

PROBLEM

There is a lack of access to mental health resources for people from previously disadvantaged communities. There are only 451 psychologists working in South Africa's public sector. Yet, 60% of primary school-aged children say they need mental health support

PEOPLE

We serve children aged 8-13y from under-resourced or previously disadvantaged communities & local role-models.

REASON

Promotion of positive mental health can reach millions of children, and prevent them from developing severe mental health disorders

THEORY OF CHANGE

P PREVENTION & PROMOTION PROGRAM BASED ON POSITIVE PSYCHOLOGY

This is our **core** focus, our unique selling point; hosting mental health workshops where it is needed the most.

OUTPUTS

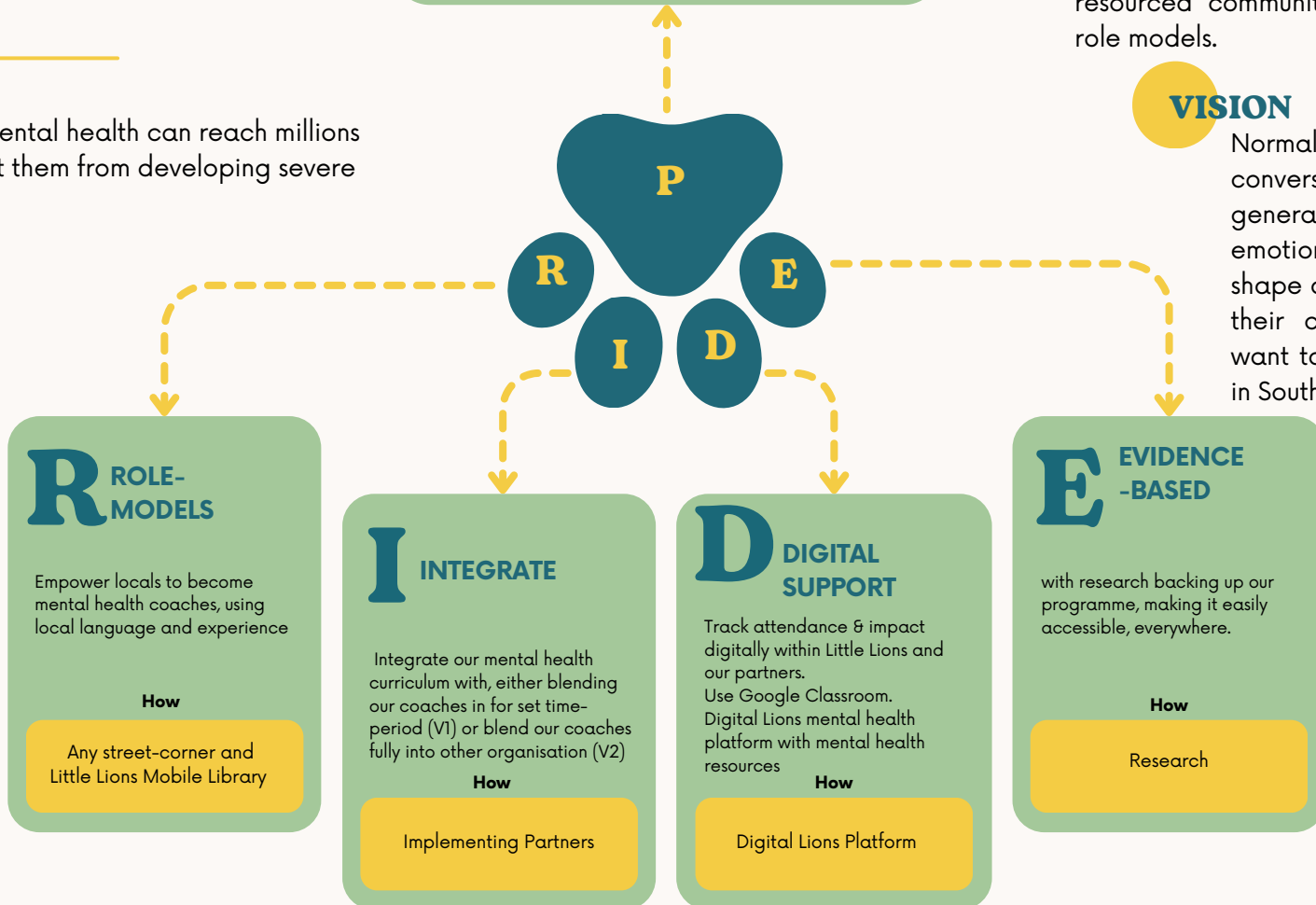
- Children have access to easily accessible mental health support, tools, and role-models.
- Improved social and emotional development
- Improved coping skills that boost their resilience
- Improved confidence and self-awareness

MISSION

Little Lions is a mental health NGO that improves the psychosocial wellbeing of vulnerable children across Africa by offering free, daily, easily accessible mental health workshops in under-resourced communities hosted by trained local role models.

VISION

Normalize mental health conversations and empower the next generation to tap into their emotional resilience so they can shape a brighter future for them and their communities. By 2030, we want to empower 1.2 million learners in South Africa and Kenya.



R **ROLE-MODELS**

Empower locals to become mental health coaches, using local language and experience

How

Any street-corner and Little Lions Mobile Library

I **INTEGRATE**

Integrate our mental health curriculum with, either blending our coaches in for set time-period (V1) or blend our coaches fully into other organisation (V2)

How

Implementing Partners

D **DIGITAL SUPPORT**

Track attendance & impact digitally within Little Lions and our partners. Use Google Classroom. Digital Lions mental health platform with mental health resources

How

Digital Lions Platform

E **EVIDENCE-BASED**

with research backing up our programme, making it easily accessible, everywhere.

How

Research

LITTLE LIONS PRO

Reach **10000** children directly by 2030

LITTLE LIONS INTRO

Reach **1.2m** children indirectly by 2030