

# **2nd National Mental Health Conference - 2025**



**Wednesday 8 October 2025 - Friday 10 October 2025**

**JW Marriott Hotel Nairobi**

## **Scientific Programme**

# **Securing the Future: Holistic Approach to Mental Health for Generations**

Conference Theme

**Foundations of mental health: A focus on the family, children, and youth mental health**

**Promoting Workplace Mental Well-being: Creating Supportive Environments Across All Sectors**

**From Awareness to Action: Suicide Prevention Across the Lifespan**

**Advancing Mental Health through Research, Innovation and Technology**

**Strengthening Mental Health Systems through Capacity Building for mental Healthcare workforce**

**Community Approaches: Advocacy, education and addressing cultural issues**