

RAPPORT ANNUEL

2025

Association



Hand On Heart
Cameroon

Récépissé de Déclaration d'Association N° :
002028/RDA/J06/BAPP du 1er décembre 2009



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Thanks

This year, 2025, has been an important year for Hand On Heart. We have grown, achieved of the projects concrete And reinforced OUR link with THE communities. All that would not have not This was possible without the help and commitment of many people and organizations.

I hold First of all has thank the team tremendous of Hand On Heart At Cameroon And internationally. Your passion, dedication, creativity, and hard work are the foundation of all our successes.

A special thank you to the team on the ground in Cameroon for their hard work and dedication. daily with of the communities. Your dedication East essential For our impact.

We sincerely thank our financial and institutional partners whose support drives our work forward. Special thanks to the Mindful Change Foundation (MCF) for their trust and guidance. Thanks also to Betterplace and Professor Herzog. Your support helps us build a solid foundation.

A big THANKS to

- The Charity of Berlin For THE new ongoing projects putting implementation ;
- The Quebec Mental Health Movement for welcoming us as ambassadors and for the continued sharing of its valuable awareness tools;
- The Quebec Association for Psychosocial Rehabilitation (AQRP) for the peer support training of two members of the Hand On Heart team;

Thanks also to the Directorate of Relations with the International Organisation of the Francophonie (Ministry of External Relations) for welcoming us into its network.

We thank you THE authorities sanitary facilities Cameroonian For their precious support :

- The Regional Health Delegation of the Centre for the collaboration agreement which strengthens our legitimacy;
- THE District of Health of Mfou, his staff and its Chief, Dr. Hamida Yacoubou For their welcome and the authorizations that make our work possible in the field;

We we think with gratitude has all our donors individuals, known Or anonymous. Each Don, little or large, East A gesture of generosity Who We touch and strengthens our actions.

Finally, a heartfelt thank you to our entire community: families, friends, volunteers, local healthcare professionals, and everyone we've met during our work. Your warm welcome, your stories, and your moral support are our greatest motivation. You remind us every day why Hand On Heart exists.

It is grace has this chain extraordinary of support that We let's talk 2026 with humility, determination and a new optimism.

With all our gratitude,

There team Hand On Heart

Preview

Why was the Hand On Heart association created ?



A WORD FROM THE FOUNDER

The **Hand On Heart Association** was not born by chance. Before being an association, it was first and foremost the result of a life story, my own.

Growing up alongside a mother and sister living with mental health issues profoundly shaped my journey. Very early, I was confronted with deep emotional suffering as a caregiver, with the misunderstandings,

silences, and judgments that still surround mental illness. But I also discovered something else: resilience, the capacity to persevere, to support, and to love even in the most difficult moments.

For a long time, this reality remained private. Then came the need to no longer keep it to myself, to give it a broader meaning. I then understood that what I had experienced could become a strength, not only for myself, but also for others.

This is how Hand On Heart was born (December 1, 2009, registration number 002028/RDA/J06/BAPP): from the desire to transform a personal experience into a meaningful commitment to the community. Since its creation, Hand On Heart (HOH) has operated as a community-based organization, closely connected to the realities on the ground, particularly in rural areas where access to information and mental health services remains limited.

Our work primarily aims to bring mental health closer to the people and break the silence surrounding these issues. Hand On Heart is committed to:

- Conducting awareness-raising activities within communities, especially in rural areas, to promote understanding and prevention in mental health;
- Offering accessible psychosocial support to assist people in distress; Strengthening local capacities by training community-based actors capable of taking action within their communities;
- Working in schools with young people to develop psychosocial skills and promote well-being;
- Supporting families, particularly through the development of peer support programs, to recognize and value their essential role;
- Collaborating with local organizations and health services to strengthen mental health care;
- Developing sustainable partnerships to increase the impact and sustainability of our actions.

Through this 2025 annual report, I would like to sincerely thank the entire Hand On Heart team, all those who believed in this vision and who bring the organization to life every day. Together, we continue to move forward, with heartfelt dedication.

Sandrine TCHOUAMOU MAGWA Wife KAMENI

Promoter of the Association Hand On Heart

2025 in numbers

2025 en chiffres

Convention de partenariat reconduit avec le nouveau Chef du District de Santé de **Mfou**

Accord de collaboration validé pour 1 an avec la Direction Régionale de la Santé Publique du Centre

Hand On Heart est toujours intégré dans l'Organisation Internationale de la Francophonie (*OIF*) en tant que Organisation de la Société Civile (*OSC*)

Hand On Heart a organisé 05 ateliers sur la gestion du stress et la stigmatisation

Hand On Heart a renforcé les capacités de 15 acteurs de première ligne (Infirmiers et ASC) au sein du District de Santé de **Mfou** sur trois thématiques : Accompagnement psychosocial, détection des troubles de santé mentale et prévention du suicide

HOH a participé aux Journée Nationales des Organisations de la Société Civile (JNOSC) les 17 au 20 septembre organisé par le **Minrex**

15 acteurs communautaires formés

Extension du nouveau site web de l'association toujours en cours de finalisation

Hand on Heart demeure ambassadeur du Mouvement Santé Mentale **Quebec** (*MSMQ*) en Avril 2024

Hand on Heart a reçu un financement de la Mindful Change Foundation (*MCF*) en Juillet 2025 pour la mise en œuvre du « *Projet de renforcement des capacités des INF et ASC dans le district de santé de Mfou* »

Deux membres de **Hand On Heart** (*Sandrine & Eponine*) sont officiellement Paires Aidantes Familles grâce à la formation de l'**Association Québécoise pour le Réadaptation Psychosociale (AORP)**

Immersion humanitaire : l'association a eu le plaisir de recevoir en 2025 **05 volontaires**

Depuis juillet 2025, **Hand On Heart** officiellement membre de ASPA (**African Suicide Prevention Association**)

HOH a participé à la marche sportive organisée par le **MINREX** en mars 2025

798 personnes sensibilisées

Priorities and current goals

The association Hand On Heart has identified **four challenges** key what strives of to point out :

1. **Insufficient access to reliable information on mental health problems and appropriate treatment** outside major urban centers. The vast majority of Cameroonians with mental illness are unable to obtain a diagnosis and treatment for their disease. THE system health Cameroonian East overload with approximately 1.87 mental health workers per 100,000 inhabitants (the global average is of 13.00 For 100 000 ¹). THE rate annual of visits In THE establishments outpatients of health mental of there eastern region of 14.00 For 100 000, against a average world of 1 051.00 For 100 000. However, THE ministry of there Health has put in place THE number free 1510 (available and operational 24 hours a day, 7 days a week) for families who have loved ones suffering from mental disorders, and the free 1511 helpline for people with mental illness themselves ² .
2. **Promoting access to mental health care:** Most people with mental health conditions did not access to treatment in cost reason prohibitive; the cost of treatment antipsychotic of a daytime East equal has 8.70% of salary daily minimum, and a daily dose of antidepressant is 20.40% ³ . According to WHO estimates, only 8% of the Cameroonians reached of a disease mental diagnosed receive help At accommodation And only 13% receive a help has employment. Without treatment, they are caught in the vicious cycle of economic poverty caused by their mental illness. However, with A support material punctual Or temporary and/or a intervention Free mental health care enables them to reintegrate into the path of gainful employment.
3. **Isolation social And stigmatization** : THE people reached of diseases mental are often isolated due to their condition and unable to return home (as well as to their workplace). On a socio-cultural level, there is widespread conditioning that THE Africans born are not depressed And do not experience not of problems of health mental. Those who exhibit typical symptoms of poor mental health such as helplessness, worthlessness, or hopelessness are considered weak, which limits their likelihood of se demonstrate And of ask of help. Of more, of many communities seek to explain psychosomatic conditions in supernatural, rather than medical, ways . ⁴
4. **Accompagnement psychosocial of the relatives** : In Africa there disease mental East It remains a taboo, and when it is addressed, the patient is at the center of concerns, excluding of facto THE relatives Who THE accompany on THE path of there healing. These Yet, they live with the disease with just as much intensity. Hand On Heart then thought it would be important to to be interested a little more to these relatives (their feelings, challenges as a caregiver). After their training in Peer Support, the members began to implement support for caregivers through active listening.

