

STRONGMINDS®

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Dear <<First Name>>,

Ten days ago, heavy rainfall in Uganda triggered widespread flooding and catastrophic landslides throughout the country. Last week, landslides in the Elgon region resulted in almost 30 deaths, with 100 people still missing and more than 3,000 households displaced.

Psychological First Aid is an evidence-informed approach for providing emotional and practical support to individuals in the aftermath of a crisis or traumatic event. It focuses on reducing distress, promoting safety and stability, and connecting people to additional support resources if needed.

StrongMinds is mobilizing to respond. Our team is already on the ground in the Elgon region providing immediate support to displaced families. We are committed to:

- Delivering **psychological first aid** to those in crisis.
- **Screening and treating** individuals suffering from depression.
- **Raising awareness** about mental health and equipping communities with **coping strategies**.

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Uganda Landslide Emergency Appeal

The people in the Elgon region need your help.



[DONATE TODAY](#)

Climate change continues to drive extreme weather events like this, with devastating consequences for mental health. The stress of displacement, grief, and uncertainty profoundly impacts individuals and communities. Without immediate intervention, these effects can last a lifetime.

A donation of \$100 today will help us provide emergency mental health support to those who need it most.

[ACT NOW](#)

Thanks to supporters like you, we are able to respond to these climate-related disasters and provide depression treatment where it is needed most.

With gratitude,
StrongMinds Team



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