

## **CONVERSATION ON MENTAL HEALTH ISSUE**

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.