

MINDLYFE **LIMITED -** **IMPACT REPORT**

Founded: 26 December 2021, 13:50 Hours. Prepared For:
Stakeholders, Partners, Institutions, And Collaborators
In The Public Sector. Prepared By: MindLyfe Limited.

From
Founding to
March 2026.

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EXECUTIVE STATEMENT

Since her establishment on December 26, 2021, MindLyfe Limited has emerged as a prominent Ugandan organization dedicated to Mental Health and Psychosocial Support (MHPSS), with a mission to enhance access to professional therapy, psychoeducation, institutional Mental Health assistance, and innovative Mental Health care solutions. Driven by the belief that Mental Health support must be more accessible, responsive, and pertinent to the realities faced by AfriKan communities, MindLyfe Limited has strategically positioned herself at the crossroads of technology, professional care, prevention, and strengthening of systems.

Throughout the review period, MindLyfe Limited has developed a model that integrates digital Mental Health access, institution-linked psychosocial support, community involvement, workplace Mental Health initiatives, stakeholder engagement, training, and partnership cultivation. Documented evidence publicly illustrates MindLyfe Limited's involvement in the development of Teletherapy platforms, Mental Health support tailored for schools and students, workplace Mental Health awareness campaigns, community psychoeducation efforts, professional capacity-building dialogues, participation in innovation ecosystems, and leadership in Mental Health discourse.

The organization's journey thus far not only reflects her service aspirations but also highlights a growing commitment to establishing partnerships and systems that can support youth, students, workers, institutions, and vulnerable communities in Uganda and beyond. While certain areas of impact are still developing and necessitate more comprehensive internal documentation for future reporting, the time since MindLyfe Limited's founding has shown consistent organizational growth, heightened public visibility, and a credible alignment with national priorities concerning health, youth, education, innovation, and psychosocial well-being.

1) ORGANIZATIONAL BACKGROUND

MindLyfe Limited was established on December 26, 2021, at 13:50 hours, with the aim of revolutionizing access to Mental Health and Psychosocial Support (MHPSS) through innovative solutions, professional care, and community-focused strategies. The organization was created to address a significant gap in timely, affordable, stigma-sensitive, and scalable Mental Health support in Uganda and across the AfriKan continent.

From the very beginning, MindLyfe Limited's strategic focus has been on leveraging technology to create interactive connections between individuals and institutions with professional therapists and Mental Health support services. This approach has involved a Teletherapy model, a focus on youth and education, enhanced engagement with institutional stakeholders, and initiatives to foster an ecosystem centered on psychoeducation, prevention, resilience, and access to care.

MindLyfe Limited's growth has occurred within a national landscape increasingly aware of the Mental Health needs of students, youth, employees, and vulnerable groups. In response, the organization has developed a model that prioritizes both direct support and a broader systemic impact through partnerships, advocacy, and innovative practices.

2) MINDLYFE LIMITED'S THEORY OF IMPACT

MindLyfe Limited's impact strategy is based on the conviction that Mental Health outcomes can be enhanced when individuals have early, safe, and affordable access to support that aligns with their social and institutional contexts. The organization's impact framework can be delineated through four interconnected pathways.

- 1) Firstly, MindLyfe Limited enhances access by employing digital models to link individuals with therapists and psychosocial support in more adaptable manners.
- 2) Secondly, MindLyfe Limited bolsters Mental Health literacy via psychoeducation, awareness initiatives, and public involvement.

- 3) Thirdly, MindLyfe Limited aids institutions such as schools, universities, workplaces, and other organized environments in embedding Mental Health into their systems and cultures.
- 4) Lastly, MindLyfe Limited plays a role in sector development by engaging in stakeholder discussions, innovation platforms, and professional learning environments that influence the future of Mental Health support in Uganda.

Through these pathways, MindLyfe Limited aims to help reduce stigma, encourage earlier help-seeking, improve overall well-being, strengthen institutional responses, and broaden the accessibility of professional Mental Health services.

3) CORE AREAS OF WORK SINCE FOUNDING

3.1 Digital Mental Health and Teletherapy Access

One of MindLyfe Limited's most notable contributions since her inception has been the creation and advocacy of a digital Mental Health access model. Public descriptions of the organization's efforts consistently portray MindLyfe Limited as a Teletherapy and Mental Health support entity that connects individuals with professional therapists via digital platforms.

