



TYRONE HAVNAR MENTORSHIP PROGRAM | 01-03-2022

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Mental health for the youth

Mental health month should be every month as youth are continuously eroded by the unfairness of society. There is so much going on and it is important that we safeguard their needs and aspirations. The recent article that was circulating in leading media outlets were youngsters are said to be getting high on powder acquired from diapers and sanitary wear is not just worrying but devastating. It feels as if we are failing the youth.

The future of our youth is slowly being replaced by a catastrophe of events. Drug abuse is a form of escape from economic hardships, unfulfilled dreams and a cocktail mixture of unmet needs.



Rural young men and women are continuously exposed to disparities with little to no resolution. The lack of sustainable opportunities drives them into compromised ways of adapting to negative situations and the unfavourable landscape. THMP has been offering mentorship and mental health sessions since 2018 yet the gaps are far from closing.

Early and unplanned pregnancies occur at an alarming rate in the rural communities. How can we bridge such a gap? We need to create youth centers in such communities and allow youth to be youth and desist from adulting before time.



Online mentorship sessions are on-going but we still have those who have no technology left behind, therefore we have geared up with [IROMH Africa](#) to construct a learning center in Selous for the youngsters. At this center we shall have basic computer training sessions and offer experiential learning so each individual is not compared to the next but natured in what they know best. To best create a sustainable future for the youngsters we need to involve them in planning and the execution of useful programs.

With that in mind, the journey has started and we foresee a vibrant center being introduced.



Let us learn together

Looking back

To reach out and create stewards in communities of care is the beginning of a better tomorrow

From the initial mentorship program we delivered a session on Transparency and good governance we saw it fit to introduce the ambassador responsibility with all that attended the online sessions. To cascade the lessons learnt was to involve them in delivering the very session to other people in what we call communities of care. This task is placed on each interested individual as they return to their day to day lives.

Being an ambassador has no financial gain yet it is a fulfilling opportunity. The ambassador program has been a success as the mentees also started their own organizations which are running to date. It is the rate of people reached, and the programs started that measures our success rate. With that in mind any of our programs are open to anyone duplicating as we are hoping to change many lives and its possible with more hands on deck.



- ▶ Are you for the winning team? If you answered yes then reach out to THMP and propose an idea that we can amplify together, create Hubs for youth and have extraordinary programs in existence.



- ▶ Did you know rural folk have no access to computers and most of them have never used a mobile phone before? Why not help us bring the learning center to life and procure computers for them.

The learning center program is the highlight of 2022 as it will not just directly benefit adolescents and youth but indirectly we are creating employment and skills training for those who will help construct the centre and also run the nutrition kitchen for our beneficiaries. It is a win situation for everyone involved.

The THMP is in full support of opening avenues for the rural folk.

Interested in this amazing journey? Volunteer or Donate to the charity 😊



Tyrone Havnar Mentorship Program est 2018



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