



2023 IN BRIEF

Our Annual Report and Audited Financial Statements will be published in April 2024

"Thank you so much for the training on panic attacks. A learner in my class had a panic attack and I was able to remain calm and handle the situation." Teacher

2023 Key Performance Areas

- Growth
- Relevant Services
- Funding Diversity & Sustainability
- Organisational Structure Fit for Purpose
- A Company Culture of Consciously Connecting Post-Covid

"Well-being is a skill that can be learnt."
Dr Richard Davidson

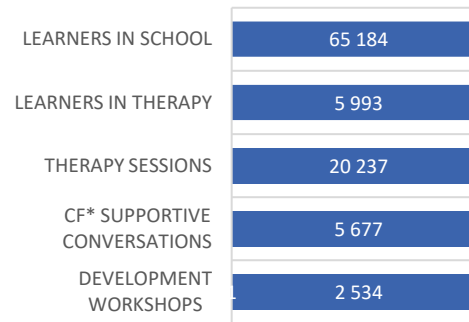
"I feel very happy now that I am able to talk about my mother here, because since she passed away they don't talk about her at home"
Primary School Learner

HIGHEST REFERRAL REASONS FOR THERAPY

1. Relationship between family member/s and learner
2. Stress/ Anxiety/ Worry
3. Relationship between family members
4. Trauma
5. Grief
6. Being bullied

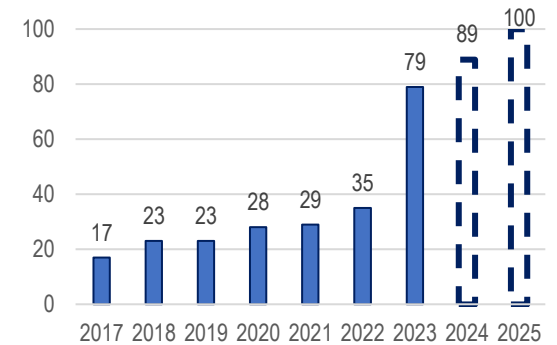
ACTIVITIES AND DOSAGE

99% of learners defined as "Black"



*Care Facilitators trained in Mental Health First Aid

PARTNER SCHOOLS PLANNED GROWTH



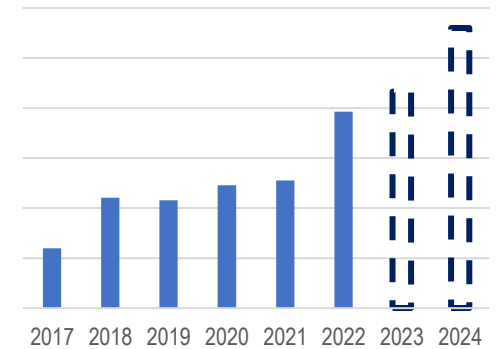
AVERAGE SCORES ON WHO-5 SUBJECTIVE WELL-BEING INDEX

	35 Existing schools	44 New schools
Term 1	57,98%	
Term 2	58,99%	Baseline 64,24%
Term 3	61,07%	
Term 4	60,74%	67,29%

Scores below 52% indicate a possible risk of depression and are investigated.

We observe a trend of elevated scores when the WHO-5 tool is first introduced, this settles over time.

FUNDING SUPPORT



Rand values will be published following our audit