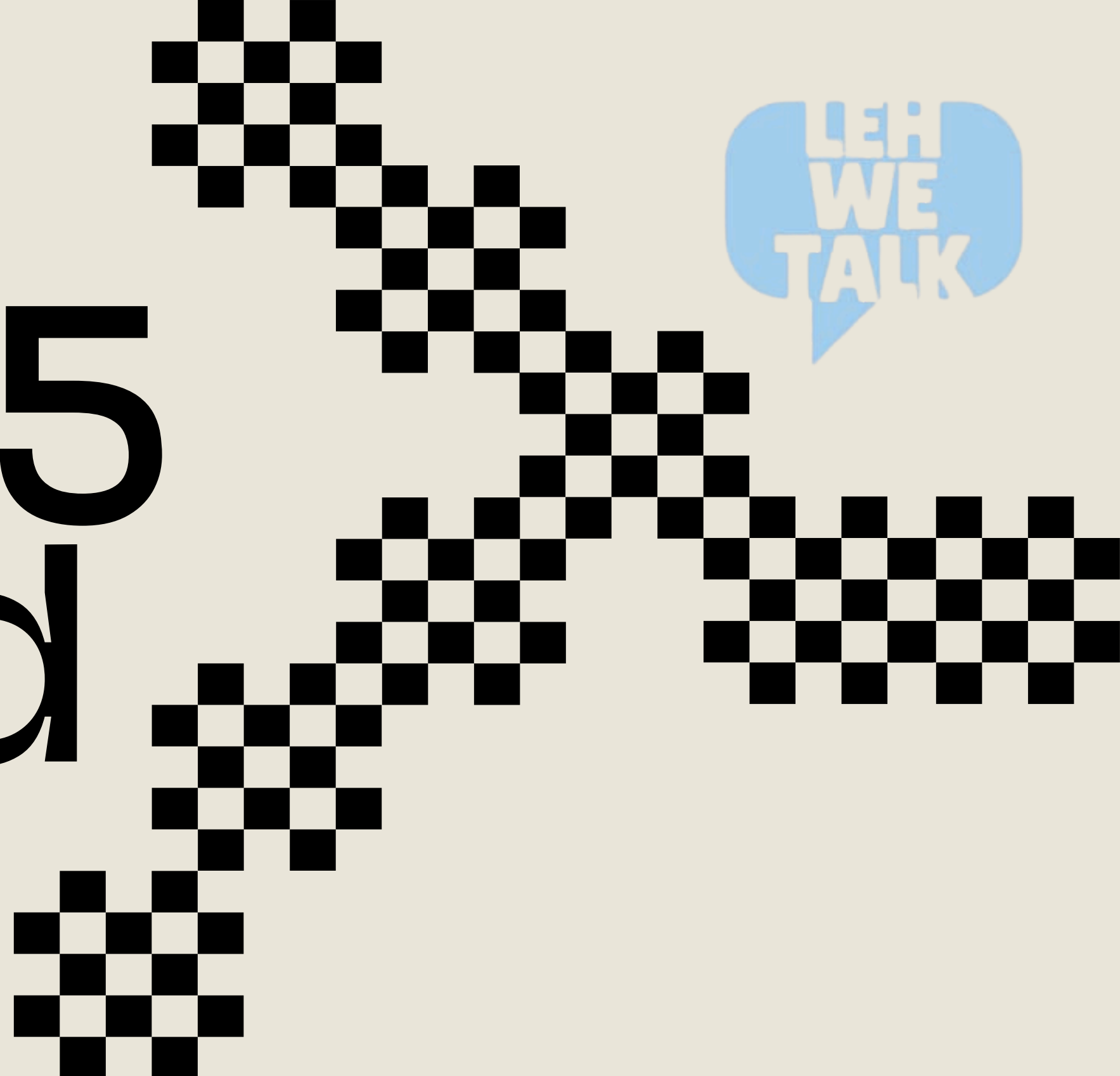
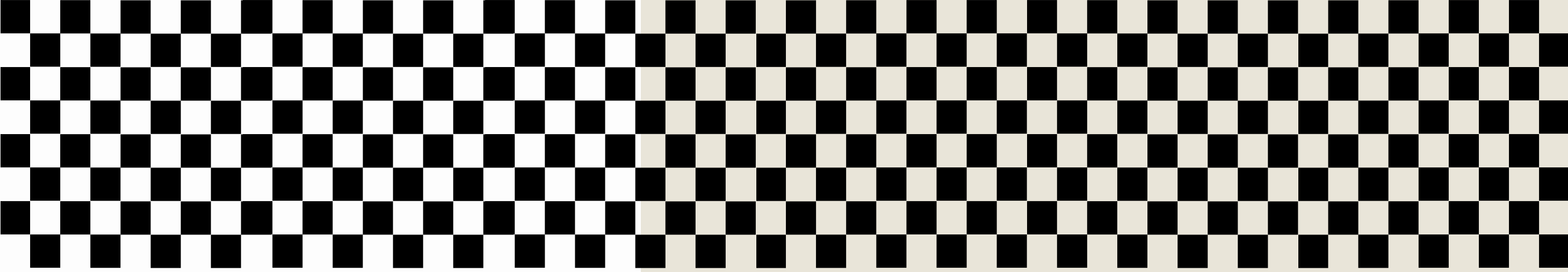


Leh We Talk 2025 Year-End Report



AMPLIFYING YOUTH VOICES. BUILDING
HEALTHIER FUTURES.



