

SWISS CARE Impact



Mental Health Improvements

Significant reduction in depression rates from 78% at baseline to 42% after six months, with 38% of participants improving their well-being from low to moderate levels.

Cultural and Economic Benefits

High rejection of widow cleansing practices (92%) and strong income stability, with 92% earning at least KSh 5,000 per month.



Systemic and Policy Changes

Over 120 property restitution cases resolved and adoption of county-level Widow Protection Guidelines in 2025, reflecting systemic improvements.

Return on Investment

Clinical costs averted are 3.1 times greater than the program cost, demonstrating financial effectiveness.



Community Collaboration

The program was co-designed with community health promoters and monitored using standardized tools such as PHQ-9, GAD-7, UCLA, WHO-5, KoboToolbox, and NVivo.