

# Knowledge for Change

## Fellowship Summary

Mental Health (MH) services in LMICs face significant challenges including limited funding, shortages of trained professionals, widespread stigma and skyrocketing demand.

Tanzania has less than 50 psychiatrists for a population exceeding 55 million. Additionally, most MH professionals are concentrated in urban areas, leaving rural communities further underserved.

Recent surveys conducted by K4C in secondary schools in Fort Portal (Uganda) found 57% of 261 adolescent students displayed symptoms indicative of major depressive disorder, 40.2% of moderate to severe anxiety and (more alarmingly) 18% had recent thoughts of selfharm/suicide, highlighting urgent need for targeted community-based interventions in rural areas.

This Fellowship will identify health and social workers with keen interests in adolescent MH to undertake comprehensive training programmes in partnership with experts from 'Arts for the Blues', LSTM, Salford University and Bury CE Highschool. K4C will facilitate Fellows to implement pilot interventions aimed at improving adolescent MH upon returning to Uganda/ Tanzania.

## Weblink for Candidates

<https://knowledge4change.org/>

## Eligibility Criteria

Applications will be invited from health and social workers (including psychologists, social workers, doctors and nurses) that have a keen interest in and a commitment to improving the provision of adolescent mental health services in Uganda, Tanzania and Zanzibar.

Preferred candidates will be those that have previous experience of working in adolescent mental health services and the main opportunities, challenges and barriers faced in delivery of these services.

## Proposed Programme Dates

16 February 2026 to 18 May 2026

## Proposed Activity

The Program will comprise 4 interlinked workstreams to equip Fellows with essential substantive and transferable skills, exposure to several mental health related interventions currently being piloted/implemented across the UK and Africa, and invaluable networks and relationships with experts working in adolescent mental health.

Individual training needs assessments will be conducted with Fellows before their Fellowship commences and factored into timetabling. Week 1 will include settling Fellows into their accommodation, providing local orientation, supporting access to IT services and completing mandatory visa requirements. Further workstream details are below:

#### Workstream 1: Substantive Skills

Fellows will be given access to relevant modules and simulation facilities from 5 degree programmes at Salford University including the BSc and MAs in Mental Health Nursing, Social Work, and Psychology and Counselling which will run throughout their Fellowship's duration.

Final module selections will depend on individual Fellows' professional backgrounds, roles and learning needs assessments.

#### Workstream 2: Transferrable Skills

Bespoke programs will be timetabled for each Fellow based on their training needs assessment to support their transferrable skills in areas including IT, literature review, qualitative/quantitative data analysis, grant writing, project management, user engagement methods, research and presentational skills. Sessions will be arranged by partners at Salford University, LSTM and other external providers where necessary.

#### Workstream 3: Exposure to existing innovative mental health interventions in the UK and LMICs

Expert partners at Liverpool School of Tropical Medicine (LSTM), 'Arts for the Blues' and Bury CE High School will be integral to this workstream. Fellows will attend 3 workshops

arranged by a research team at LSTM who are actively engaged in piloting several interventions in LMICs including Liberia, Ghana, Tanzania, the DRC and Bangladesh.

Fellows will attend an intensive 2-day formal training program run by 'Arts for the Blues' which is an evidence-based model for delivering creative psychotherapies with adults and children in the UK, however scoping work has begun to explore potential for elements of the program to be piloted in other countries including Pakistan, Nepal and Bangladesh. The codesigner of 'Arts for the Blues' will continue to mentor Fellows throughout their program and arrange additional training sessions.

Supported by K4C, Bury CE Highschool is currently developing a partnership with a School in Fort Portal to facilitate virtual engagement between managers, teachers and pupils. Fellows will conduct site visits to the school to meet with teachers who specialise in identifying and supporting adolescents with mental health conditions and also engage with pupils to learn what mental health means to adolescents in the UK context.

#### Workstream 4: Expert Stakeholder Engagement and Networking

Additional conferences/events will be identified to create further networking and partnership development opportunities. Fellows will be introduced to K4C's partners at the Royal Colleges of Paediatrics and Children's Health (RCPCH) and Nursing (RCN) and attend their respective annual conferences in May 2026. Other events (dates TBC) include the UK-Africa Health Summit, workshops run by the Association for Child and Adolescent Mental Health and collaboration with other Fellowship host organisations.

### Priority Theme

Strengthening health systems and capacity