



Newsletter May 2025



Drug Abuse: A Silent Catalyst of Mental Illness in Kenya

In Kenya, the intertwining of drug abuse and mental health challenges has become increasingly evident. Substance use, particularly among the youth, is not just a standalone issue but a significant contributor to mental health disorders. A systematic review highlights the prevalence of co-occurring substance use and mental health disorders among young adults in East Africa, emphasizing the need for integrated interventions. [SpringerLink](#)

The societal stigma surrounding drug abuse often deters individuals from seeking help, exacerbating mental health issues. This stigma, coupled with limited access to mental health services, creates a barrier to recovery. At [Bridging Wellbeing](#), we recognize the importance of addressing both substance use and mental health concurrently.

Our [Addiction Support](#) services are designed to provide compassionate care, helping individuals identify underlying causes of dependence and develop healthier coping mechanisms. Through personalized therapy sessions, we aim to empower individuals on their journey to recovery.

If you or someone you know is struggling with substance use and its mental health implications, don't hesitate to [book an appointment](#). Additionally, explore our [resources](#) for more information and support.