectations add stress when you're already vulnerable.

You Can Feel Better. Here's How.

1. TALK TO SOMEONE

Friend, family member, roommate, lecturer you trust, campus pastor, or counselor. Silence makes it worse. Speaking brings relief.

2. USE YOUR CAMPUS COUNSELING CENTER

Most universities have free, confidential counseling. You don't need to be "in crisis" to go. Early help prevents crisis.

3. JOIN A PEER SUPPORT GROUP

Being around students who understand what you're going through reduces shame and isolation. You'll realize you're not alone.

4. PRACTICE SMALL SELF-CARE

Take a short walk between classes (about 10 minutes). One decent meal per day. (20 minutes) away from your phone. Do one thing you enjoy each week.

5. MANAGE ACADEMIC STRESS STRATEGICALLY

Break big tasks into small steps. Study in short focused bursts. Ask for help early. Remember: Your worth isn't your GPA.

6. SEEK PROFESSIONAL HELP IF NEEDED

If symptoms persist for more than 2 weeks, or if you're having thoughts of self-harm, see a counselor or doctor. Mental health is health.