Two Days, One Message: Making Room for Men’s Mental Wellbeing

Two July gatherings created space for conversation, reflection and connection around men’s mental wellbeing.

On 29 and 31 July 2026, Smiles Africa brought people together for Two Days, One Message, a men’s mental health awareness campaign connecting an online gathering with a community session in Ndamukong, Bamenda.

The first conversation, held on Google Meet on 29 July, welcomed more than 25 participants. Under the theme “Strong Enough to Break,” guided exercises made space for reflection and conversation about mental wellbeing.

Time to listen and connect

On 31 July, 37 participants and three speakers gathered in Ndamukong for “Your Mind, Your Health, Your Life.” The conversation explored stress, hope, resilience and wellbeing, with people sharing time in a welcoming community setting.

Participants received the Smiles Africa Mental Health Guide & Journal to support continued personal reflection beyond the gathering.

Across the two days, the message was one of care: reaching out matters, listening matters and each person deserves understanding. We thank the speakers, volunteers and participants who helped create these spaces. Their presence gave the campaign its human heart, bringing conversation and connection into a subject that touches many lives.