

## African Region 2025 Annual Report

### Introduction

The African Region is led by Prof. Joseph Osafo, with assistance from Ms. Priscilla Osei-Bonsu. This region is divided into three sub-regions: West Africa, Francophone countries (including all French-speaking countries), and East & Central Africa to facilitate effective management. Mr. Alain Bila serves as the head for the Francophone sub-region, while Ms. Titilayo Tade oversees West Africa, and Mr. Innocent Peter Uggh is the prospective leader for East and Central Africa. Currently, P4L-Africa includes twenty-two participating countries, while 27 countries have not established any contact.

### Achievements

#### Conferences

Ghana organized a hybrid workshop on suicide and mental health in July 2025, facilitated by the Centre for Ageing Studies in partnership with the School of Criminology at the University of Leicester. Virtual presentations by Ms. Titilayo Tade and Mr. John Bosco Chukwuorji from Nigeria (PfL members) and Alain Bila from Cameroon focused on strategies for preventing youth mental health issues and suicide.

#### Online Workshops and Webinars

1. Partnerships for Life Webinar – Prof. Joseph Osafo and centered on the theme: Local Initiatives in Suicide Prevention: The African Experience.
2. World Suicide Prevention Day (WSPD) – Various activities organised in each country including webinars, outreach programs, awareness initiatives, and media engagement.
3. World Mental Health Day (WMHD), different events took place in different countries, such as mental health summits and awareness campaigns, often in partnership with sports and religious leaders. (<https://www.vanguardngr.com/2025/10/responsible-reporting-can-save-lives-says-surpins-titi-tade-on-suicide-stigma/>).

#### Meetings

1. Introductory meeting was held between the African Suicide Prevention Association (ASPA) and Partnerships for Life, suggesting the idea of linking these initiatives to form a continental coalition within a single network.

Planning is in progress for a possible regional conference set for September 2026.

2. Introductory meeting with the Tanzania contact – Dr. Innocent Peter Uggh was successful resulting in connections with four additional professionals in the field of suicide prevention. Discussions focused on Partnerships for Life objectives to identify potential areas for collaboration.

### **Advocacy, Policy and Research**

1. Kenya successfully decriminalised attempted suicide.
2. Nigeria submitted a memorandum for the domestication of the Mental Health Act and Decriminalization of attempted suicide at the State Council on Health.
3. DR Congo led by Mr. Jean Claude Kambolo visited the WHO office to introduce Partnerships for Life in the Africa Region, and the activities of the International Association for Suicide Prevention (IASP).
4. Cote D'Ivoire – Action Against Hunger in collaboration with Téhini Social Center and the National Mental Health Program, organized an open forum for discussion and dialogue with locals in various communities to better understand the challenges related to mental health and strengthen prevention efforts.
5. Ghana continues to provide technical expertise to various countries in their decriminalization efforts.

### **Conclusion**

The Africa Region is increasingly enhancing its initiatives focused on suicide and suicide prevention. Partnerships for Life is active in 22 countries across the continent. Regional coordination is improving, with growing sub-regional leadership. Countries are engaging in advocacy, training, and public education, especially around WSPD and WMHD. Strategic partnerships (WHO, ASPA) are growing. Country-level progress is particularly visible in Nigeria, Liberia, Cameroon and DR Congo.