



Annual Report 2021

International Mental Health Association

About IMHA

The International Mental Health Association (IMHA) is a 501c3 nonprofit organization focused on global mental health capacity building. We work with communities around the world to build local capacity, with a focus on trauma-informed, strengths-based, decolonized mental health work.

Mission

Our mission is to build a healthier world through collaborative innovation.

Vision

Our vision is a world that cares for the mental health of us all.

Values

Our team is currently in the process of clarifying our core values. Currently, our working values are;



Compassion



Innovation



Community

Since launching in 2020, we've been hard at work finding creative, multi-impact solutions to complex community mental health challenges. What started with one project in Bangladesh has grown into a global effort across Africa, Asia and the America. Our team has grown from two to seven (and counting) with team members around the world working to bring change to our local and global communities.

Highlights

You are welcome to access our full report by emailing team@imha.ngo

We started the Black Mental Health Program.

Connecting Africans and the African Diaspora to fight for racial justice and build towards better mental health together.

- The Black Mental Health Fellowship launched in Uganda!
- We're active in Kenya, Uganda and the United States so far

We implemented programming despite COVID-19.

This included both virtual and on-ground programming that followed local COVID-19 public health guidelines.

- WEL4U trained 60 young people in Kenya on mental health
- We conducted workshops in Bangladesh and ran two cohorts of The Blue School with our partner, The Tech Academy

We're growing! Onwards and upwards.

IMHA is growing up and it's pretty exciting.

- We got our 501c3 status, so donations are now tax-deductible
- We're building out both our Board of Directors and of Advisors
- Our team continues to grow, starting with new hires in Jan. '22

We're starting a program to support newly-settled Afghan communities in the United States.

This initiative focuses on providing Afghan-led, trauma-informed wraparound services, starting in California with plans to expand.

- Programmatic focus areas include; mental health, English as a second language, career development and cultural exchange.

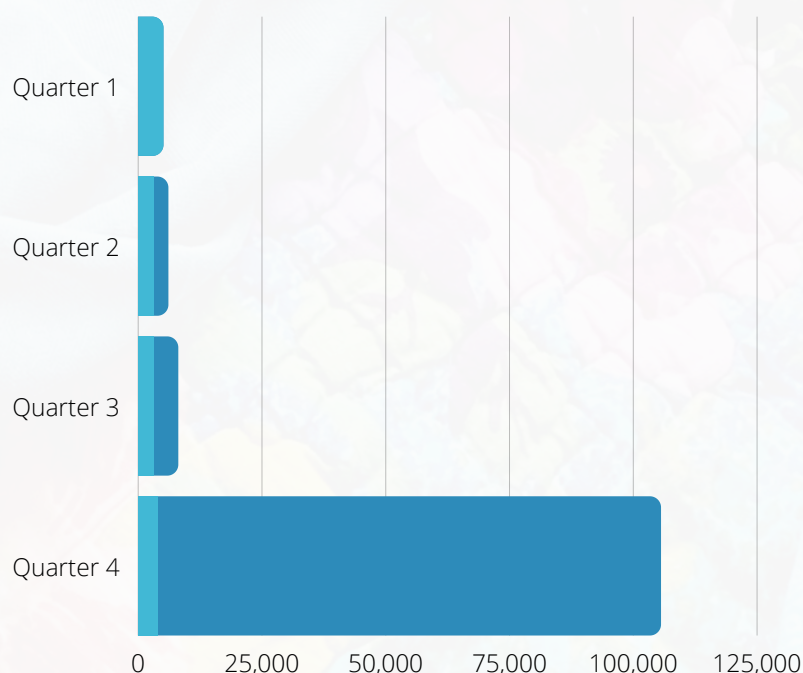
We value your input, please feel free to send any questions, comments or reflections to team@imha.ngo

Financials

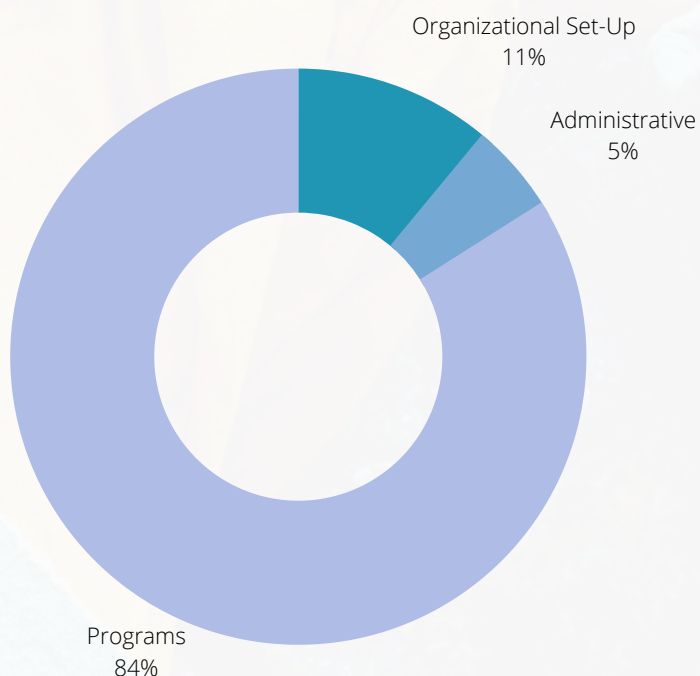
Making money work for mental health is our aim at IMHA, and we're excited to share the steps we've taken towards financial sustainability this year.

In Q2 of 2021, we matched our incoming revenue with expenses and in Q3, our revenue exceeded our expenses for the first time since founding.

In Q4, we received our first six-figure donation, positioning us well to grow sustainably in 2022.



2021 Expenses and Revenue, USD



2021 Expenses Breakdown, USD

The majority of our expenses this year were dedicated to direct programming as well as to moving our program team from volunteers to paid staff, an important transition as we work towards becoming a financially healthy organization.

Thank You

Looking back, 2021 was an exciting year of steep growth at IMHA, marked with ambition, resilience, generosity, and hope. From partnering with the Red Cross Kenya to implement our first project to kick-starting the Black Mental Health program, we spent the year co-designing and implementing multi-impact solutions with partner communities. We are energized and determined to continue building and improving our practice in the coming years. In 2022, we will focus on institutional stability, responsive program development and nurturing partnerships.

As we approach our second birthday as an organization, we wish to extend our sincere thanks to our incredible partner network who have supported us as we take our first steps towards building IMHA. A special thank you to; The Alive Again Foundation, Bodol, Centennial College, Chittagong Grammar School, The EMK Center, Empower Nations Initiative, The Kenyan Red Cross, Riipen, SPANS, The Tech Academy, University of Florida and University of Hawai'i.

We created IMHA with the mission of building a healthier world, a goal that cannot be achieved alone. To all our supporters, we thank you from the bottom of our hearts. Thank you for sharing your time with us by reading this report and please remember that none of these achievements would be possible without you. Your impact is priceless.

With Gratitude,

Liz & Sarah



www.imha.ngo

thank you for sharing
your time with us



let's work together

to access a copy of the long report,
please reach out via one of the channels below

team@imha.ngo | [@teamimha](https://www.instagram.com/teamimha)