¹ Mental Health ATLAS 2020. (2021). World Health Organization. <https://www.who.int/publications-detail-redirect/9789240036703>

² Republic of Cameroon, Ministry of Public Health website, <https://www.minsante.cm/site/?q=en/node/4124>, accessed Jun 01, 2022

³ Toguem, M. guy, Kumar, M., Ndetei, D., Njiengwe, F. E., & Owiti, F. (2022). A situational analysis of the mental health system of the West Region of Cameroon using the World Health Organization's assessment instrument for mental health systems (WHO-AIMS). International Journal of Mental Health Systems, 16(1), 18. <https://doi.org/10.1186/s13033-022-00528-9>

⁴ Ezeugwu, C. R., & Ojedokun, O. (2020). Masculine norms and mental health of African men: What can psychology do? Heliyon, 6(12), e05650. <https://doi.org/10.1016/j.heliyon.2020.e05650>

Major Achievements

General note: In the remainder of this document, reference will be made to the various Workpackages (WP) which are detailed and described in the Funding and Action Plan 2025 document .

Development of the internal organizational structure

Internal Management (WP 1.2)

Previously, the association operated with limited resources, relying on the president's own funds and contributions from national and international volunteers in various forms. Given the actions and projects the association needed to undertake and the financial challenges it faced, MCF funding enabled our association last year to establish a stable internal structure (including five Cameroonian members working in the field, the fifth of whom, a newcomer, is the team's webmaster).

Within the framework of WP 1.2, responsibilities have been effectively distributed, and workflows have been successfully implemented. Meetings continue to be held in a format whereby the core team meets every two to three weeks for 1.5 to 2-hour sessions on Teams, with the creation of professional email addresses to facilitate participation and contributions from each member for efficient results. Furthermore, the association has acquired its own premises, which facilitates in-person meetings between Cameroonian members for the planning and preparation of activities.

Due to the saturation of the existing storage system and for optimized communication, we have set up a Microsoft account dedicated to non-profit organizations. This gives us free access to Microsoft services, such as Teams. Within this framework, a clear folder structure has been defined, an efficient storage system has been implemented, and file management responsibilities have been assigned. In addition, team email addresses have been created to professionalize internal and external communication.

Currently, the core team consists of the following members:

Names	Country	Dates membership	Course professional	Roles
TCHOUAMOU MAGWA Sandrine Epse KAMENI	Cameroon	2009	Studies in French Languages Peer Support Family	Founder of the association
SIGNE NOUMBOU Eponine Epse NANA	Cameroon	2021	Legal teacher and humanitarian worker, psychosocial support worker	Coordinator activities and campaigns

GOMINA Jules	Cameroon	2023	Doctoral candidate in Clinical Psychology and Psychopathology; psychotherapist specializing in traumatic events in disaster contexts/ Administrator of emergency projects And development	Team psychologist , patient follow-up, monitoring financial and bookkeeping
KENTSOP Odilon	Cameroon	2024	Clinical psychologist and psychotherapist specializing in perinatal and parental topics	Team psychologist , patient follow-up
BRIKH Sandrine	Swiss	2020	Doctor of cognitive sciences	Strategic Coordinator and team meetings, link with MCF and European partners
ASCHENTRUP Leona	Germany	2023	Experience in public health, Young professional at the house of GFA Consulting Group	Responsible for drafting proposals funding and subsidies
NISANSA LIYANAGOONA WARDENA Sandali	Swiss	2024	PhD student in cognitive sciences	In charge of technical management of the platform (MS Teams, Emails)
Patrick CHETCHUENG	Cameroon	2024	Student in Master II Telecommunications Engineering	Senior Administrator of association website Creator of the mobile application BIAGNE

IMMERSION AND COMMITMENT OF THE INTERNATIONAL VOLUNTEERS

The following volunteers have also contributed to projects of HoH this year :

Names	Country	Periods	Career path	Description of their contributions
Anna Seva	Finland	February 21 2025	Psychologist, therapist in massage	Animation of the workshops on THE relief stress And regulation of the nervous system
Pia Schlittenbauer	Germany	May 14, 2025	Clinical psychologist	Facilitating workshops on there management of stress in medium professional
Sandrine Brikh	Germany	October-December 2025	Cognitive psychologist and Neuroscientist	NGO Strategic Management
Felix Brikh	Germany	October-December 2025	PhD student in physical science	Operational support of local teams overhauled the accounting system in Excel
Joshua Cario	Germany	October 2025	Assemble in the train industry	Videographer

In 2025, Hand On Heart welcomed five (5) international volunteers, whose commitment significantly contributed to strengthening the association's awareness-raising, training, organizational structure, and communication activities. These immersions fostered rich intercultural exchanges and reinforced the international dimension of Hand On Heart's work.

1- Anna Seva (Finland) Psychologist Therapist – massage in February 2025

Anna Seva shared her expertise in psychology and body-oriented therapies by leading workshops focused on stress relief and nervous system regulation. Her interventions introduced complementary approaches that were accessible and adapted to the local context, promoting the psychological and physical well-being of the participants.



2- Pia Schlittenbauer (Germany) Clinician Psychologist May 2025

Pia Schlittenbauer led a workshop on stress management in the workplace, addressing the challenges of mental workload, burnout, and work-life balance. Her contributions strengthened participants' ability to better understand and manage stress in their work environment.



3- Joshua Cario (Germany) - Assembler in train industry Videographer October 2025

Joshua Cario has been collaborating with Hand On Heart since December 2024. During his first visit in December 2024, he created a trailer to introduce the organization, helping to increase its visibility. See link <https://www.facebook.com/share/v/16agAmzYmh/>



He returned to Cameroon in 2025, accompanied by his wife, and conducted a video interview with the founding president of Hand On Heart, which they shared on their YouTube and TikTok channels. This boosted Hand On Heart's international visibility and raised awareness of mental health issues among a wider audience. The interview highlights the organization's vision and actions. See link: <https://www.youtube.com/watch?v=X0fYIjebEXc>



4-Sandrine Brikh (Germany) Cognitive psychologist and neuroscientist
Strategic Management at HAND ON HEART October – December 2025

A very active member of Hand On Heart since 2020, Sandrine Brikh returned to Cameroon for the second time, demonstrating her ongoing commitment to the organization. During her stay, she contributed to the strategic strengthening of the organization, particularly in terms of structuring, strategic thinking, and developing the association's activities in the field of mental health.



5-Felix Brikh (Germany) PhD student in Physical science October – December 2025

Félix Brikh participated in field activities and provided logistical and organizational support to the association from October to December 2025. His commitment was crucial to the smooth running of operations and the support of local teams. In addition, he overhauled the accounting system in Excel, modernizing and streamlining the tool. This optimization resulted in improved financial visibility.



Staff (WP 1.3)

Within WP 1.3, particular emphasis was placed on training team members because not all Cameroonian members have clinical training in mental health. The goal was to equip the team with solid knowledge and skills to further improve the quality of our work.

An important first step in this direction was taken with the AQRP (Quebec Association for Psychosocial Rehabilitation). This training, certified by the University of Quebec at Rimouski (UQAR) and offered at a reduced rate, was funded by the two participants themselves.

The "Peer Support" training program totals 250 hours of theoretical, practical, and internship training, covering topics such as communication techniques, crisis management, and recovery promotion. The format combines interactive workshops and practical exercises to best prepare participants for their role. The goal is to enable individuals with personal experience managing mental health issues to become support workers and mentors within psychosocial services. Peer support training (<https://www.aqrp-sm.org/formation-pairsaidants-famille>) for supporting family members of individuals living with mental health challenges, which Sandrine Magwa and Eponine Signe completed, began in October 2024 and was successfully completed in April 2025. From June to November 2025, 10 family caregivers received personalized support.

This initial step marks the beginning of a long-term process aimed at continuously developing the skills of our team, with the goal of establishing lasting professional standards in the field of mental health.

Financial Monitoring (WP 1.4)

As part of WP 1.4, an accounting system has been implemented to ensure the financial traceability and transparency of the organization. A workflow has been established to document all the association's financial inflows and outflows and to professionalize financial management. All of the association's financial transactions, including income and expenses, are recorded by Sandrine Magwa and Jules Gomina in a detailed Excel spreadsheet. In addition, all invoices and supporting documents are scanned and stored centrally in our SharePoint system. This procedure ensures a clear overview of the finances and allows for the secure and efficient storage of all relevant documents.

Network Building

HoH currently has the following partners:

(Potential) Partner	Since when	Description of collaboration
Mindful Change Foundation (MCF)	September 2023	MCF is committed to supporting the local promotion of social psychiatry projects aimed at improving the care of people suffering from mental illness, and it offers professional and financial assistance, to the extent possible, to associations whose objectives correspond to its missions; in line with this objective, since 2024 MCF has supported and assisted the Hand On Heart association in the implementation of its various projects, including the "Project to improve mental health care and reduce stigma in the Mfou district of Cameroon" and the "Project to strengthen capacities in mental health in the Mfou Health District".

