



# Newsletter May 2025

Silence can be a heavy burden, especially when grappling with mental health challenges. In Kenya, cultural and societal norms often discourage open discussions about mental health, leading many to suffer in silence. However, sharing one's experiences can be a powerful step towards healing.

Personal narratives have the ability to humanize mental illness, break down barriers, and inspire change. By speaking out, individuals not only find relief but also encourage others to seek help. At [Bridging Wellbeing](#), we foster environments where individuals feel safe to share their stories.

Our [Group Therapy](#) sessions provide a supportive space for individuals to connect, share, and heal collectively. These sessions are tailored to address shared experiences, promoting understanding and resilience.

Taking the first step can be daunting, but you're not alone. [Book an appointment](#) today and discover the strength in sharing. For more insights and support, visit our [resources](#).