Content

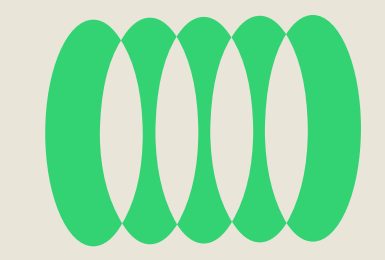


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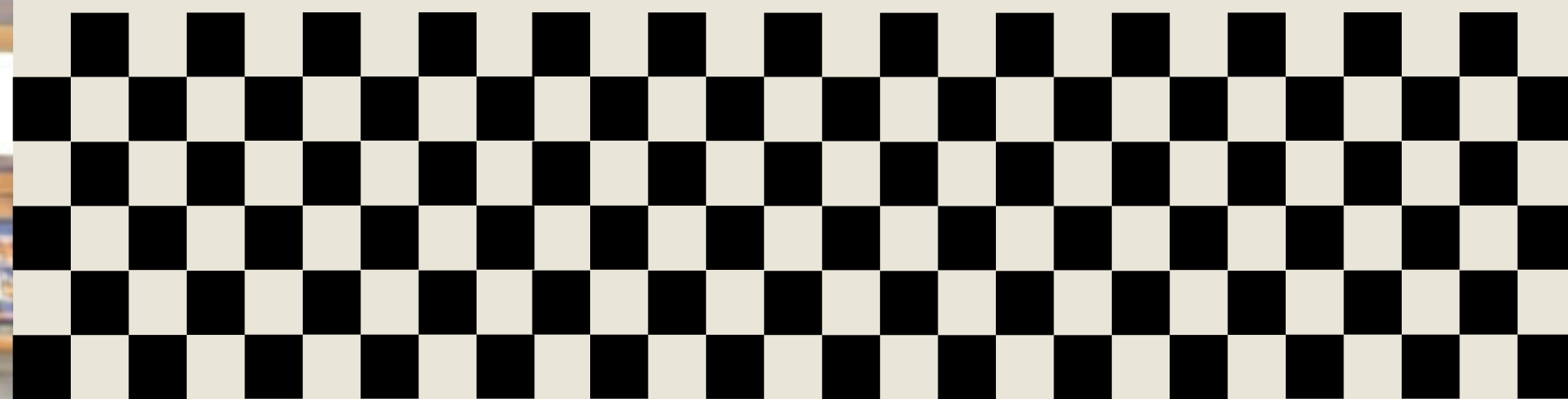


Leh We Talk is a mental health organisation based in Sierra Leone, dedicated to amplifying young people's voices and addressing the social, mental health, and economic challenges they face.

Our work centres on:

- Youth mental health awareness
- Substance use prevention and education
- Entrepreneurship and employability skills





2025 was a year of growth, reflection, and deepened impact for Leh We Talk.

Key Highlights

- 140+ young people reached through in-person programmes
- 2 core initiatives (Mind Check and Wan De)
- 2 schools and 1 university engaged
- Youth-led design and delivery embedded across programmes

Wan De

“Once Upon a Time”

In 2025, Wan De delivered interactive sessions focused on:

- Mental health education
- Substance use awareness, particularly kush
- Coping strategies and resilience
- Entrepreneurship and problem-solving
- Digital literacy basics

Sessions were adapted to the age and context of participants, ensuring that the content was accessible, relevant, and engaging.



Impact Snapshot

- Delivered across multiple educational institutions
- Created a Youth Advisory Board to provide input on programme design
- Combined health education with practical life skills

Quotes from Participants



“At the graduation event, I was able to learn from the younger kids as well as the older kids. I also learnt about the different types of drugs. The entrepreneurship training made me aware of the different business ventures I could start... I’m now able to think under pressure. I feel good. I’m grateful that my story has an impact.”

A University Participant

“They taught us about kush and what to do and not to do... Even when we’re stressed we shouldn’t turn to kush but should turn to one of our coping skills, such as playing sports or talking to your friends.”

A Secondary School Participant

“I learnt about physical and mental health, and how your brain functions when you take kush... When you don’t take kush, your brain functions properly, and you’re able to go to school and answer questions.”

