

# AMISA RASHID AHMED

Nivishe Foundation

2024 Global Fellow



## BIG BOLD IDEA

Improve mental health outcomes for marginalized youth in Africa by expanding mental health services, community-based mental health support, and health education in local languages.

## ORGANIZATION OVERVIEW

Nivishe Foundation is a pioneering organization dedicated to ending the widespread mental health crisis among African youth, particularly in Kenya. Nivishe Foundation's mission is to provide community-based mental health support and education to young people. Nivishe Foundation's vision is to prioritize mental wellness across Africa by creating a resilient generation equipped to support each other's mental well-being, with youth leading the charge against the stigma surrounding mental health issues. Nivishe Foundation's flagship program, the Nivishe Mental Health Fellowship, uses peer interactions and culturally relevant approaches — including local languages — to accelerate systemic change, increase mental health advocacy, and raise support within communities.

## PERSONAL BIO

Amisa Rashid is a renowned mental health practitioner, youth advocate, and the founder and executive director of Nivishe Foundation. Her journey began with co-founding the Dawah Counseling Center for Muslim Women, bridging the gap between mental health services and Islamic principles. Inspired by her background in the historically marginalized Kenyan Nubian community, Amisa founded Nivishe Foundation to decolonize mental health through community-based interventions, especially among youth, women, and girls.

Her accolades include recognition as one of the 100 Most Influential Young Africans, a Salzburg Global Seminar Fellow, WomenLift Health East African Fellow, and an IPHRD Africa Fellow. As a respected voice in public policy, Amisa is part of the Mental Health Technical Working Committee for the Nairobi County Government Mental Health Action Plan (2023-2027) and the community advisory board of the Aga Khan University Brain and Mind Institute. She is also a community mental health expert for EnableMe, a global platform for people with disabilities. Amisa's leadership extends to many organization boards locally and globally. She is a recipient of multiple awards, including the Zuri Awards for Healthcare.

### Organization/Fellow Location

Nairobi, Kenya

### Impact Location

Kenya

### Organization Structure

Hybrid

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