MindLyfe Limited's publicly available service model outlines a process where users can register, choose a professional therapist, schedule a session, and commence therapy. This positions the organization within Uganda's developing digital health landscape, particularly in the realm of Mental Health support.

In addition to general Teletherapy access, MindLyfe Limited has also established a Teletherapy platform tailored for educational institutions in Uganda. Public policy and service documents related to this platform detail secure video, audio, and chat sessions, appointment scheduling, attendance tracking, and institution-managed access. This indicates a significant strategic shift from solely individual access to a more structured approach to institutional Mental Health delivery.

The importance of this initiative lies in the MindLyfe Limited ability to broaden the scope of Mental Health care beyond conventional face-to-face service models. MindLyfe Limited also provides a scalable framework for schools, universities, and organized groups aiming for accessible and coordinated support systems for their communities.

3.2 Student and Educational Institution Mental Health Support

Since her inception, MindLyfe Limited has shown an increasing dedication to the Mental Health of students and education. Public records reveal that the organization's Teletherapy model is specifically designed for educational institutions, targeting students as a primary audience.

This focus on students is further evident in discussions with stakeholders and activities linked to campuses. Publicly available conversations regarding school Mental Health highlight MindLyfe Limited's participation in dialogues about staff capacity, referral systems, perceptions of school Mental Health, and relevant policies. Moreover, the recent establishment of the MindLyfe Makerere chapter and the MindLyfe MUK College Connect initiative signifies a developing approach to youth-led and campus-centered Mental Health awareness and advocacy.

This area of work is strategically vital, as educational institutions serve as crucial environments for the early identification of Mental Health issues, prevention efforts, promotion of help-seeking behaviors, and provision of psychosocial support. By engaging in this domain, MindLyfe Limited plays a significant role in fostering a more preventive and youth-responsive Mental Health ecosystem.

3.3 Community Mental Health Awareness and Psychoeducation

MindLyfe Limited has actively involved communities through psychoeducation and initiatives aimed at raising Mental Health awareness. Publicly available community outreach materials highlight direct engagements focused on Mental Health awareness within community environments, including an initiative that reported over 100 beneficiaries in Kamwokya and Kisenyi.

While more comprehensive internal data would enhance future reporting, these recorded engagements demonstrate that MindLyfe Limited has not limited its efforts to digital platforms or exclusive institutions. Instead, the organization has expressed a commitment to bringing Mental Health discussions and support closer to communities, where stigma, misinformation, social vulnerability, and unmet psychosocial needs are often prevalent.

Community outreach and psychoeducation are essential to the organization's mission as they foster trust, normalize the act of seeking help, and expand the social foundation for Mental Health support. These initiatives also pave the way for prevention, early assistance, and referrals.

3.4 Workplace Mental Health and Organizational Well-Being

MindLyfe Limited has a proven track record in workplace Mental Health engagement. A prominent instance is the workplace Mental Health workshop that was co-hosted in collaboration with Innerspark and the National ICT Innovation Hub, which saw a reported attendance of 50 participants.

This engagement holds significance for various reasons. Firstly, it highlights MindLyfe Limited's capability to operate within professional and corporate environments. Secondly, it showcases the organization's increasing relevance beyond individual therapy, extending into workforce well-being and organizational health. Thirdly, it indicates a practical transition towards prevention and culture-building in workplaces, where Mental Health can significantly impact productivity, morale, retention, and organizational resilience.

MindLyfe Limited's involvement in public discussions regarding healthy organizations and workplace Mental Health further solidifies her expanding role in this area. This initiative aids in fostering a broader understanding that Mental Health is not solely a clinical concern, but also a workforce and development matter.

3.5 Professional Learning, Thought Leadership, and Systems Influence

MindLyfe Limited has consistently enhanced her visibility as a thought partner within Uganda's Mental Health and development landscape. A notable instance is the

documented session held with the Uganda Evaluation Association (UEA), focusing on the integration of Mental Health into Monitoring, Evaluation, Research, and Learning (MERL). This involvement positioned MindLyfe Limited within a national professional dialogue regarding the measurement, assessment, and more intentional incorporation of Mental Health into development initiatives.

