



Basic Needs Basic Rights Kenya at a Glance:

“We are committed to fostering communities that value mental health and wellbeing.”

Basic Needs Basic Rights Kenya is a nationally registered Public Benefit Organization (PBO) that has been actively involved in mental health initiatives since 2005. BNBR operates in close collaboration with the Ministry of Health, Ministry of Education and various stakeholders within the mental health sector. Over the years, we have honed our capabilities in the implementation of community mental health and wellbeing programs that are person-centered, rights-based and focused on recovery.

This is informed by our belief that addressing mental wellbeing and illness goes beyond just health systems, given that mental wellbeing and illness themselves are not simply health issues but have social and economic causes and effects. Our interventions thus focus on the clinical, economic, and social wellbeing of individuals, as well as the resilience and wellbeing of their communities, ultimately resulting in communities that value the mental health and wellbeing of all its members.



Our Vision

A society where the mental health needs and rights of all people are recognized, respected, prioritized, and fulfilled.



Our Mission

To foster communities that value mental health and wellbeing using rights-based approaches.

Our accomplishments in numbers in 2025



Preventive and restorative mental health services

This result area was primarily focused on strengthening emotional resilience, early support, positive coping as well as eradicating mental health stigma in the communities we work with.

Through our holistic community mental health approach across our project sites in Nairobi, Kilifi, Bungoma, Nakuru and Kajiado Counties, we continued to contribute to improved quality of life by promoting mental well-being, reducing stigma, and enhancing access to support services for vulnerable groups, including adolescents, women and persons with disabilities.

Based on an internal evaluation report, 70.62% of the general population surveyed and 61.76% of persons with disabilities surveyed rated their Quality of Life as “good”. However, 29.41% of the surveyed reported poor Quality of Life, compared to 18.08% in the general population. This showed a clear disparity in wellbeing, underscoring the need for targeted mental health interventions and inclusive social policies, especially for persons with disabilities.

61.76% of persons with disabilities surveyed rated their Quality of Life as “good”



A community health worker in Kilifi County poses for a photo during the commemoration of World Mental Health Day in the County. Photo by BNBR

Building resilience through training on life skills, values and health

In keeping with our belief that for true change to be achieved in learners' education and social outcomes, the **change must first start from within the learner**, BNBR continued its collaborative approach of instilling values and life skills in adolescents, through the Youth First Kenya personal resilience and health program for in-school adolescents that focused on addressing **inner change** to create **positive external results**.

Working in collaboration with WorldBeing, Ministry of Education, Teachers Service Commission (TSC), Kenya Primary School Headteachers Association (KEPSHA), Centre for Mathematics, Science and Technology Education in Africa (CEMASTEa) and other partners within the RELI Africa Network, we worked with **2,926 Junior Schools** reaching **over 3,800 teachers** who in-turn imparted resilience skills and values in **over 248,000** learners from across **11 Counties** in Kenya.

The model adopted a cascade approach whereby the teacher was capacity built on the approach and they in turn facilitated the sessions in their respective schools using student-friendly methods.

over **248,000** learners from across **11 Counties** in **Kenya** imparted with resilience skills and values



Facilitators of the Youth First Kenya personal resilience and health program performing a skit during one of their training sessions. Photo by BNBR



A facilitators of the Youth First Kenya personal resilience and health program takes learners through a session. Photo by BNBR

We have gained clarity regarding our life goals and the steps to take to realise them



Azzizah (l) and Sumeya (r) grade 7 learners who are currently taking up the Youth First Kenya personal resilience and health program, pause for a photo outside their class. Photo by BNBR

My goal is to become an engineer like my father. He has allowed me on a few occasions to accompany him to work, and I like the work that he does. However, as a girl in this community, I often face the challenge of balancing between my household chores and my schoolwork.

Thanks to the YFK program, I have learnt about how to develop a personal timetable where I am able to schedule my house chores and negotiate with my siblings on how to balance the load so that I create more free time for my schoolwork.

Sumeya ~ Grade 7 learner

My goal is to become a teacher because I like the work that my teacher does. I enjoy the way she teaches and would like to be able to do the same.

I love integrated science and this is the subject I would like to teach.

Skills I have learnt from YFK such as speaking confidently, has enabled me to start practicing my teaching skills through my younger siblings who I tutor.

Azzizah ~ Grade 7 learner

Our accomplishments in numbers in 2025



Social inclusion of people with psychosocial disabilities

This result area was primarily looking at supporting social and economic inclusion, service access, stigma reduction, and community empowerment for people with mental health conditions and psychosocial disabilities across our project sites in Nairobi, Kilifi, Bungoma, Nakuru and Kajiado Counties.