A Primary School Participant



Mind Check

Listening Before Acting

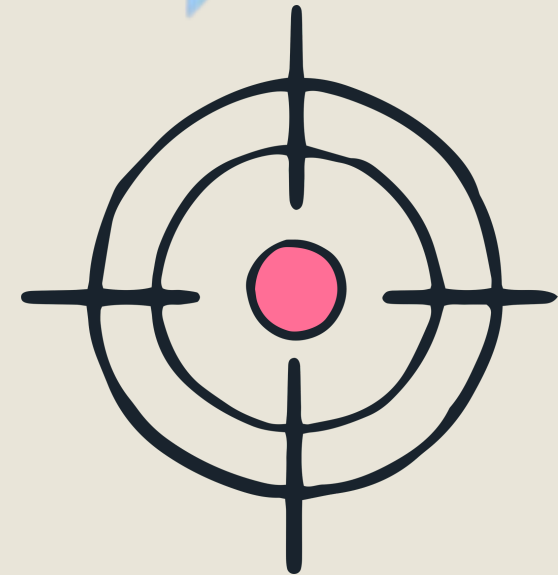
Mind Check is Leh We Talk's youth mental health survey initiative, designed to better understand the lived experiences, pressures, and wellbeing of young people.

In 2025, we:

- Refined the content of the survey from 2024 to enable participants to speak more freely and give us the right information.
- Strengthened Leh We Talk's evidence-based approach.



In 2026, Leh We Talk Aims to:



Strengthen data collection and impact

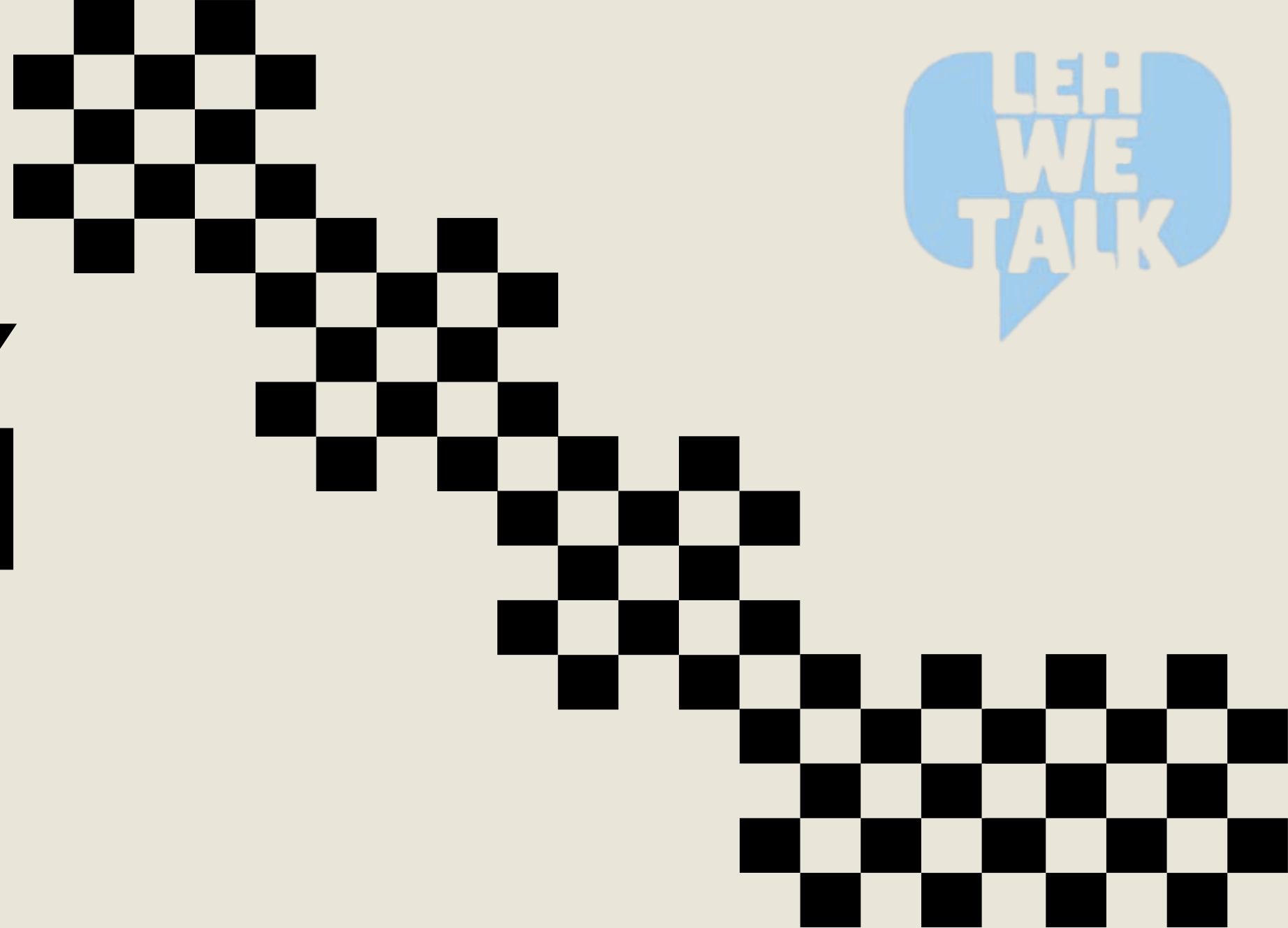
Expand the reach of the Wan De Project

Deepen mental health and substance use prevention work

Grow youth leadership and participation



Thank You



At Leh We Talk, we remain committed to working collaboratively with funders, trustees, and communities to create lasting change.

Contact Information

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