

Network for Africa – Theory of Change

Goal

People with mental illnesses/epilepsy (PMIEs) and their caregivers live **healthy, poverty-free lives**, in post-conflict communities of sub-Saharan Africa

Medium to longer term change

PMIEs and their caregivers have improved mental health and are able to realise their rights

PMIEs and caregivers capitalise on their improved mental health to break the cycle of mental illness and poverty

Partner organisations have the capacity and skills to deliver and forge a sustainable and long-term future as mental health experts within their countries

Immediate outcomes

PMIEs and their caregivers are accessing appropriate **treatment and support**

Communities have greater understanding of mental health and the rights of PMIEs

Healthcare systems have expertise & resources to provide quality, sustainable mental healthcare

PMIEs and their caregivers experience increased **income** and greater **financial security**

Partners apply for and access funds themselves, are nationally engaged and recognised

Outputs

Identify and partner with **effective, local organisations** in post-conflict sub-Saharan Africa

Deliver **community mental health programmes** & medication for PMIEs & caregivers

Engage **local leaders, decision-makers, stakeholders & communities** on mental health and stigma reduction

Advocate & build capacity for mental health within **national healthcare systems**

Provide **livelihoods training, inputs** and support **savings activities** for PMIEs and caregivers

Support partners' mental health, and **professional and organisational development**

Gathering of robust evidence to demonstrate impact

Refinement of Network for Africa's mental health model