4 model mental health clinics and safe spaces were set up which resulted in **190 Service Users** accessing treatment and care



Members of Bitomo Women Group, a selfhelp group of persons with disabilities and their caregivers, showcases their increasing stock of poultry which they are rearing as part of their income generating activities. Photo by BNBR

89% of community members receiving **livelihoods support** reporting **increased income** and **positive mental health**

530 community members including youth, women and persons with disabilities received training on livelihoods and linkages with relevant government agencies for continuous support. Of these, 89% reported increased income and this had a direct positive impact on their mental health and wellbeing.



Community health workers performing a skit during the launch of a model mental health clinic at Gotani Health Center, Kilifi County. Photo by BNBR



Basic Needs Basic Rights Kenya in collaboration with the National Council for Persons with Disabilities (NCPWD) and representatives from Organizations of persons with disabilities conduct an accessibility audit at Kaluworks Ltd. with the goal of advising the company on how to enhance disability inclusion and accessibility. Photo by BNBR

Community sensitization activities have led to increased community engagement, with community members increasingly showing supportive behavior and acceptance of individuals with mental health conditions and their careers.

Community self-help groups pool resources to strengthen their access to capital

In recognition of the continuous need for capital to invest in income generating activities, 18 self-help groups of persons with disabilities and their caregivers have joined hands to form two Community Based Organizations (CBO) with the aim of pooling their resources to achieve greater outcomes.

Six groups from Kimama Location came together to form Kimama Welfare Support CBO whereas 11 groups from Chesikaki Location came together to form Kapkurongo Farmers CBO.

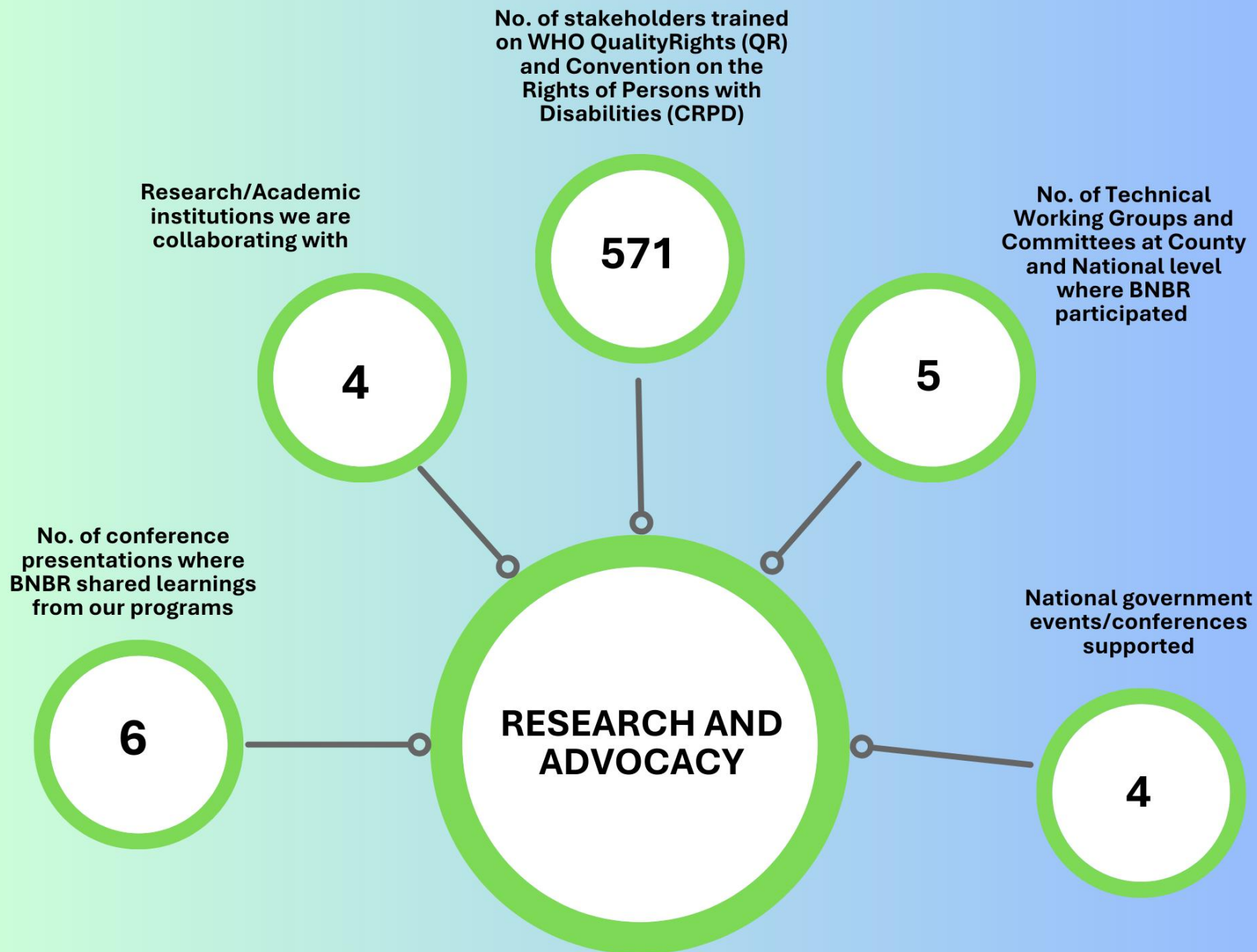
13 of these groups are part of project participants supported by Basic Needs Basic Rights (BNBR) Kenya in interventions aimed at strengthening livelihoods and mental health and psychosocial support services for group members. The additional five groups were impressed with the progress they saw from the 13 groups and requested to be onboarded for mutual benefit.

