

1 in 5 people suffer from mental illness !



“Mental illness only becomes a problem if we choose to ignore its Symptoms”
AEDA IS HERE TO HELP!

Vision Statement:

To create an optimistic attitude regardless! Striving to attain the WHO's definition of wellness which is a conscious, deliberate process that requires a person to become aware of and make choices for a more satisfying lifestyle.

A wellness lifestyle includes a balance of such health habits as adequate sleep, productivity, exercise, participation in meaningful activities, nutrition, social contact, and supportive relationships.

AEDA views itself as a facilitator with the expertise to design programs necessary to help you gain a better understanding of the signs of Mental Health problems and necessary remedial actions to follow, or and if necessary link the person to available professional or self-help support resources.

With AEDA, you play a valuable role in offering support that enhances the wellness of yourself and others.

Mission Statement

To be a model for interactive counseling through the use of creative and artistic methods such as therapeutic drama to booster self-empowerment; to give the youths and adults a fighting chance in living a mentally healthy lifestyle and encourage them to appreciate a meaningful focus in life.

What is AEDA Purpose?

Our purpose is to prevent Mental Health illness and to assist people with behavioural Mental Health problems, especially the youths through volunteering with FirstAid, therapeutic drama, peer support groups, case management sessions and psychotherapy treatments.

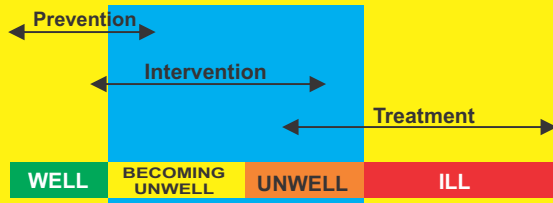
Mental Health Spectrum

WELL	BECOMING UNWELL	UNWELL	ILL
<ul style="list-style-type: none"> ■ Normal mood fluctuations ■ Calm & takes things in stride ■ Good sense of humour ■ Performing well ■ In control mentally ■ Normal sleep patterns ■ Few sleep difficulties ■ Physically well ■ Good energy level ■ Physically and socially active ■ No or limited alcohol use/ gambling 	<ul style="list-style-type: none"> ■ Irritable / impatient ■ Nervous ■ Sadness / overwhelmed ■ Displaced sarcasm ■ Procrastination ■ Forgetfulness ■ Trouble sleeping/Intrusive thoughts ■ Nightmares ■ Muscle tension / headaches. Low energy ■ Decreased activity / socializing ■ Regular but controlled alcohol use / gambling 	<ul style="list-style-type: none"> ■ Anger ■ Anxiety ■ Pervasively sad / hopeless ■ Negative attitude ■ Poor performance / workaholic ■ Poor concentration / decisions ■ Restless disturbed sleep ■ Recurrent images / nightmares ■ Increased aches and pains ■ Increased fatigue ■ Avoidance ■ Withdrawal ■ Increased alcohol use / gambling is hard to control 	<ul style="list-style-type: none"> ■ Angry outbursts / aggression ■ Excessive anxiety / panic attacks ■ Depressed / suicidal thoughts ■ Over insubordination ■ Can't perform duties, control behaviour or concentrate. ■ Can't fall asleep or stay asleep ■ Sleeping too much or too little ■ Physical illnesses ■ Constant fatigue ■ Not going out or answering phone ■ Alcohol or gambling addiction ■ Other addictions

Objectives

Mental Health:

- ☑ Prevention
- ☑ Intervention



Key
Where AEDA can help

Why not take the first step and together we can take the next step!

AEDA Mental Health Prevention programs are available to everyone and can include:

- ☑ Campaigns to reduce the stigma of mental disorders,
- ☑ Drug and alcohol education programs in schools, colleges, universities, social groups etc...
- ☑ Resilience training,
- ☑ Stress management courses,
- ☑ Parenting skills.

AEDA intervention programs aims to prevent Mental Health problems from becoming more serious and reduce the likelihood of secondary effects such as job loss, school dropout, relationship breakup, and drug and alcohol problems.

The longer the delay in getting help, the more difficult recovery can be.



About AEDA

The African Empowerment and Development Association is embarking on a national campaign to fight Mental Health diseases in Cameroon by conducting a feasibility study and establishing a plan of action. It is not sufficient to identify someone as “crazy”. A mental health label must be supported with empirical data confirming the origin of the problem and the necessary treatment.

AEDA's campaign will target mostly the youth population; focus on education, substance abuse, traditional practices, and the effects of the civil strife in Cameroon.

AEDA will soon be in your region.



Contact Us

📍 HQ: Douala, Bonamoussadi
Bloc 4, face entrée des Impôts.
Branch: PO BOX 199 Limbe, S.W. Region

☎ 237 691 17 94 41 / 237 673 97 33 99

✉ info@aedacam.com

🌐 www.aedacam.com

Auth N°:619/2021/DR/C19/SAAJP

“Understanding the Causes of Mental illness is both an Individual and Community Effort”



AFRICAN EMPOWERMENT & DEVELOPMENT ASSOCIATION

— Mental Health Matters —

**AEDA
Mental Health
Prevention &
Intervention Programs**

**Together
we can improve
Mental Health in Cameroon!**

**Reduce
job loss,
school dropout,
relationship breakup,
drug and alcohol problems...**