This contribution highlights a significant organizational strength: the capability to address not only service delivery but also frameworks, tools, and strategic systems thinking. By engaging in such discussions, MindLyfe Limited aids in transforming the perception of Mental Health from a narrowly defined medical issue to a broader concern that intersects with education, livelihoods, development programming, institutions, and public systems.

In her role as a convener, contributor, and emerging thought leader, MindLyfe Limited amplifies her value to stakeholders seeking organizations that can merge practical service experience with strategic insights.

3.6 Innovation Ecosystem Participation

MindLyfe Limited has experienced significant growth since her inception, which includes her involvement in Uganda's innovation ecosystem. Government and innovation hub sources publicly acknowledge MindLyfe Limited as one of the innovators and event participants linked to the National ICT Innovation Hub in Nakawa. These acknowledgments place the organization within a larger context of digital transformation and innovation.

This level of visibility is important as it indicates that MindLyfe Limited is not functioning in a vacuum. MindLyfe Limited is integrated into a broader ecosystem that is investigating how technology, entrepreneurship, and digital systems can enhance service delivery and social impact. Furthermore, this underscores the organization's preparedness to collaborate with institutions that prioritize innovation, scalability, and contemporary service delivery models.

3.7 Strategic Exploration of Emerging Technologies

MindLyfe Limited has demonstrated a readiness to venture into new areas of Mental Health support, including a recorded virtual reality trial conducted with a VR partner. Although this initiative is still in the exploratory phase, it serves as a significant indicator of the organization's ambition and preparedness for the future.

The openness to experiment with new tools implies that MindLyfe Limited views Mental Health support not merely as a present service challenge but as a dynamic field of innovation. This perspective is particularly important in a landscape where young demographics, institutional frameworks, and service expectations are evolving swiftly.

3.8 Training and Capacity Development

MindLyfe Limited's public initiatives also highlight an increasing commitment to training and capacity building. The documented Mental Health training content for educators and the publicly disclosed applied psychology training engagements suggest that the organization is enhancing her significance not just as a service provider, but also as a capacity-building entity.

The training efforts amplify impact by allowing MindLyfe Limited to extend her influence beyond direct beneficiaries. By engaging with educators, institutional teams, and professional stakeholders, the organization can foster greater awareness, facilitate earlier identification, improve referral practices, and strengthen psychosocial support systems.

4) KEY MILESTONES SINCE FOUNDING

Since her inception in December 2021, MindLyfe Limited has reached several significant milestones in her organizational development.

- A key foundational achievement was the official public recognition of MindLyfe Limited as a digital Mental Health and Teletherapy organization catering to Uganda and the wider AfriKan context. This established a distinct identity and a unique value proposition for the organization.

- Another important milestone was the development of a structured Teletherapy model, followed by the launch of an education-oriented Teletherapy platform. This represented a transition from concept to a fully operational digital service framework.
- Additionally, a third milestone involved enhancing stakeholder visibility through public engagements, such as participation in innovation hubs, workplace Mental Health events, and public thought leadership discussions.
- A fourth milestone was the extension of MindLyfe Limited's reach into educational environments and campus Mental Health initiatives, demonstrating a strategic commitment to the well-being of youth and students.
- The fifth milestone involved the organization's shift towards partnership-driven initiatives, collaborating with professional organizations, innovation institutions, and community stakeholders.
- Lastly, a sixth milestone has been MindLyfe Limited's growing involvement in national and regional dialogues concerning Mental Health, youth well-being, and innovation.

Collectively, these milestones reflect an organization evolving from a startup phase into a more structured and partnership-oriented entity within the Mental Health ecosystem.

5) EMERGING AREAS OF IMPACT:

Despite being in a growth phase, MindLyfe Limited is already showcasing several clear impact areas.

- Firstly, the organization is enhancing the visibility and normalization of Mental Health discussions, especially among youth, students, and institutional stakeholders.
- Secondly, MindLyfe Limited is improving access pathways by developing digital systems that eliminate barriers related to distance, time, and fragmented services.

- Thirdly, MindLyfe Limited is fostering institutional readiness for Mental Health integration by involving schools, universities, workplaces, and professional forums.
- Fourthly, MindLyfe Limited is contributing to the broader ecosystem of Mental Health innovation in Uganda by linking therapeutic care with digital transformation and institutional collaborations.
- Lastly, MindLyfe Limited is proving that Mental Health support can be provided not just through traditional clinical avenues, but also through hybrid models that encompass awareness initiatives, institutional backing, community outreach, and strategic partnerships.