The members of these groups are involved in a variety of activities, including Village Savings and Loan Associations (VSLA), merry-go-round savings, coffee farming, small businesses, and rearing of sheep, goats, and chickens to diversify their livelihood activities.

The groups were able to kickstart their respective CBOs with seed grants of KES250,000 received from BNBR. Through the CBOs, these groups and members have access to a revolving fund, which they borrow from, invest in livelihood ventures and pay back with an interest. Additionally, each group makes a monthly contribution of KES2,000 to further grow the size of the kitty.

From these pooled funds, these groups have been able to invest in various big-ticket ventures including acquiring land for agriculture and bulk purchase of coffee from local farmers and selling through their Farmers' Cooperative Societies. As at the end of 2025, the CBOs had increased their capital by 48%.

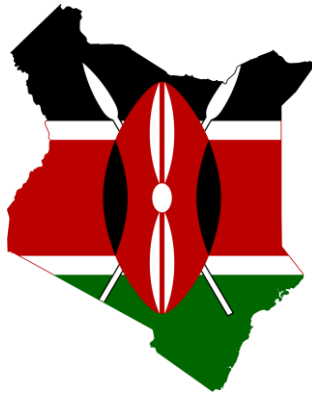
Our accomplishments in numbers in 2025



Research and Advocacy

This result area was primarily focused on strengthening our practice of documenting lessons learnt from our respective programs and sharing these insights with stakeholders – both local and abroad – with the purpose ensuring these shared learnings enhance evidence-based advocacy for interventions around mental health and disability inclusion.

The 2nd National Mental Health Conference where we presented on ***The Impact of Youth First on Teachers: Enhancing Teacher Mental Health through School-Based Mental Health Programming***



10th World Congress of Women's Mental Health where we presented on ***Increasing access to rights for persons with disability especially women, girls and those with mental illness in Kenyan and Zimbabwean communities and Enhancing Disability Inclusion and Mental Health Support for Women Caregivers in Kilifi***



7th Global Mental Health Summit where we presented on ***Strengthening Communities, Improving Mental Health: The BasicNeeds Network and our evolving Model - Celebrating 25 Years of Impact and, From Pilot to Policy: Embedding Adolescent Wellbeing into National Education Systems***



International Association of Youth Mental Health Conference where we presented on ***Mental Health and Wellbeing on Campus and Cultural Competency and Inclusivity in Mental Healthcare***



Institutional Excellence

BNBR Kenya declared a Gender Responsive organization

Basic Needs Basic Rights (BNBR) Kenya underwent an independent gender audit where our organization was evaluated based on a number of parameters including internal and external practices from a gender perspective such as Board composition, hiring practices, culture, staff interactions, structure of our programing and our internal and external communications practice among others.

We are happy that the results of this audit indicate that we are not just a Gender Aware organization, we are Gender Responsive. Our next target is to achieve the ultimate status of being a Gender Transformative organization.



Basic Needs Basic Rights (BNBR) Kenya staff during one of their monthly staff meetings. Photo by BNBR

Appreciation to our Partners!

We extend our heartfelt gratitude to all our funders, partners, institutions and individuals who have been ardent collaborators in our quest to achieve our mission **to foster communities that value mental health and wellbeing using rights-based approaches.**

Your unwavering support over the past five years has been instrumental in the success of our projects and initiatives. Together, we have made a significant impact on mental health awareness, disability inclusion, and overall community well-being. Your commitment, expertise, and shared vision have created a powerful force for positive change.

As we continue working towards a more inclusive and compassionate world, we want to express our sincere appreciation for your invaluable contributions. Thank you for being integral members of our team and for making a difference in the lives of those we serve.



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