



PRESS STATEMENT
FOR IMMEDIATE RELEASE
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World Mental Health Day 2026: DTM Calls For Kenyans With Lived Experiences To Drive Real Change

NAIROBI, KENYA — As Kenya joins the world in marking **World Mental Health Day** on 10 October 2026 under the theme “**Lived Experiences Heard: Real Voices, Real Change**,” **Development Through Media** (DTM) calls for the experiences of Kenyans living with mental health challenges to shape policies, services and community responses.

In Kenya, mental health concerns are compounded by unemployment, economic pressures, family challenges, substance use, violence and stigma. Many people, particularly young people and those in underserved communities, struggle to access timely, affordable and appropriate support. Fear of judgment often forces individuals and families to suffer in silence.

DTM promotes mental health awareness and well-being through media advocacy, public education, community engagement and amplifying the voices of affected individuals and communities. DTM advocates for open conversations, reduced stigma, early help-seeking and stronger links between communities and available mental health support services.

On this day, DTM urges the national and county governments to strengthen mental health services, invest in community-based support and meaningfully involve people with lived experience in designing and evaluating mental health interventions. Media practitioners are encouraged to report responsibly, challenge harmful stereotypes and protect the dignity and privacy of those sharing their stories.

Mental health is not a private struggle for individuals and families alone; it is a national development and public health priority requiring collective action.

DTM calls on Kenyans to replace stigma with understanding, silence with supportive conversations, and awareness with practical action.

Real voices must shape real change. No Kenyan should suffer in silence or be left behind.

ENDS

Signed:

Ms Dommie Yambo-Odotte,
Executive Director and Producer

Development Through Media (DTM)

“Empowering Communities Through Information, Participation, and Social Transformation.”

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