Africa Suicide Prevention Association (ASPA)	09 July 2025	On July 9, 2025, Hand On Heart reached a significant milestone in strengthening its commitment to mental health in Cameroon and across Africa. Our organization is now an official member of the Africa Suicide Prevention Association (ASPA) for the year 2025. This membership, confirmed by an official certificate, represents a significant recognition of our work and reinforces our position in suicide prevention on the continent. It also opens the door to new opportunities for collaboration, knowledge sharing, and participation in initiatives aimed at reducing suicide risks and promoting the mental health of the most vulnerable populations.
APADES (Association For (Promotion of Literacy and Social Development)	May 2025	Hand On Heart organized a workplace stress management workshop in partnership with the APADES association on May 14, 2025. A co-location agreement was signed between the two associations on July 31, 2025, to collaborate on joint workshops aimed at further promoting mental health within our communities.
Hospital District of Mfou	June 7, 2024 Signing of the agreement partnership and renewal until 2025 with the new District Chief	Located in the MEFOU and AFAMBA region, the Mfou District Hospital has made its premises available to Hand On Heart to facilitate the achievement of its objectives, including awareness campaigns, free consultations, and training workshops for nurses and community health workers.
Sainte Madeleine Center of Mfou	August 2022	Located in the Mefou and Afamba districts, the center actively contributed to a month of psychological consultations leading up to World Mental Health Day, which was held there. The center's founder also facilitated the implementation of a psychological first aid training project organized by Hand On Heart Cameroon (2022).
Movement Santé Mentale Quebec	March 25, 2024 Signing of the 2024- 2025 partnership agreement Renewal of the contract effective February 5, 2025 for the 2025-2026 agreement	Its mission is to act in the promotion and prevention of mental health; it wishes to raise awareness among the population that mental health is not only something positive, but that it is possible to take care of it and strengthen it by creating contexts that are favorable to it; having accepted the request of Hand On Heart as an ambassador of the movement, the MSMQ provides the association with mental health awareness tools.

APESAMO Association (Staff Association) of Mental Health of the West)	March 2023	Established under association registration number 107/RDA/F35/SAAJB dated December 8, 2022, this non-profit organization operates in the humanitarian field of medicine in general and mental health in particular, with the ultimate goal of promoting the mental health and well-being of populations through the technical support of its members and various collaborators. In close collaboration with the Hand on Heart association, at the 2023 Bamendjing Group Congress, they worked closely together to organize a mental health awareness day. This was an ideal opportunity to inform and educate the people present on the importance of mental health, with the aim of demystifying mental illness, which is neither inevitable nor a "disease of shame."
PROSAMCOM Association (Promotion of Community Mental Health)	April 2022	Located in MEFOU and AFAMBA, HOH works to promote mental health initiatives in Cameroon. In 2022, in order to maximize the impact of the "Mobile Mental Health Awareness Caravan" project, HOH partnered with the PROSAMCOM association as a facilitator for the implementation of said project.
Center Medical and social services in mental health and detoxification CIPESS International	June 2023	Located in the Yaoundé IV district, this non-profit organization aims to welcome, house, and care for addiction patients, ensuring their support and treatment. On the occasion of World Mental Health Day, Hand On Heart collaborated with CIPESS to inform and educate students, teachers, and motorcycle taxi drivers about the importance of mental health, the stigma surrounding mental health, and its consequences, in order to promote open discussions on this crucial topic.
Potential future cooperation with Berlin Charity	August 2024	In collaboration with Maria Bönigk and Dr. Vincent Tilo Krenn of the Global Mental Health department at Charité Hospital in Berlin, Germany, and with the Protestant Hospital of Mbouo (PHM), HoH has submitted two project proposals under the Hospital Partnerships (Klinikpartnerschaften) program. We are working together to implement a capacity-building project in Mbouo for 2026.
Group for Transcultural Rel ations (GRT)	January 2023	GRT is an Italian NGO founded in Milan in 1980, working in the areas of mental health, at-risk minors, gender-based violence, and forced migration. We promote the social inclusion of people deprived of their rights, in order to facilitate their access to health services and education. Through their contact, Ms. Chiara Dragoni, we were approached to draft a high-impact community project in a rural and school setting. Both attempts were unsuccessful.

Association Québécoise pour la Réadaptation Psychosociale (AQRP)	July 2024	The AQRP is a non-profit organization that has been working in mental health for over 30 years and whose mission is to bring together the various mental health stakeholders in a shared forum. Thanks to the AQRP, two members of the Hand On Heart association received training in Family Peer Support and were awarded their certificates of completion as Family Peer Supporters in April 2025.
District of health of Mfou	December 2024 2025	Partnership Agreement Signed Between HOH and District Chief Mr. NOAH Léon Renewal of the agreement for the implementation of the "Capacity Building in Mental Health" project for 2025, with the new District Chief Dr. Hamida Yacoubou.
High school Bilingual of Mfou	October 2024	In collaboration with Mr MAA BIKOULA Jean Didier, Principal of the bilingual high school of Mfou, several activities have been carried out to date, such as awareness campaigns, stress management workshops, a free psychological consultation campaign and the support of students.
Directorate of Relations with the International Organization of the Francophonie (OIF) - Ministry of External Relations (Minrex)	August 2024	HOH is a member of the network of Civil Society Organizations affiliated with the Directorate of Relations with the OIF of the Ministry of External Relations. Being part of CSOs in Cameroon implies being committed to actions that aim to positively influence society through actions carried out within communities.

Mental Health Development in Mfou and 2025 achievements

Context And goals

The Mfou district, an isolated locality on the outskirts of Yaoundé, faces major mental health challenges, with limited access to specialized services and a lack of understanding of psychosocial disorders. This situation is exacerbated by a lack of appropriate facilities, but above all by insufficiently trained healthcare staff. The idea behind developing mental health in Mfou was to strengthen the skills of local stakeholders (nurses, Community Health Workers (CHWs)) through training in Psychological First Aid (PFA), the detection of severe mental disorders, and suicide prevention, in order to improve patient care through targeted training and awareness campaigns and structured collaboration. This mission, which began a year ago, has continued this year with the RECASAME project, which is part of a sustainable and inclusive health approach and aims to ensure the continuity of existing initiatives by leveraging local resources (CHWs, nurses from local health centers).

PUBLIC PSYCHOSOCIAL AND SOMATIC EDUCATION AND REINFORCEMENT PROGRAM

Following up on actions undertaken in 2024 to strengthen the mental health capacities of educational and community stakeholders, Hand On Heart organized two complementary workshops in 2025 focusing on stress regulation, psycho-emotional balance, and the development of psychosocial skills. These activities were conducted in two different settings (school and workplace) drawing on the expertise of international volunteers specializing in somatic and clinical psychology.

1. Workshop of 21 FEBRUARY 2025 – Somatic regulation of stress for the teachers **FINANCED BY BETTERPLACE**

Context And justification

In response to the increasing stress experienced by teachers in schools and the ongoing demand for practical tools to enhance professional well-being, Hand On Heart offered a training session focused on the somatic regulation of stress. Hosted at the Toche Bilingual School Group, this activity aligns with the association's mission to strengthen the skills of educators, who are often on the front lines supporting children and adolescents. The session was led by Anna, a Finnish volunteer with a master's degree in somatic psychology, 2,000 hours of training in expressive art therapy, and expertise in yoga and body therapy..

Concept and implementation

The workshop was co-facilitated by **Anna SEVA** and the two psychologists from Hand On Heart, **Jules GOMINA** and **Odilon KENTSOP**. The session explored simple and accessible somatic tools to relax the nervous system, reduce emotional burden, and improve overall well-being in daily life.

The exercises included:

- conscious breathing,
- expressive movement,
- therapeutic touch and self-touch,
- mindfulness practices, and
- reflective dialogue using art and movement.

Participants were also introduced to the fundamental principles of somatic psychology: the body's role as a living memory, the link between emotions and sensations, and the importance of creativity in self-regulation processes.

Goals of the training

- Provide teachers with practical resources for managing daily stress.
- Enhance their emotional well-being by developing self-awareness of their bodies.
- Introduce somatic tools to restore internal balance and improve the quality of their presence in the classroom.

Methodology

The methodology combined :

- **Somatic theory** : the connection between body, emotions, and thoughts; the principle of embodiment; and creativity as a therapeutic tool.
- **Guided body practices** : breathing, movement, intuitive dance, vocalization, and micro-relaxations.
- **Expressive Art therapy**: drawing, symbolization, exploration of the bodily representations.
- **Dialogue And reflection** : putting experiences into words, exploring individual patterns, and connecting them to professional practice.

Summary table

Number of participants	Sex	Occupation	Date	Place of the event
12	10 women 2 men	Teachers	21.02.2025	Bilingual School Toche

Results

The teachers expressed immediate relief and a greater awareness of their internal state. They reported:

- improved breathing and muscle relaxation,
- greater emotional clarity,
- A feeling of unity between body and mind.

The school administration, represented by Ms. Danielle Fotsa, expressed its enthusiasm and requested that further sessions be organized for all staff.

