



ABOUT US

StrongMinds is a non-profit organization that is democratizing access to mental health care globally.

Since 2013, we have treated depression in more than 140,000 women and adolescents in sub-Saharan Africa using an approach called Group Interpersonal Psychotherapy (IPT-G), or group talk therapy. IPT-G is proven, cost-effective, and highly scalable.

Building on this success, StrongMinds is launching its depression treatment program in the City of Newark to provide accessible, affordable, evidence-based mental health care to young adults.

strongminds.org/us

NO ONE CAN THRIVE WITHOUT GOOD MENTAL HEALTH

Depression isn't just a feeling of sadness; it is a debilitating illness that interferes with day-to-day life. Many people describe depression as overwhelming physical and mental exhaustion that goes on for weeks, months, or even years. Depression impairs a person's ability to focus, accomplish everyday tasks, and take steps to improve life. People living with depression often feel unable to achieve their full potential.

If left untreated, depression can erode self-esteem and lead to interpersonal conflict, social isolation, poor health, financial instability, substance abuse, and high-risk sexual behavior, all of which can create a dangerous feedback loop. The risks extend to families. Children of depressed mothers are more likely to have poor health, struggle in or miss school, engage in risky behavior, and suffer from depression themselves.

REMOVING BARRIERS TO TREATING DEPRESSION

Young people (ages 18-25) experience the highest depression prevalence levels among adults in the US, and BIPOC communities are disproportionately affected due to racial disparities across the mental health system. Barriers to mental health care for BIPOC include varying cultural perceptions about mental illness and help-seeking behaviors, discrimination, lack of insurance, communication barriers, and fear and mistrust of treatment.

THE STRONGMINDS APPROACH

StrongMinds is addressing the need for adequate, culturally appropriate mental health care for BIPOC young adults by providing cost-effective, accessible solutions to treating depression. Our unique approach is based on Group Interpersonal Psychotherapy (IPT-G), a proven group talk therapy approach that has been rigorously tested in clinical trials conducted with diverse populations in the US and around the world.

SIGNS AND SYMPTOMS OF DEPRESSION



Feelings of sadness, tearfulness, emptiness, or hopelessness



Angry outbursts, irritability or frustration, even over small matters



Loss of interest or pleasure in formerly enjoyable activities



Sleep disturbances, such as insomnia or sleeping too much



Using recreational drugs or alcohol, or engaging in other risky behaviour



Inability to focus, impaired cognition



Changes in appetite, such as eating too much or too little



Feeling negative, misunderstood, worthless

Therapy groups consisting of 8-12 participants will take place in-person or online, and be led/supervised by culturally and linguistically competent Licensed Clinical Social Workers (LCSWs).

These group facilitators will help participants identify the root causes and triggers of their depression and design strategies to overcome them. Since depression can be episodic and recur over time, the skills acquired through therapy will have both an immediate and long-term preventative impact for the patients treated.

JOIN US

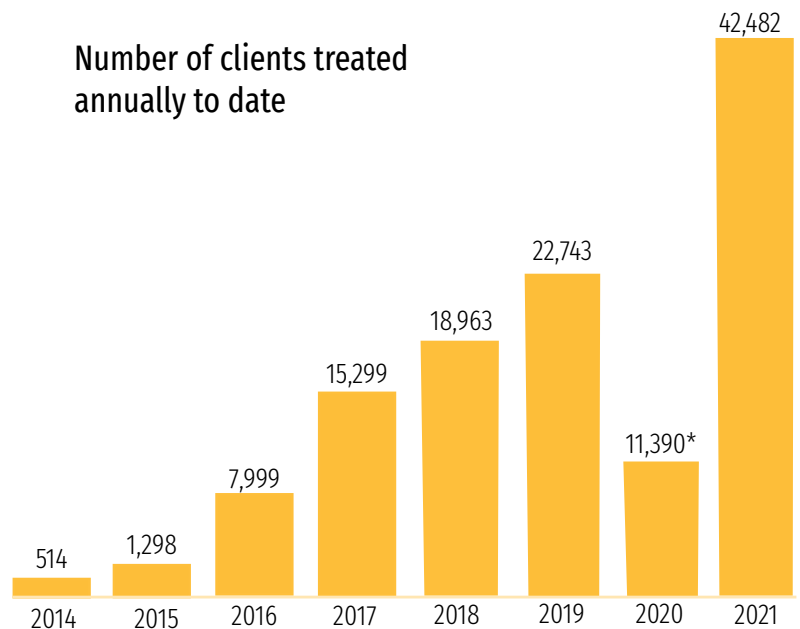
The need for new and innovative mental healthcare solutions has never been greater, and StrongMinds is at the forefront of innovations that democratize access to mental health care for those most in need.

Contact De'Jon Buie at dejon@strongminds.org to learn how you can partner with StrongMinds to address the mental health needs of your community.

80% or more of our clients remain depression-free six months after therapy ends.



Number of clients treated annually to date



*Decrease due to COVID-19