ICTMH BI-WEEKLY
www.cognitivemg.org

NEWSLETTER

Mental & Wellness Ed. Vol. 36 | 1st July - 14th July 2026

Building Healthier Minds, Building Healthier Communities



Health begins with the small things we often overlook: taking a breath before we break, speaking to ourselves with kindness, setting boundaries that protect our peace, and extending care to those around us.

Every healthier choice creates a ripple. A simple conversation can become a source of support. A community that chooses compassion can become a safer place for everyone.

Editorial Note

A healthier life is not built by one big decision. Most times, it begins quietly, with one person paying attention to what they need, how they live, what they carry, and where they need support.

This edition brings that idea into focus. Through our WhatsApp Wellness theme, we look at the small choices that help people care for their minds, bodies, relationships, and daily habits. Through ICTMH's outreach work, we are reminded that care must move beyond words and reach people in practical ways.

We also highlight ICTMH's presence at the WCCBT World Congress, where global conversations on cognitive and behavioral therapies continue to shape stronger local impact. As July begins, we reflect on inclusion too, because mental health support must be respectful, accessible, and made for real people with real lives.

At ICTMH, we believe healthier communities are built when care becomes easier to understand, easier to reach, and easier to receive.

Continuing the Conversation

In recent editions, we have explored how the body speaks, how communication can heal, how gratitude keeps the heart grounded, and how outreach brings care closer to people.

Vol. 36 continues that movement. Awareness is important, but awareness must lead somewhere. People do not only need to know that mental health matters. They need support that is available, affordable, respectful, and close enough to reach.

That is the work ICTMH continues to build:

healthier individuals, stronger families, informed communities, and mental health support without exclusion.

From the Chief Operating Officer's Desk



At ICTMH, our community outreach initiatives continue to make a meaningful difference in the lives of the people around us. Through consistent engagement and support services, we are strengthening access to basic yet essential health and mental wellness care within our communities.

Our outreach programs have provided free blood sugar testing, free blood pressure checks, and complimentary therapy sessions for individuals in need. These services not only promote early detection and prevention of health conditions but also create safe spaces where people can seek emotional and psychological support without financial barriers.

We remain committed to expanding our impact, reaching more communities, and ensuring that quality mental health and wellness services are accessible to all who need them. *Together, we are building healthier minds and healthier communities.*



WhatsApp Wellness Highlights

Our WhatsApp Wellness is a standing weekly program — independently designed each week, facilitated by the ICTMH Clinical Team, and structured from Monday to Sunday with daily prompts, interactive polls, reflective exercises, and moderated peer-sharing.

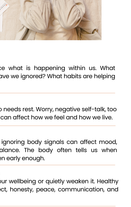
Building a Healthier You

25th June - 4th July 2026 • Compiled by Dr. Elizabeth Idowu

This week's WhatsApp Wellness theme focused on a simple message: health is not only about not being sick. It is also about how we care for our thoughts, emotions, bodies, relationships, habits, and daily choices.

The theme, "**Building a Healthier You,**" encouraged members to slow down, look inward, and identify areas of life that may need care or adjustment.

The message was clear: becoming healthier does not always require one big change. Sometimes, it begins with one honest step.



What the Week Explored

Monday — Self-awareness
Before we can grow, we must first notice what is happening within us. What thoughts keep returning? What emotions have we ignored? What habits are helping us, and what habits are slowly draining us?

Tuesday — Caring for the mind
Members were reminded that the mind also needs rest. Worry, negative self-talk, too much pressure, and constant mental noise can affect how we feel and how we live.

Wednesday — Taking Care of Your Body
Poor sleep, poor feeding, lack of rest, and ignoring body signals can affect mood, energy, concentration, and emotional balance. The body often tells us when something needs care. We only need to listen early enough.

Thursday — Building Healthy Relationships
The people around us can either support our wellbeing or quietly weaken it. Healthy relationships should make room for respect, honesty, peace, communication, and boundaries.

Friday — Letting Go of Harmful Habits
Participants were encouraged to look honestly at habits that no longer serve them. Overthinking, self-neglect, unhealthy comparison, emotional suppression, poor communication, and staying in draining environments can all affect growth and peace of mind.

Saturday — Reflection
The lesson was simple: a healthier life is built gradually. One area was noticed. One habit adjusted. One boundary set. One better choice repeated. Health is connected. When the mind is tired, the body feels it. When the body is neglected, emotions are affected.

A healthier you does not happen all at once. It begins with one small step, taken with honesty and care.

Healthier You Check-In

One Small Step This Week

A healthier life is not built by pressure. It is built by practice.
Take a quiet moment and answer honestly:



My mind needs:

My body needs:

My relationships need:

One habit I need to release:

One small step I will take this week:

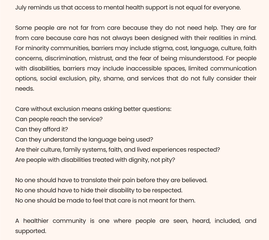
Do not try to change everything at once.
Start with one honest step.

WHAT THIS WEEK TELLS US



A tired mind can affect the body.
A neglected body can affect mood.
An unhealthy relationship can affect peace.
A harmful habit can quietly become a pattern.
One small positive step can begin a new direction.
This is why wellness must be practical. People need more than information. They need simple reminders they can use in daily life.
They need language for what they are feeling. They need encouragement to make changes without feeling overwhelmed. A healthier life is not built in one day. It is built through self-awareness, support, and consistent choices.