Next steps

Hand On Heart plans to :

- extend this training has other schools,
- create a structured somatic regulation module for teachers,
- integrate art therapy into future school interventions
- train a core group of teachers capable of disseminating these practices.

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picture**

**1 missing
picture**



2. Workshop of May 14 2025 – Stress management in professional environment

FINANCED BY BETTERPLACE

Context And justification

In a context where professionals face a heavy mental workload, stressful work environments, and a lack of psychosocial prevention tools, Hand On Heart organized a training workshop in partnership with the local organization APADES.

The session targeted adults from various professional sectors with the aim of providing them with tailored and practical strategies to strengthen their psychological resilience.

Concept and implementation

The workshop was jointly led by **Odilon Kentsop**, one of Hand On Heart's clinical psychologists, and **Pia Schlittenbauer**, a German clinical psychologist volunteering her services. The 2.5-hour session was structured as follows:

- a group discussion on workplace stressors,
- an introduction to the House of Resilience model,
- mindfulness, breathing, and grounding exercises,
- practical tools for developing better stress management, and
- a time for sharing experiences and collaboratively developing solutions.

Goals of the training

- To provide participants with insights into the mechanisms of stress.
- To strengthen individual and collective resilience through the House of Resilience model.
- To equip participants with simple, replicable practices adapted to their daily lives.
- To foster a space for mutual support and safe expression.

Methodology

- **Introductory Phase:** identifying individual and collective sources of stress.
- **Theoretical input :** structured presentation of the House of Resilience model and its six pillars.
- **Guided exercises :**
 - stress thermometer,
 - mindful breathing and relaxation exercises,
 - progressive muscle relaxation,
 - visualization of positive resources,
 - cognitive reframing techniques.
- **Individual action plan :** each participant finalized a concrete commitment for their daily life.

Summary table

Number of participants	Sex	Occupation	Date	Place of the event
18	14 women 4 men	Professional adults	14.05.2025	Dragage, Yaoundé (seat of the association)

Results

Participants actively engaged throughout the session.

Feedback highlighted:

- A best level of understanding of their diagrams of stress,
- a better understanding of their stress patterns,
- rapid assimilation of the practical exercises,
- a heightened awareness of their internal resources,
- a clear desire to apply the tools in their personal and professional lives.

Next steps

Hand On Heart plans to :

- repeat this workshop in other neighborhoods of Yaoundé,
- develop a standardized module for professional organizations,
- create follow-up workshops focused on the continuous strengthening of psychosocial skills.







Atelier sur le thème:

"GESTION DU STRESS EN MILIEU PROFESSIONNEL"



Mercredi 14 Mai 2025
14h - 16 h
Au siège de l'association APADES

Participation gratuite mais sous réservation

Pour plus d'informations
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Site Web: www.apadess.org



Pia SCHITTENBAUER
Psychologue Clinicienne Allemande

Yaoundé, quartier dragage derrière le club Camtel

3. Workshop of 03 December 2025 **FINANCED BY BETTERPLACE**

WORKSHOP 1 " We are all a little crazy, aren't we ? When difference causes fear"

Context And justification :

As part of its series of workshops dedicated to STIGMATIZATION, Hand On Heart began with a first workshop entitled "We're all a little crazy, aren't we? When difference is scary." The workshop takes place in a context where misperceptions and prejudices fuel stigmatization. It aimed to explore the mechanisms by which the brain constructs reality and to analyze how these processes influence our judgments and attitudes toward difference, in order to raise awareness and promote empathy.

Concept and implementation:

The workshop was led by **Dr. Sandrine Brikh**, PhD in psychology and neuroscience and volunteer member of the Hand On Heart association. The session combined theoretical presentations, perceptual experiments, and interactive discussions to help participants understand perceptual illusions, the brain's anticipation and interpretation, and the link with hallucinations.

Goals of the training

- Understanding how the brain constructs reality and influences our perceptions.
- Questioning the boundary between "normal" and "abnormal."
- Deconstructing prejudices and adopting a more nuanced view of difference.
- Fostering a supportive, interactive, and participatory space for discussion.

Methodology

- Practical experiments: visual, auditory, and cognitive illusions.
- Theoretical presentations on brain mechanisms and human interactions.
- Group discussions and reflective exercises on perception and stigmatization.
- Perspectives: links between hallucinations and normal perception to illustrate the internal construction of reality..

Summary table

Number of participants	Sex	Target	Date	Place of the event
12	06 women 06 men	Young people, Adults	03.12.2025	Dragages, Yaoundé (seat of the association)

Results

- A better understanding of the mechanisms of perception and their limitations.
- Raising awareness of individual differences and the diversity of perceptions.
- Deconstructing prejudices and opening up to a more empathetic and nuanced view of difference.
- Active participation and enriching exchanges fostering respectful and constructive dialogue.

Next steps

- Continue the series of workshops on STIGMATIZATION with new themes.
- Develop modules adapted to different audiences to raise awareness of mental health.
- Create interactive educational materials to facilitate participants' understanding of the concepts.





4. Workshop of 10 December 2025

FINANCED BY BETTERPLACE

Workshop 2 – " Supporting your teen through the eyes of others"»

Context and justification

Adolescence East a period sensitive, during which THE glance of the others takes a This is a very important issue. Teasing, judgment, comparisons, or rejection can have a significant impact on a teenager's self-confidence and well-being. Many parents sometimes feel destitute face to reactions of their children And born know not always how THE to support manner just. This workshop is part of the series of actions Hand On Heart on the struggle against stigmatization, by emphasizing the essential role of parents and adults in supporting adolescents.

Concept and implementation

The workshop was facilitated by **Éponine SIGNE**, a mental health professional with Hand On Heart. The meeting took place in a relaxed, participatory, and supportive environment. It provided an opportunity to discuss the challenges of being perceived by others during adolescence, to share experiences among families, and to reflect together on the best ways to support young people.

Goals of the workshop

- ❖ Helping participants better understand the experiences of teenagers in the face of others' judgment.
- ❖ Showing how stigmatization can affect young people's self-esteem and behavior.
- ❖ Providing parents with practical strategies for listening to, reassuring, and supporting their teenagers.
- ❖ Promoting more open and compassionate communication within families.

Methodology

- ❖ A simple overview of the emotional and social changes of adolescence.
- ❖ Discussions based on real-life situations experienced by parents and teenagers.
- ❖ Sharing of experiences and exchanges among participants.
- ❖ Practical advice for supporting teenagers' self-confidence on a daily basis.

Summary table

Number of participants	Sex	Target	Date	Place of the event
08	05 women 03 men	Youth, Adults	10.12.2025	Dragage, Yaoundé (seat of the association)

Results

- ❖ Participants gained a better understanding of the challenges faced by teenagers.
- ❖ A greater awareness emerged regarding the importance of family support in the face of stigmatization.
- ❖ The discussions helped parents feel less alone and better equipped to help.
- ❖ The workshop strengthened listening, dialogue, and understanding between adults and teenagers.

Next steps

- ❖ Continue workshops dedicated to parenting and adolescence.
- ❖ Strengthen awareness campaigns about stigmatization.
- ❖ Develop additional spaces for families to connect and share experiences at the association's headquarters.

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Série d'ateliers:
Quand la différence fait peur

Hand On Heart
CAMEROON

Atelier 2
"BOUCLIER ET
COMPAGNIE"
Accompagner son ado face
au regard des autres

Participation gratuite mais sous réservation

Signe Noubou
épse Nana Eponine

Juriste en droit et en droit de l'environnement,
Accompagnatrice psychosociale,
Paire Aidante Famille,
Coordinatrice des activités à Hand On Heart

Mercredi
10.12.2025
14H00

Yaoundé, Quartier Dragage derrière Club Camtel

www.handonheartcameroon.com
www.santementale.cm

(+237) 675 888 150
(+237) 695 725 217

WORKSHOP 3 – " Stigmatization : the hidden face »**Context and justification**

Stigma isn't just manifested through hurtful words or visible rejection. It also operates more subtly, internally, influencing people's self-image, confidence, and place in society. This workshop was a continuation of the December series on stigma. It aimed to help participants understand how stigma takes root in the development of the individual, starting in childhood, and how it can have a lasting impact on relationships and psychological well-being.

Workshop outline

The workshop was led by trainer **Odilon Kentsop**. He offered an approach focused on self-understanding and understanding relationships with others. Through discussions and concrete examples, participants were invited to reflect on how they perceive, evaluate and present themselves to others. The workshop highlighted the fact that these dimensions are shaped by relationships with family, friends, and society.

Goals of the workshop

The workshop aimed to :

- ❖ To better understand the origins of stigmatization and its invisible effects,
- ❖ to reflect on the construction of self-image and self-esteem,
- ❖ to identify the role of how others perceive us in shaping our identity,
- ❖ to foster collective awareness in order to reduce the mechanisms of stigmatization.