These emerging impacts establish MindLyfe Limited as a significant player for stakeholders in search of scalable, youth-focused, technology-driven, and partnership-oriented Mental Health solutions.

6) INSTITUTIONAL STRENGTHS DEMONSTRATED SINCE FOUNDING:

The time since the MindLyfe Limited establishment has highlighted several institutional strengths.

- One notable strength is strategic clarity. MindLyfe Limited has successfully maintained a coherent identity focused on digital Mental Health, Teletherapy, and psychosocial support.
- Another strength is adaptability. The organization has demonstrated her capability to operate in various environments, including communities, campuses, workplaces, innovation ecosystems, and professional forums.
- A further strength is her partnership orientation. Many of the organization's significant achievements stem from collaboration rather than standalone programs.

- Additionally, there is innovation readiness. MindLyfe Limited has consistently engaged with the digital and systems aspects of Mental Health care, which is increasingly vital for scalability and sustainability.
- Moreover, the organization's relevance to public priorities is a key strength. MindLyfe Limited initiatives closely align with critical areas impacting Uganda's youth and institutions, such as psychosocial well-being, Mental Health in schools and universities, stigma reduction, workforce well-being, and access to support.
- Lastly, leadership visibility is another strength. MindLyfe Limited has established a recognizable public presence through stakeholder meetings, public engagements, and sector dialogues, which enhances trust and readiness for partnerships.

7) LESSONS LEARNED THROUGH THE JOURNEY:

MindLyfe Limited's journey since 2021 provides several key insights.

- One insight is that there is a demand for Mental Health services across various sectors, but individuals need reliable entry points before they pursue formal assistance. This highlights the importance of psychoeducation, awareness, and partnerships with institutions.
- A second insight is that digital models can enhance accessibility, but they are most effective when integrated within institutions and backed by human support systems.
- A third insight is that Mental Health initiatives thrive on collaboration across different sectors. The organization's notable advancements have frequently resulted from collaborations with innovation hubs, professional organizations, universities, and community stakeholders.
- A fourth insight is that the impact of Mental Health initiatives should be assessed through various metrics: not just by the number of sessions conducted, but also by the level of awareness generated, systems affected, stigma diminished, and institutions engaged.

- A fifth insight is that public trust and stakeholder confidence grow when organizations convey their efforts clearly, consistently, and in a professional manner.
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8) FUTURE DIRECTION:

Looking forward, MindLyfe Limited is strategically positioned to enhance and expand her initiatives in various ways. The upcoming growth phase can leverage the groundwork already established through digital platform development, campus engagement, workplace well-being initiatives, psychoeducation, and systems dialogue.

Significant future opportunities encompass the expansion of institution-linked Teletherapy, the enhancement of Mental Health programming for students and youth, the deepening of workplace Mental Health services, the increase of community outreach in underserved areas, the formalization of partnerships with the public sector, and the development of more robust outcome measurement systems.

Additionally, there is a distinct opportunity for MindLyfe Limited to establish herself as a national partner in psychosocial support, particularly in sectors involving children, youth, educational institutions, workplaces, and vulnerable groups. This would enable the organization to convert her initial momentum into a more structured, large-scale, and evidence-based impact.

9) CONCLUSION

Since her establishment on December 26, 2021, at 13:50 hours, MindLyfe Limited has positioned herself as a significant and increasingly important player in Uganda's Mental Health and psychosocial support sector.

The MindLyfe Limited development has been characterized by intentional growth in areas such as digital therapy access, institutional Mental Health support, psychoeducation, workplace well-being, community involvement, innovation engagement, and thought leadership.

The organization's efforts thus far demonstrate a strong dedication to enhancing the accessibility, professionalism, and responsiveness of Mental Health support to the real-life experiences of individuals and organizations. MindLyfe Limited also acknowledges that achieving a meaningful impact in Mental Health necessitates more than just individual therapy; it requires awareness, systemic approaches, partnerships, innovation, and trust.

As MindLyfe Limited progresses, her greatest opportunity lies in solidifying these achievements, enhancing evidence-based systems, and fostering formal collaborations that can broaden its reach and amplify its impact. For stakeholders, the history since her inception positions MindLyfe Limited as a promising, mission-oriented, and partnership-ready entity with a solid foundation for future expansion.

