

# AISHA BUBAH

The Sunshine Series-Mind Wellness Ltd.

2023 Global Fellow



## BIG BOLD IDEA

Improve access to mental healthcare for underserved Nigerians by training lay counselors to teach communities to self-heal.

## ORGANIZATION OVERVIEW

The Sunshine Series improves access to quality mental health care for Nigerians — without barriers — through counseling, capacity building, research, and advocacy. By providing community-involved mental well-being programs that train lay counselors, The Sunshine Series bridges the care gap in awareness and access to basic psychosocial support. The Sunshine Series aims to create a society with better listeners, one that is broadly more empathetic, caring of each other's needs, and able to heal itself. The Sunshine Series also involves more relevant stakeholders to improve access to mental health, including through their employee wellness programs targeted at organizations.

## PERSONAL BIO

Aisha is a psychologist and founder of The Sunshine Series, a mental health organization in Nigeria with a non-profit arm, Idimma. After losing a family member to the Boko Haram crisis, Aisha was motivated to advocate for better mental health services for persons affected by trauma. Through her work, Aisha and her team have set up the first mental health and suicide prevention helpline in Nigeria via the national emergency number 112, providing free 24/7 counseling services to those seeking help. Aisha has also created and broadcasted the first radio drama on mental health in Nigeria, "The Strong Voices." She is a 2023 Mandela Washington Fellow and has been recognized by the Daily Trust Newspaper for International Women's Day alongside other notable women such as First Ladies, Ministers, and changemakers. Aisha has written articles and spoken on various media platforms like Voice of America, Vice Media, NTA, and The Guardian Nigeria.

### Organization/Fellow Location

Abuja, Nigeria

### Impact Location

Nigeria

### Organization Structure

Hybrid

[VISIT WEBSITE](#)