Methodology

The workshop used a participatory and accessible methodology:

- ❖ Discussions on the construction of personal and social identity,
- ❖ illustrations with concrete examples from everyday life,
- ❖ interactive exchanges encouraging the expression of individual experiences.

Summary table

Number of participants	Sex	Target	Date	Place of the event
06	04 women 02 men	Youth, Adults	17.12.2025	Dragages, Yaoundé (seat of the association)

Results observed

Following the workshop, several positive effects were observed:

- ❖ a better understanding of the links between self-image, how others see us, and stigmatization;
- ❖ an increased awareness of the influence of childhood and environment on behavior;
- ❖ personal reflection among participants on their own attitudes and judgments.

Conclusion

This workshop explored stigma from a deeper, often overlooked perspective: that of a person's inner development. By providing an accessible space for discussion and reflection, Hand On Heart helped strengthen mutual understanding and foster more respectful and inclusive relationships. This approach aligns perfectly with the association's mission, which aims to promote a better-understood, more humane, and shared mental health experience within communities



**Series of workshops:
When difference causes fear**





Workshop 3

"STIGMATISATION"

The hidden side of it

Free participation, but registration required

Kentsop Odilon

Clinical psychologist and psychotherapist,
specialized in perinatal and parental issues

Wednesday
17.12.2025
02:00 pm

📍 Yaounde, Quartier Dragage derriere Club Camtel

🌐 www.handonheartcameroon.com
www.santementale.cm

✉ contact@handonheartcameroon.com

☎ (+237) 675 888 150
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🌐 /handonheartcameroon

PROGRAM OF SUICIDE PREVENTION AND OF REINFORCEMENT OF MENTAL HEALTH

1. "A Candle for Hope" Campaign – World Suicide Prevention Day (September 10, 2025)

Context And justification

World Suicide Prevention Day, observed every September 10, is a crucial moment to draw attention to a public health issue that is often invisible. Suicide is now one of the leading causes of preventable death worldwide.

According to the World Health Organization (**WHO**), more than **720,000 people die by suicide each year**. In **Africa**, the average rate is estimated at **11 deaths per 100,000 inhabitants**, placing the region among those most affected by psychosocial vulnerability, a lack of specialized services, and persistent taboos surrounding mental health.

In Cameroon, 2021 estimates indicate a suicide rate of 8.5 deaths per 100,000 inhabitants, an increase of 7.46% compared to 2020. These figures reveal a worrying trend and underscore the urgent need to intensify awareness campaigns, education, and community support. In this context, the global **"A Candle for Hope" campaign** reflects Hand On Heart's commitment to breaking the silence, fostering solidarity, and providing a symbolic space for remembrance and hope. By lighting a candle, each participant honors the lives lost while offering a glimmer of light to those experiencing hardship.

This initiative also reinforces Hand On Heart's commitment, as an official member of the Africa Suicide Prevention Association (ASPA), to contributing to suicide prevention efforts.

Concept and implementation

12 people participated in the "A Candle for Hope" campaign. This initiative consisted of lighting a candle and placing it in their window at a specific time in tribute to the deceased, and then taking a picture of it and sharing it to express support for people bereaved by suicide and/or those suffering emotionally and on the verge of suicide.

Goals of the campaign

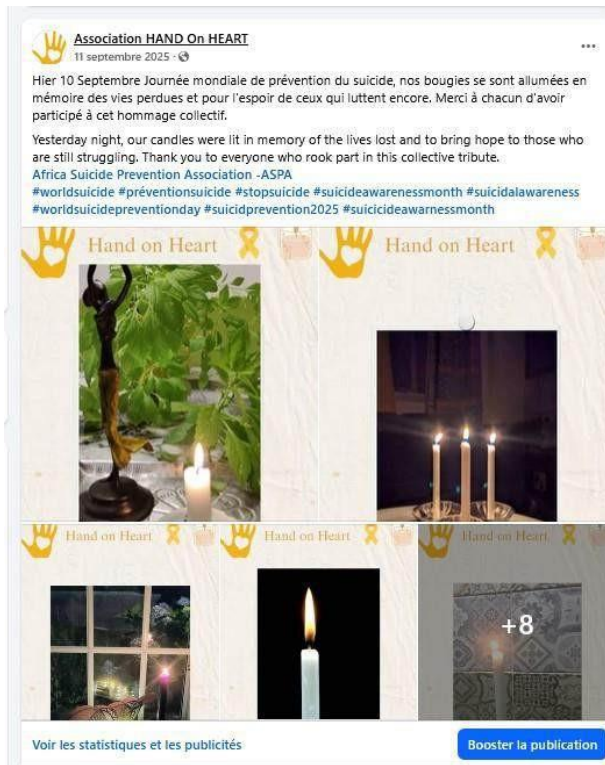
- ❖ To convey a message of compassion, solidarity, and hope.
- ❖ To raise awareness of the need for psychological support during difficult times.
- ❖ To encourage communities to remain attentive to signs of emotional distress.
- ❖ To strengthen mobilization around suicide prevention in Cameroon.

Results

- ❖ The symbolism of light reinforced the idea that everyone can bring a gesture of hope to those around them.
- ❖ The initiative was well received and encouraged to be repeated annually. Next steps

Next steps

- ❖ Integrate the campaign into Hand On Heart's annual action plan.
- ❖ Develop a broader format including conferences and discussion groups.



NATIONAL INSTITUTIONAL PARTNERSHIPS AND INTERNATIONAL COOPERATION

1- Hand On Heart's participation in the Francophonie sports walk organized by the Ministry of Foreign Affairs (MINREX)

Context And Justification

In anticipation of International Francophonie Day, celebrated annually on March 20, and whose theme for 2025 was "I educate myself, therefore I act," the Ministry of External Relations (MINREX) initiated a series of preparatory activities. As a Civil Society Organization (CSO) integrated into the MINREX Francophonie network, Hand On Heart felt it was essential to participate in this unifying event, thereby strengthening its visibility and commitment to national initiatives related to the Francophonie.

Concept And implementation

Wednesday 15 March 2025 : The main event organized by the Ministry of External Relations (MINREX) was a sports walk (route: starting at the MINREX headquarters, finishing at the annex of the Yaoundé Omnisports Stadium), aimed at promoting health, social cohesion, and the values of the Francophonie. The event also included two mini-tournaments of men's football and cultural activities, and saw strong participation from Civil Society Organizations within the Francophonie network, including the Hand On Heart team.

Objective of there Participation

The objective of Hand On Heart's participation was to:

- ❖ Affirm its membership and active role within the MINREX Francophonie network.
- ❖ Promote well-being among its members and partners.
- ❖ Contribute to the collective dynamic and strengthen cooperative ties with other CSOs and partner state institutions.

Results

- **Increased Visibility:** Strengthening Hand On Heart's position as an engaged member of the Francophonie network in Cameroon.
- **Networking:** Exchanging contacts with other CSOs and representatives of the Ministry of External Relations (MINREX), including the Director of Relations with the International Organisation of La Francophonie (OIF).
- **Internal Engagement:** Successful mobilization of association members around a sporting activity.



2- Hand On Heart participated in the exchange meeting between the Secretary General of MINREX and members of the network of CSOs affiliated with the Directorate of Relations with the OIF

On April 17, 2025, the Ministry of External Relations (MINREX) of Cameroon organized a meeting with Civil Society Organizations (CSOs) to strengthen cooperation on development and citizenship issues. The event, entitled "Meeting between the Secretary General of MINREX and members of the CSO network affiliated with the Directorate of Relations with the OIF," formalized the dialogue between the administration and stakeholders on the ground.

The Hand On Heart (HOH) team participated in this meeting as an active member of the CSO network. The agenda was structured around key points: a presentation of the network by its spokesperson, a presentation of the 2025-2026 action plan, followed by open discussions among all participants. Hand On Heart (HOH) actively participated in this exchange session. Our team was present as a recognized member and stakeholder of the network, demonstrating our commitment to collaborating with government bodies on joint initiatives.

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3- Participation in Forum SBEC 2025 on entrepreneurship of the women And of the young people

Dates: April 29-30, 2025

Location: Djeuga Palace Hotel, Yaoundé

Hand On Heart participated in the **SBEC 2025 Forum**, a major event dedicated to promoting entrepreneurship among women and youth in Cameroon. Our participation aimed to align our initiatives with national economic inclusion strategies and identify synergies with other stakeholders in the sector. Over the two days, discussions covered crucial issues for the Cameroonian entrepreneurial ecosystem, including:

- ❖ Access to financial inclusion for SMEs. Developing effective partnerships between the public and private sectors.
- ❖ Concrete support for products and initiatives labeled "Made in Cameroon."
- ❖ The necessary reforms to improve the overall business environment.