CONTACT

MindLyfe Limited.

KAWEKWA DOUGLAS.

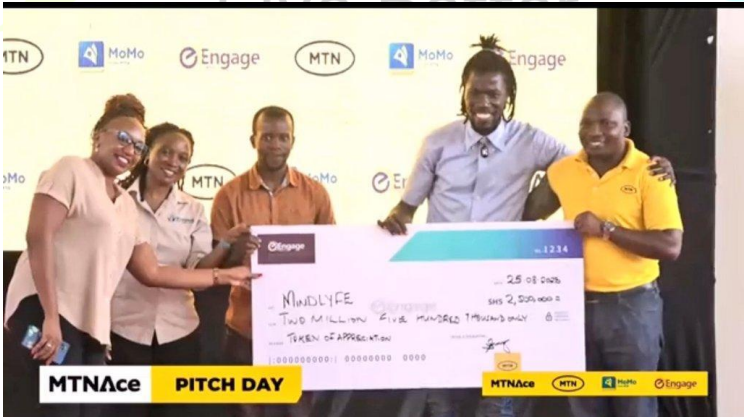
Email: info@mindlyfe.org

Tel: (+256) 703 607 207.

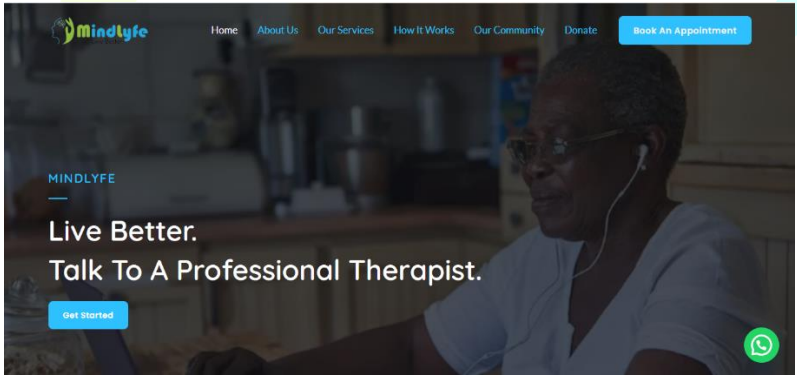
Plot 21A, Port Bell Road. Nakawa, Kampala.

| MindLyfe Limited | Transforming Access to Mental Health and Psychosocial Support Through Innovation, Professional Care, And Partnerships |

PICTORIAL LOG

<u>Log</u>	<u>Pictorial</u>	<u>Significance</u>
Uganda Innovation Awards (November 2022)		▪ One of the first public acknowledgments of MindLyfe Limited. ▪ Recognized as a pioneering, innovation-focused solution for Mental Health. ▪ Involvement in Uganda's innovation and entrepreneurship landscape.
MTN ACE Program – National Recognition (2023)		▪ National-level validation of MindLyfe Limited's framework. ▪ Enhanced credibility in digital health and innovation. ▪ Showcased preparedness for scaling and organized development

Global Thought Leadership (2024)		▪ Situated MindLyfe within an international dialogue regarding digital Mental Health. ▪ Emphasized the transformative impact of online therapy on accessibility and stigma. ▪ Advanced MindLyfe Limited from national recognition to a prominent role in global health discussions.
Institutional & Professional Engagement (2025)		▪ Established MindLyfe Limited as a leader in technology and thought leadership. ▪ Broadened impact beyond service provision to include systems and policy-level considerations.

National Media Visibility (2025)	 NBS Television @nbstv RECAP: Kawekwa Douglas -Founder of MindLyfe, talks about MindLyfe being a pioneer in teletherapy and how it aims in addressing Mental Health stigma in Uganda through innovative digital solutions. #NBSUpdates #NBSTechConnect	▪ National television visibility. ▪ Enhanced MindLyfe Limited's reputation with the public. ▪ Bolstered brand trust and awareness.
Digital Health & MindLyfe Platform	 MindLyfe Home About Us Our Services How It Works Our Community Donate Book An Appointment MINDLYFE Live Better. Talk To A Professional Therapist. Get Started	▪ Increases availability of Mental Health services beyond traditional physical locations. ▪ Helps to diminish stigma by providing private and adaptable access to care.