

Mental Health and Psychosocial Support (MHPSS) Impact 2025

Supporting mental wellbeing, strengthening resilience, and expanding access to psychosocial services across Uganda.

The Lutheran World Federation (LWF) is strengthening mental health and psychosocial well-being among refugees and host communities across Uganda by delivering integrated MHPSS services that address the psychological and social impacts of displacement.

Through specialized case management, tailored psychosocial interventions, and community-based psychosocial support, help is extended to individuals and families experiencing trauma, emotional distress, and protection concerns, with particular focus on children, adolescents, persons with specific needs, and other highly vulnerable groups. Services remain evidence-based, needs-driven, and grounded in dignity and inclusion.

To increase access and reduce barriers to care, we work through trained community volunteers, outreach campaigns, mobile service delivery, and psychoeducation initiatives that improve awareness, reduce stigma, strengthen referral pathways, and enable early identification of mental health and psychosocial needs.

Alongside therapeutic and counselling services, vulnerable individuals also receive complementary support that contributes to recovery and resilience. This integrated approach aims at expanding access to quality MHPSS services, strengthening community support systems, and improving well-being outcomes.



THE
LUTHERAN
WORLD
FEDERATION

About us

The Lutheran World Federation (LWF), World Service Uganda program, has a proven track record of over 45 years of service in the realm of humanitarianism and development. Through our programs, we tirelessly serve the most vulnerable populations, extending timely, compassionate, and expert humanitarian aid to refugees and the host communities. We strive to alleviate poverty, resettle those displaced due to insurgency, and elevate the standards of living of both refugees and Ugandans.

Total Reach 2025



38,355

Individuals were supported with MHPSS services in 2025

● Male ● Female



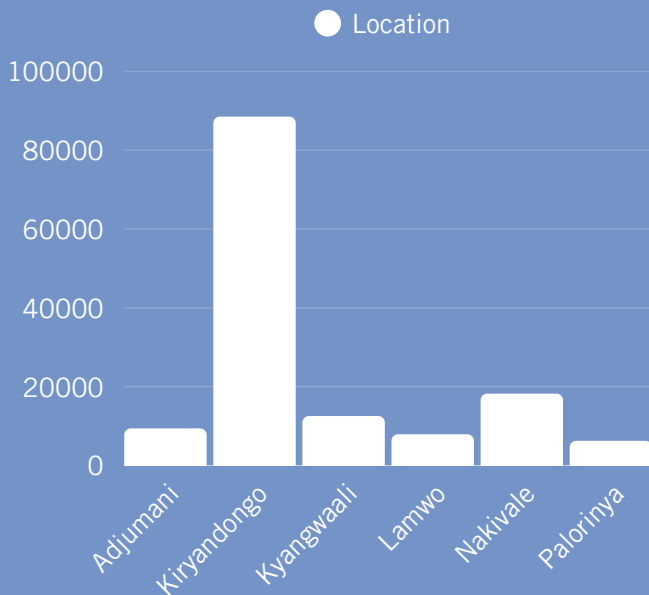
In 2025, 22,991 females and 15,364 males were supported through our various project interventions.

Holistic Approach

LWF is applying a holistic MHPSS approach that integrates clinical care, psychosocial support, protection services, and community-based psychosocial support interventions to address the full range of mental health & psychosocial needs arising from displacement. Through a continuum of services that includes counselling, therapy, psychoeducation, outreach, and referral support, LWF is responding to both immediate distress and longer-term recovery needs, while also strengthening prevention and early identification at the community level. This integrated model ensures that support is accessible, inclusive, and linked to broader assistance systems that promote dignity, safety, and resilience across refugee and host communities.

Below is a concise summary of the number of individuals served through our various projects.

Reach by location



MHPSS services offered

Therapy services offered



- Individual and family therapy
- Interpersonal group therapy
- Cognitive behavioral therapy
- Self-help plus
- Psychomobile clinics (with support from external specialists)

Non specialized services



- Psychoeducation sessions
- Community awareness
- Community engagements on suicide mitigation and prevention
- Psychosocial support services
- MHPSS retreats
- Reflective sessions
- Material and cash support



THANK YOU



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