This important event aimed to help young Cameroonians and women create and grow their businesses. Our participation allowed us to understand emerging trends and meet key partners



4- Official Membership at Africa Suicide Prevention Association (ASPA)

On July 9, 2025, Hand On Heart reached a significant milestone in strengthening its commitment to mental health in Cameroon and across Africa. Our organization is now an official member of the Africa Suicide Prevention Association (ASPA) for the year 2025. This membership, confirmed by an official certificate, represents a significant recognition of our work and reinforces our position in suicide prevention on the continent. It also opens the door to new opportunities for collaboration, knowledge sharing, and participation in initiatives aimed at reducing suicide risks and promoting the mental health of the most vulnerable populations.



5-Participation to the National days of Civil Society Organizations **FINANCED BY BETTERPLACE**

The National Days of Civil Society Organizations (JNOSC), held from **September 17 to 19, 2025**, with its opening ceremony at the Institute of International Relations of Cameroon (IRIC), provided a strategic framework for exchange, visibility, and dialogue among CSOs, public institutions, experts, and development actors. Hand On Heart, a member of the Francophone CSO Network, actively participated in order to strengthen its institutional positioning, promote its work in mental health, and contribute to discussions on the role of CSOs in Cameroon's development.

Context And justification

Civil Society Organizations play a key role in the implementation of national development strategies, particularly in the social and community sectors. In a context marked by persistent mental health challenges, especially in rural areas, it was essential for Hand On Heart to participate in this national event to amplify the voices of vulnerable populations and promote the integration of mental health into public policies.

Under the theme "Valuing the Contribution of Civil Society Organizations to the Implementation of National Development Strategies in Cameroon," these days offered a unique opportunity for dialogue with public decision-makers, technical and financial partners, and other CSOs engaged in development.

Concept And implementation

Hand On Heart's participation spanned all three days of the event:

- **Day 1 – Opening Ceremony and Thematic Panels:** The first day featured the official opening ceremony and two high-level panels:
 - **Parliament & Civil society** : discussions on the role of CSOs in public policy development.
 - **CSOs & Funding Experts:** discussions on resource mobilization strategies and the sustainability of actions.
- **Day 2 And Day 3 – Fair exposure of the OSC :** The following days were dedicated to the fair, allowing organizations to present their projects, interact with the public, and develop new collaborations.

On this occasion, Hand On Heart presented all of its mental health initiatives, including the **BIAGNE app** (developed by **Patrick Chetchueng**), an innovative mobile application dedicated to emotional well-being.

Goals of the participation

- To Promote Hand On Heart's work in community mental health.
- Strengthen the association's institutional visibility at the national level.
- Develop new technical and institutional partnerships.
- **Present innovative solutions** that improve access to mental health services, particularly through digital means (**BIAGNE**).

Methodology

Hand On Heart's participation included:

- Setting up an exhibition booth dedicated to mental health.
- Presenting the association's projects to the public.
- **Presenting the BIAGNE application, including its features:**
 - self-assessment tools for well-being,
 - interactive resources
 - online consultations with professionals,
 - a community discussion forum
 - a virtual assistant powered by artificial intelligence, accessible 24/7.

Results

- Strengthening Hand On Heart's visibility and institutional recognition.
- Opening concrete avenues for collaboration with other CSOs and development actors.
- Consolidating Hand On Heart's commitment to national social development initiatives.

Next steps

Following this participation, Hand On Heart plans to:

- The gradual rollout of the BIAGNE application to target communities.
- Strengthening partnerships initiated during the National Days of Civil Society Organizations (CSOs).
- Integrating digital technology as a strategic lever for access to mental health services.



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5- Skills development –Family Peer Support training certificates (August 2025)

Following on from the actions undertaken in 2024 under WP 1.3, Hand On Heart continued to strengthen its team's skills, particularly in the area of peer support. The year 2024 marked a significant milestone with the enrollment of two members of the association, **Sandrine Magwa** and **Eponine Signe**, in the Quebec peer support program developed by the Quebec Association for Psychosocial Rehabilitation (AQRP).

This initiative aims to equip the team with strong psychosocial skills and improve the quality of support provided. This momentum materialized in August 2025 when these two members obtained certification from the Quebec Specialized Training Program in Peer Support for Families, developed and offered by the **AQRP with the support of the Quebec Ministry of Health and Social Services (MSSS). Accredited by the University of Quebec at Rimouski (UQAR)** and granting continuing education units (CEUs), this certification represents a major step forward in the professionalization of Hand On Heart's interventions and sustainably strengthens its expertise in providing quality support and psychosocial guidance to the families and friends of people living with mental health challenges.

ATTESTATION DE FORMATION

La présente atteste que :

Tchouamou Magwa épse Kameni, Sandrine

a complété avec succès la « Formation québécoise spécialisée en intervention par les pairs aidants famille » d'une durée de 130 heures, offerte par l'Association québécoise pour la réadaptation psychosociale (AQRP) du 16 octobre 2024 au 25 mars 2025 ainsi que les 60 heures de stages.

Objectifs de la formation :

- Comprendre le travail, le rôle et la spécificité des pairs aidants famille (PAF);
- Se familiariser avec les techniques et les outils de travail utiles au PAF;
- Se familiariser avec les services de santé mentale et leurs vocabulaires;
- Améliorer son savoir-dire, savoir-être, savoir-faire et sa capacité à utiliser judicieusement son savoir-expérientiel dans différents contextes;
- Développer des habiletés de relation d'aide en inter-accompagnements;
- Se familiariser avec le travail d'équipe;
- Comprendre le processus de rétablissement personnel et familial ainsi que les obstacles et stratégies continues pour améliorer les situations;
- Développer ses capacités pour travailler dans un contexte de soins professionnels de santé mentale;
- Mieux se connaître, notamment ses forces et ses ressources;
- Développer un réseau de pairs aidants famille et de partenaires autres.

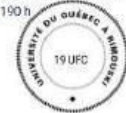


Julien Lambrey de Souza, Directeur
Service de la formation continue et de la formation hors campus

Le 20 août 2025

Nombre d'heures de formation :

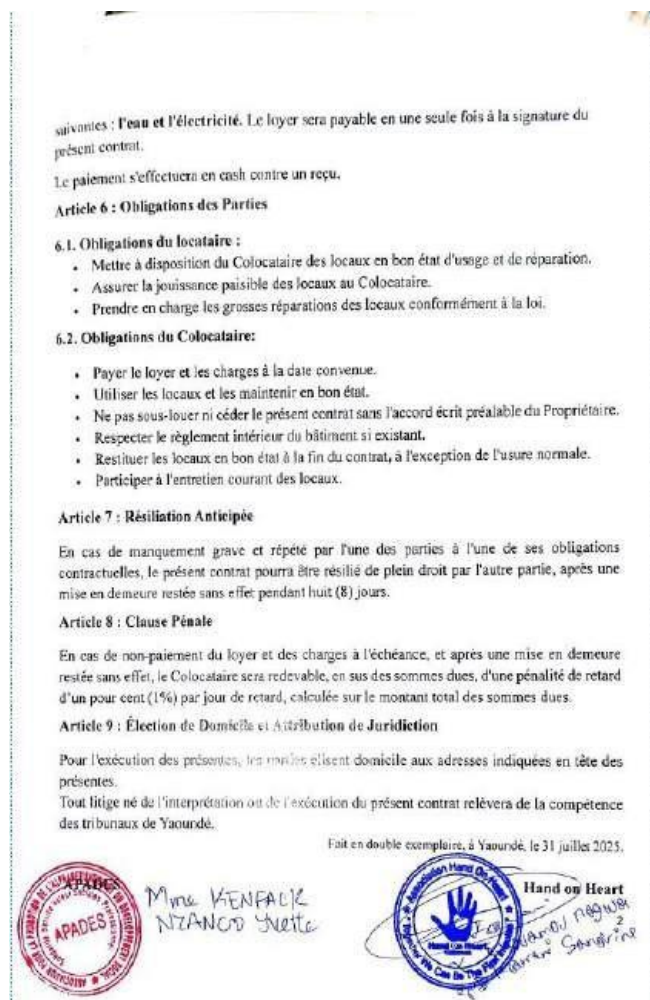
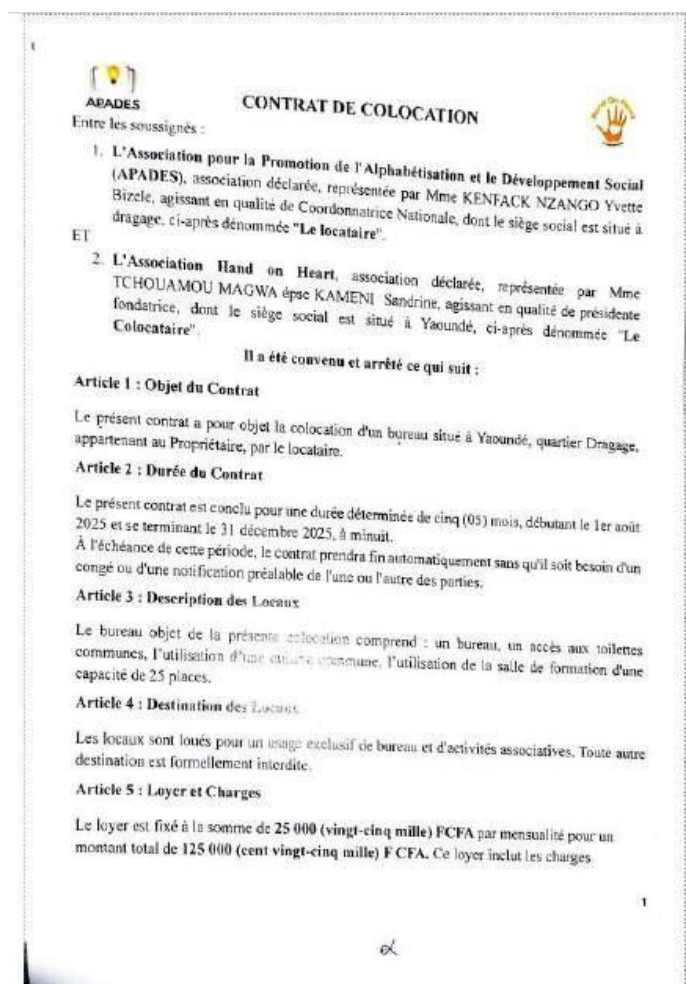
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6- Head Quater Hand On Heart operational : Shared accommodation with APADES FINANCED BY BETTERPLACE