ICTMH on the Global CBT Stage



ICTMH's CEO, Dr. Stephanie Okala, attended the 11th World Confederation of Cognitive and Behavioral Therapies World Congress in San Francisco.

The Congress brought together professionals, researchers, clinicians, and leaders in cognitive and behavioral therapies from around the world. Its theme, "Health for All: Affirming, Equitable, and Sustainable CBT", speaks directly to the kind of future ICTMH is working toward: mental health support that is evidence-based, culturally aware, and accessible. For ICTMH, global learning is not distant from community work. It strengthens it.

Participation in global spaces like WCCBT connects ICTMH's work in Nigeria to wider conversations on quality care, equity, sustainability, and the future of cognitive and behavioral therapies.

The message is simple:
Global learning should strengthen local impact.

Care Without Exclusion

Minority Mental Health Awareness Month & Disability Pride Month

July reminds us that access to mental health support is not equal for everyone.

Some people are not for from care because they do not need help. They are far from care because care has not always been designed with their realities in mind. For minority communities, barriers may include stigma, cost, language, culture, faith concerns, discrimination, mistrust, and the fear of being misunderstood. For people with disabilities, barriers may include inaccessible spaces, limited communication options, social exclusion, pity, shame, and services that do not fully consider their needs.

Care without exclusion means asking better questions:
Can people reach the service?
Can they afford it?
Can they understand the language being used?
Are their culture, family systems, faith, and lived experiences respected?
Are people with disabilities treated with dignity, not pity?

No one should have to translate their pain before they are believed.
No one should have to hide their disability to be respected.
No one should be made to feel that care is not meant for them.

A healthier community is one where people are seen, heard, included, and supported.

Small Steps That Build a Healthier Life

Practical Wellness for Everyday People

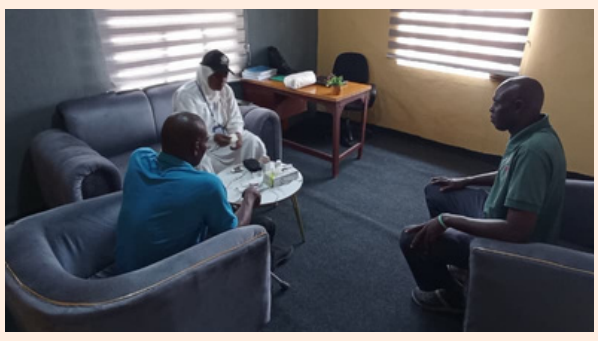


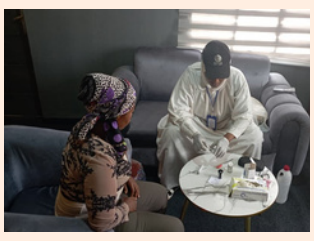
Wellness Wednesdays:
Free Health Screenings

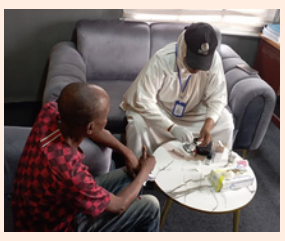
Every Wednesday at the ICTMH Kaduna Office, **free blood pressure and blood sugar screenings** are available to all community members at no cost. No appointment is necessary.

- **When:** Every Wednesday, 9:00 AM – 5:00 PM.
- **Where:** ICTMH Office, No 28 Abuja Road, Kaduna State.
- **Cost:** 100% Free

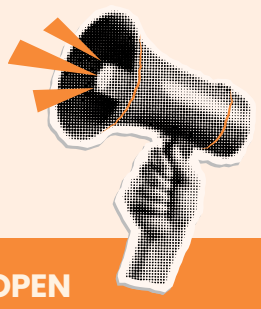
Reaching out is a sign of strength.
Visit us this Wednesday to give your body the attention it deserves.











JOURNAL ARTICLE CALL — STILL OPEN

ICTMH invites submissions on mental health and cognitive behavioral therapies, with particular interest in African-contextualized approaches.

- **Submit to:** enquiry@cognitiveng.org
- **Subject:** Journal Submission

Writing guidelines and topic suggestions available on request.

Learn more: ***www.cognitiveng.org/journal/***

Connect with care

ICTMH OFFICE ADDRESS
No. 28 Abuja Road, Kaduna State, Nigeria

OPERATING HOURS
9:00AM - 5:00PM
MONDAYS - FRIDAYS

NEED TO TALK?
Call the ICTMH Hotline:
+234 912 213 0769
+234 706 287 4416

OPERATING HOURS
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You can donate to the work we do

Your support helps ICTMH continue community outreaches, mental health education, free screenings, and practical support for individuals and families.

For Naira donations, use:

ACCOUNT NUMBER
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SCAN TO DONATE

Every gift helps care move closer to the people who need it.



ICTMH's One Ask

This week, do one thing that builds health.

Take a proper rest.
Book a health check.
Speak kindly to yourself.
Set one needed boundary.
Check on someone who has been quiet.
Ask for help before the pressure becomes too heavy.
Encourage one person to seek support without shame.

Do not wait for a crisis before you care for your mind, body, or relationships.
Choose one healthier step this week — and take it.

MEDICAL DISCLAIMER
Content in this newsletter is psychoeducational in nature and is intended for general informational purposes only. It does not constitute clinical advice, diagnosis, or treatment. If you are experiencing a mental health concern or persistent physical symptoms, please seek support from a qualified healthcare professional. In an emergency, contact your nearest hospital or emergency services.