



JULY 2023 NEWSLETTER

CHALLENGING THE STATUS QUO: AYGF'S MENTAL HEALTH ADVOCACY FOCUSES ON TOXIC MASCULINITY AND NIGERIAN MEN'S EMOTIONAL WELLNESS

We are delighted to bring you the first edition of our AYGF Mental Health Advocacy segment of the Newsletter, where we highlight our ongoing efforts to address the impact of mental health on Africans, especially youth, the poor, and minorities. Today, we'll discuss the subject of toxic masculinity in Nigerian men's emotional well-being. As Mental Health Month for Men is slated for June, we continue our commitment to fostering open dialogue and creating supportive spaces for individuals to prioritise their mental well-being.

Toxic Masculinity and Nigerian Men

Societal expectations surrounding masculinity have often contributed to the suppression of emotions and limited discussions around mental health among Nigerian men. At AYGF, we recognise the urgent need for change, and we strive to challenge these harmful norms by promoting empathy, understanding, and compassionate support through mental health programmes and initiatives.

AYGF's Mental Health Advocacy

Our organisation's mission to empower and develop African youth encompasses a strong focus on mental health advocacy. Through various initiatives, we aim to break the stigma surrounding mental health and provide resources for Nigerian men, women, and children to seek support and help. Our goal is to create an environment that encourages individuals to embrace their emotions and prioritise their mental well-being.



We were humbled to receive commendations from the Career Fair organisers, who recognised our dedicated efforts in shaping the future of young individuals. This event marked a significant step forward in solidifying the Memorandum of Understanding (MOU) we signed with Nile University, strengthening our already cordial partnership, and promising progress for the future.

Our participation in this event perfectly aligns with our dedication to the educational sector. At AYGf, we firmly believe in fostering justice, equality, and inclusivity within our society. By actively engaging in dialogues like the Career Fair, we aim to amplify the voices of marginalised communities, [advocate Podcast Episodes for Mental Health Month](#). As part of our commitment to raising awareness, we have launched a podcast series with two episodes specifically addressing the impact of anxiety on Nigerian men and the phenomenon of ADHD. These episodes provide a platform for individuals to share their stories, experiences, and insights, fostering empathy and understanding while dismantling harmful stereotypes. We encourage you to listen and engage in these conversations to contribute to positive change.

AYGF's Commitment to Mental Health

Beyond awareness campaigns and podcast episodes, AYGf is actively working on establishing relationships with mental health professionals, community leaders, and stakeholders to develop comprehensive programmes that address the unique challenges faced not just by Nigerian men but Africans at large. By providing access to resources, support networks, and counselling services, we aim to empower individuals to take charge of their mental well-being and promote healthier attitudes towards emotions.

Together, we can create a society that fosters positive mental health for all. Join us in our efforts to challenge toxic masculinity, promote open dialogue, and build a supportive community where individuals can thrive emotionally and mentally.