As part of **WP 3.3** of the 2024 annual report and the strategy to establish an accessible and stable headquarters, Hand On Heart finalized a co-location agreement with the APADES association, effective July 31, 2025. This shared office, initially for a period of five months renewable until December 2025, allows the team to benefit from a professional work environment, closer to Yaoundé and better suited to coordinating activities in rural areas. This step marks significant progress towards establishing a stable and sustainable infrastructure for the association's daily operations..



7- Collaboration Agreement owith the Regional Health Delegation of the Center

Following the application submitted by Hand On Heart in September 2025, the organization received approval on **November 13, 2025, for its one-year Collaboration Agreement with the Regional Health Delegation of the Central Region**. This cooperation allows Hand On Heart to conduct mental health awareness and prevention activities throughout the Central Region, as well as to offer psychosocial support and training, in compliance with applicable laws and regulations. The agreement also stipulates adherence to the guidelines of the sectoral health strategy and associated planning documents, close collaboration with the health districts in the intervention area, and the annual submission of an action plan and activity report.

As part of the implementation of this agreement and the institutional monitoring mechanisms, Hand On Heart hosted the team from the Activities and Healthcare Control Brigade of the Central Regional Public Health Delegation at its headquarters on **October 17, 2025**. Led by Dr. Sileu, the team conducted a field visit to verify the existence of a functional facility and the association's compliance with applicable regulations.

This initiative strengthens the integration of the association's interventions into official public health systems and contributes to consolidating a sustainable partnership for the benefit of communities in the Central region.



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PSYCHOMEDICAL PROJECT AND MENTAL HEALTH CAPACITY BUILDING (RECASAME) **(Mental Health Capacity Building for Nurses and Community Health Workers)**

FINANCED BY THE MINDFUL CHANGE FOUNDATION

CONTEXT AND JUSTIFICATION

Located in the Mfou district, Essazok, an isolated locality, faces major mental health challenges with limited access to specialized services and a lack of awareness of psychosocial disorders; this situation is reinforced by the lack of suitable structures, stigmatization of patients, and insufficiently trained healthcare staff.

This project aims to create a dedicated hub that will centralize interventions, strengthen the skills of local stakeholders (nurses, Community Health Workers (CHWs) through training in Psychological First Aid (PFA), detection of severe mental disorders, and suicide prevention, and improve patient care through targeted training and awareness campaigns and structured collaboration.

This project is part of a sustainable and inclusive healthcare approach and aims to ensure the continuity of existing initiatives by leveraging local resources (CHWs, nurses from local health centers).

Within this framework, particular attention will be paid to establishing the foundations of the psychomedical system, which is essential for the management of severe mental disorders. The project includes the active search for and recruitment of a qualified psychiatrist who, along with the HOH team, will assume psychomedical leadership, provide training and supervision for the teams in Essazok and surrounding centers, and will participate in the development of a detailed intervention plan. This joint work with the identified psychiatrist will form the strategic and operational foundation of the project. This is the core of the support expected by the MCF.

GOALS

General goals : Improving mental health care in Mfou and more specifically in Essazok through a functional hub and trained actors.

Specific goals:

- Identification of a Psychiatrist
- Planning of the psychomedical project with the psychiatrist and the Center
- **Foundations for a psychomedical project** Continue networking with centers in Mfou and establish a functional hub in Essazok to coordinate activities
 - ❖ Train 10 nurses in Psychological First Aid (PSP), in the detection of severe mental disorders and suicide prevention
 - ❖ To work with THE 05 **Community Health Workers (CHWs)** trained in detection of severe mental disorders and referral, Psychological First Aid (PSP) and suicide prevention in Essazok
- Raise awareness within the community and identify individuals living with severe psychiatric disorders in Essazok and surrounding centers.

METHODOLOGY

- Hub setup
- Recruitment and training
- Collaboration with community leaders for mobilization
- Community awareness campaigns
- Radio and television appearances to raise awareness about mental health issues
- Radio and television appearances to discuss suicide prevention

TRAINING

- **Nurses:** 6 days of PSP training by a certified psychologist (Psychological First Aid (PSP), mental health assessment and referral, suicide prevention).
- **(CHWs):** 6 days of training on case screening and referral (Psychological First Aid (PSP), mental health assessment and referral, suicide prevention).

MONITORING AND EVALUATION

- Monthly meetings with psychologists and peer support workers.
- Monthly meetings with nurses and community health workers. Satisfaction surveys for service users (satisfaction form to be completed by the service user).

RESULTS EXPECTATIONS

- 1 psychiatrist identified
- 1 operational hub
- 15 healthcare professionals trained in Psychological First Aid (10 nurses, 5 community health workers)
- 300 people reached (30% young people).
- Clear concept and plan for the psychomedical project established

AUDIENCE TARGET

- Nurses and CHWs of Mfou
- Patients suffering from severe mental disorders and their families.

CAPACITY BUILDING FOR 10 NURSES IN THE MFOU HEALTH DISTRICT

Date : October 23-25 and 29-31, 2025

Location : Conference Room, Mfou Health District

Following the signing of Service Note No. 039/NS/MINSANTE/DRSPC/DS-MF on October 20, 2025, by the Head of the Mfou Health District, Dr. Hamida Yacoubou, authorizing the participation of healthcare personnel, particularly nurses, in a six-day training course covering three themes, Hand On Heart launched the first two days of training on October 23 and 24, 2025. This initiative is part of a broader effort to strengthen the capacities of frontline healthcare professionals, in collaboration with the Mfou Health District. The training was conducted with the support of the district's communications focal point, Mr. Essissima, under the supervision of Dr. Olangana.



N° 057 /INS/MINSANTE/DRSPC/DS MF

MFOU le 21/10/2025

NOTE DE SERVICE

Dans le cadre des activités de sensibilisation sur la santé mentale, et de prise en charge des pathologies mentales de l'association Hand On Heart, les personnels dont les noms suivent sont priés de prendre part au renforcement des capacités en santé mentale des infirmiers, qui se déroulera du 23 au 25 et du 29 au 31 octobre 2025 à la salle de conférence du district de santé de Mfou.

