



## CONVERSATION ON MENTAL HEALTH ISSUE

### CONVERSATION ON MENTAL HEALTH ISSUE

Fri, 2017-05-19 09:07 | egithua

**Date and time:** Tue, 2017-05-16 08:51

**Location / Venue:**

UNIVERSITY OF NAIROBI, MOMBASA CAMPUS ROOM 002

Share: [Facebook](#) [1] [Twitter](#) [2] [Google Plus](#) [3] [Yahoo](#) [4] [LinkedIn](#) [5] [Digg](#) [6] [Delicious](#) [7]



The university of Nairobi, Mombasa Campus Staff and students were trained on mental health issues dubbed “Akili ni Mali” by Sitawa Wafula who is a blogger and mental health advocate on Tuesday, 16<sup>th</sup> 2017.

The talk was indeed timely and important. Mental health discussions are usually ignored and assumed to relate to only those who are institutionalized. However this talk focused on day to day factors that deter us from enjoying optimal mental stability.

[PDF](#) [8]

[MSWORD](#) [9]

**Expiry Date:** Thu, 2017-08-31 08:51

**Contact Person:**

DIRECTOR, MOMBASA CAMPUS



**Source URL:** <http://mombasa.uonbi.ac.ke/content/conversation-mental-health-issue>

**Links:**

- [1] <http://facebook.com/sharer.php?u=http://mombasa.uonbi.ac.ke/content/conversation-mental-health-issue&t=CONVERSATION+ON+MENTAL+HEALTH+ISSUE>
- [2] <http://twitter.com/intent/tweet?text=CONVERSATION+ON+MENTAL+HEALTH+ISSUE&url=http://mombasa.uonbi.ac.ke/content/conversation-mental-health-issue>
- [3] <https://plus.google.com/share?url=http://mombasa.uonbi.ac.ke/content/conversation-mental-health-issue>
- [4] <http://bookmarks.yahoo.com/toolbar/savebm?opener=tb&u=http://mombasa.uonbi.ac.ke/content/conversation-mental-health-issue&t=CONVERSATION+ON+MENTAL+HEALTH+ISSUE&d=%0A%09>
- [5] <http://www.linkedin.com/shareArticle?url=http://mombasa.uonbi.ac.ke/content/conversation-mental-health-issue&mini=true&title=CONVERSATION+ON+MENTAL+HEALTH+ISSUE&ro=false&summary=%0A%09&source=>
- [6] <http://digg.com/submit?url=http://mombasa.uonbi.ac.ke/content/conversation-mental-health-issue&title=CONVERSATION+ON+MENTAL+HEALTH+ISSUE>
- [7] <http://www.delicious.com/save?v=5&noui&jump=close&url=http://mombasa.uonbi.ac.ke/content/conversation-mental-health-issue&title=CONVERSATION+ON+MENTAL+HEALTH+ISSUE>
- [8] <http://mombasa.uonbi.ac.ke/sites/default/files/mombasa/CONVERSATION%20ON%20MENTAL%20HEALTH%20ISSUE.pdf>
- [9] <http://mombasa.uonbi.ac.ke/sites/default/files/mombasa/CONVERSATION%20ON%20MENTAL%20HEALTH%20ISSUE.docx>