

## Pamoja Healthcare Package

### Why is it needed?

Upskilling Kenya's healthcare workforce in mental health and safeguarding is essential. Fewer than 500 specialists currently serve more than 50 million people, and only 13% of primary care providers have formal mental-health training. During the Covid-19 pandemic, 32% of healthcare workers reported depression, 36% anxiety, and 24% insomnia. With demand rising and specialist capacity limited, strengthening mental-health and safeguarding skills is critical to protect patients, support staff wellbeing, and reinforce Kenya's health system

### What does Pamoja offer?

Pamoja partners with hospitals and healthcare organisations to upskill staff with essential mental health and safeguarding knowledge. We offer a comprehensive range of services, from individual support to tailored training, designed to strengthen the skills, resilience, and leadership of Kenya's frontline healthcare professionals. Through targeted development and confidential safeguarding support systems, we help create safer, more resilient healthcare environments where staff are equipped to care for themselves as they care for others.

### Specialised training for healthcare staff

- ▶ **Safeguarding**  
Identifies how to protect children and vulnerable adults from harm, helps healthcare staff recognise early signs of risk, and equips them to respond appropriately to keep patients and colleagues safe
- ▶ **Trauma-informed care**  
Understand how trauma affects the brain, body, and behaviour, and adapt practice to prevent re-traumatisation, build trust and support recovery
- ▶ **Recognising common mental health conditions**  
Spot early signs and apply effective, evidence-based support with confidence
- ▶ **Holistic practice**  
Learn how mental and physical health interact and use practical strategies to promote holistic wellbeing
- ▶ **Forensic mental health**  
Safely assess, manage, and support people at the intersection of mental health and the justice system using ethical, risk-aware practice
- ▶ **Communication and de-escalation**  
Strengthen skills in active listening, empathy, delivering sensitive information, and calming intense emotions
- ▶ **Clinical supervision and reflective practice**  
Build resilience, develop skills, reduce burnout, and enhance quality of care.

Please contact us for more information regarding bookings and pricing.

All training and individual support is conducted in person, learning resources will be provided.

Break the stigma, expand access, transform lives — take the first step with Pamoja.  
Together, we can do better.