Il s'agit de :

N°	Participants	Profession
01	M. ADAMOU	IDE
02	Mme AKAMBA Madeleine	IDE
03	Mme AURORE CHANCELLE Ekani Bomba	IDE
04	M. BABET BA TIEGA	IDE
05	M. KEPDEM	IDE
06	M. MBARGA Niger	IDE
07	Mme MESSOM MBORA Paola	IDE
08	Mme NGONO Madeleine	ISSM
09	Mme NDIUNE	IDE
10	Mme SUFFO	ISSM
Facilitateurs		
11	M. ESSISSIMA Dieudonné	Point Focal Communication District de Mfou
12	Mme TCHOUAMOU Sandrine	Fondatrice Hand On Heart
13	M. GOMINA Jules	Psychologue clinicien et Psychopathologue
14	M. KENTSOP Odilon	Psychologue clinicien
15	Mme SIGNE NOUMBOU	Consultant en soutien psychosocial

AMPLIATIONS

- DISTRICT
- DRSPC
- DRSPC
- DRSPC

Le Chef de District de Santé de Mfou



[Signature]
 Dr. Hamida Haroubou
 Ph.D Santé Publique

1- DAYS 1 AND 2 : Psychological First Aid (PFA)

Days 1 and 2 were dedicated to the Psychological First Aid (PFA) module, led by trainer **Jules Gomina**. The overall objective of this module was to equip nurses to offer immediate, initial psychological support to patients experiencing psychological distress or facing difficult events. Specific objectives included understanding the fundamental principles of PFA (***Observe-Listen-Refer***), clarifying its limitations (PFA is not a substitute for specialized psychological care), developing active listening skills and providing a supportive, non-judgmental approach, as well as identifying verbal and non-verbal signs of psychological distress. Particular attention was also paid to adopting an appropriate professional stance, creating a safe space for the patient, and encouraging their empowerment by mobilizing their own resources.

A highlight of this training was the end of the second day, with a debriefing workshop in small groups (3 to 4 participants). The nurses were asked to formalize the main learning outcomes of the training in writing and present them to the entire group. This participatory approach reinforced knowledge retention, consolidated acquired skills, and facilitated their practical application in a professional context. Training nurses in Psychological First Aid enables them to become the first point of contact for people in psychological distress, contributing to more humane, earlier, and better-targeted care within healthcare facilities. The training took place according to the schedule below:

  			
PROJET RECASAME-ESSA Renforcement des Capacités en Santé Mentale à Essazok-Mfou			
PROPOSITION D'AGENDA DE LA FORMATION EN PREMIERS SECOURS PSYCHOLOGIQUES			
Time	Activités	Méthodologie	Facilitateur
Jour 1			
8h30-8h45	- Mot de bienvenu ; - Introductions des participants et des facilitateur.trices ; - Pre -Test	<i>Discours, PowerPoint et discussion</i>	Equipe Projet
	Module I : Objectifs de la formation	<i>PowerPoint et discussion</i>	Facilitateur
	Module II : Les termes et définitions (Définition, rôle et cibles des Premiers Secours Psychologiques)	<i>PowerPoint et discussion</i>	Facilitateur
	Module III : Comprendre les Premiers Secours Psychologiques	<i>PowerPoint et discussion</i>	Facilitateur
	Module IV : Comment les événements de crise affectent les gens	<i>PowerPoint et discussion</i>	Facilitateur
	Module V : Principes d'Action des Premiers Secours	<i>PowerPoint, discussion</i>	Facilitateur
Jour 2			
8h30-8h45	Feedback / Récapitulation de la journée 1	Exposé	Les participants
	Module VI : Eléments de Base	<i>PowerPoint et discussion</i>	Facilitateur
	Module VII : Comment aider de façon responsable	<i>PowerPoint et discussion</i>	Facilitateur
	Module VIII : Prendre soin de soi et de ses collègues	<i>PowerPoint et discussion</i>	Facilitateur
	Module IX : les PSP chez les Infirmiers en milieu hospitalier	<i>PowerPoint et discussion</i>	Facilitateur
	Cas pratique	Cas pratique	Les participants
	Post test		Les participants
	Clôture et certification		
 +237 675 888 150  contact@handonheartcameroon.com +237 655 726 217 email@santementale.cm Récépissé de Déclaration d'Association N° : 002028/RDA/106/BAPP			
 www.handonheartcameroon.com www.santementale.cm Facebook associationhandonheart			



2-DAYS 3 AND 4 : Detecting Psychological Distress

Days 3 and 4, held on October 25 and 29, 2025, were dedicated to the module on **Detecting Psychological Distress**, led by trainer **Odilon KENTSOP**. The overall objective of this session was to strengthen the skills of nursing staff so they could identify psychological distress and mental health disorders in patients at an early stage, adopt an active listening approach, and ensure appropriate referral to specialized services when necessary. This module is part of a prevention and early intervention approach essential to improving the quality of mental health care in community healthcare facilities.

The specific objectives were to equip nurses with the tools to identify mental health disorders in their daily work, to raise awareness of the existence and diversity of mental disorders, and to strengthen their skills in active listening and referring patients to appropriate professionals. A highlight of the training was day 4, with simulations and role-playing exercises allowing participants to imagine themselves in real-life care situations. Through these practical exercises, nurses were able to assess their ability to detect signs of psychological distress, adopt an appropriate response, and adjust their professional approach. This experiential approach facilitated the integration of acquired knowledge and strengthened participants' confidence in their role as the first point of contact for individuals experiencing psychological distress.

The training took place according to the schedule below.:





PROJET RECASAME-ESSA
Renforcement des Capacités en Santé Mentale
à Essazok-Mfou

PROPOSITION D'AGENDA DE FORMATION EN
DETECTION DE PROBLEMES DE SANTE MENTALE

Time	Activités	Méthodologie	Facilitateur
Jour 1 : Comprendre la santé mentale			
08h00-9h30	- Enregistrement des participants - Mot de bienvenu ; - Introductions des participants et des <u>facilitateur.trices</u> ; - Brise-glace - Modalités pratiques - Objectifs de la formation	<u>Discours</u> , <u>PowerPoint et discussion</u>	Equipe Projet
9h30-10h	Pré -Test	Test écrit	Les participants
10h00-10h30	Module I : Introduction, <u>généralités sur la santé mentale</u>	<u>PowerPoint et discussion</u>	Facilitateur
10h30-11h30	Module II : La <u>santé mentale en chiffre</u> : Les <u>données actuelles</u>	<u>PowerPoint et discussion</u>	Facilitateur
11h30-13h00	Module III : Les <u>facteurs de risque</u> et de protection	<u>PowerPoint, discussion</u>	Facilitateur
13h00-13h30	PAUSE		
13h30-15h00	Module IV : <u>Problèmes de santé mentale</u>	<u>PowerPoint et discussion</u>	Facilitateur
Jour 2 : Quelques Pathologies Mentales: Que Faire ?			
08h00-09h00	Feed-back / Récapitulation de la journée 1	Exposé	Les participants
09h00-11h00	Module V : <u>Quelques pathologies mentales</u>	<u>PowerPoint et discussion</u>	Facilitateur
11h00-13h00	Module VI : Comment <u>accueillir la souffrance de l'autre</u> : <u>écoute active et empathie</u>	<u>PowerPoint et discussion</u>	Facilitateur
13h00-13h30	PAUSE		
13h30-14h00	Module VII : orientation et <u>référéncement</u>	<u>PowerPoint et discussion</u>	Facilitateur
14h00-14h30	<u>Cas pratique</u>	<u>Mise en scène</u>	Les participants
14h30-15h00	Post-test	<u>Test écrit</u>	Les participants

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3-DAYS 5 And 6: Suicide prevention

Days 5 and 6, held from October 30 to 31, 2025, were dedicated to the **Suicide Prevention** module, led by trainer **Eponine Signe**. The overall objective of this training was to equip nurses with the skills to recognize, assess, and intervene appropriately in the face of suicide risk, while respecting their professional role. This module aimed to strengthen healthcare professionals' prevention skills while promoting early and safe care for individuals at risk.

Specific objectives included demystifying misconceptions about suicide, identifying risk factors, triggers, and warning signs, as well as developing empathetic communication adapted to situations of vulnerability. Participants were also trained in suicide risk assessment, referral and follow-up procedures, and the importance of self-care for healthcare professionals or caregivers to prevent emotional exhaustion. A key strength of this session was the role-playing exercises, followed by debriefings that allowed each participant to receive specific feedback on their professional approach, their questioning techniques, their listening skills, and their ability to refer patients to specialized services. This practical approach helped strengthen nurses' confidence and their capacity to intervene responsibly and compassionately in situations involving suicidal risk.

The training took place according to the schedule below:.





PROJET RECASAME-ESSA
Renforcement des Capacités en Santé Mentale
à Essazok-Mfou

PROPOSITION D'AGENDA DE FORMATION EN
PREVENTION DU SUICIDE

Time	Activités	Méthodologie	Facilitateur
Jour 1 : déconstruire les tabous et comprendre la crise			
08h00-9h30	- Enregistrement des participants - Mot de bienvenu ; - Introductions des participants et des facilitateur.trices ; - Brise-glace - Modalités pratiques - objectifs de la formation	<i>Discours, PowerPoint et discussion</i>	Equipe Projet
9h30-10h	Pré -Test	Test écrit	Les participants
10h00-10h30	Module I : réalités, croyances et facteurs de risque du suicide	<i>PowerPoint et discussion</i>	Facilitateur
10h30-11h30	Module II : entretien et évaluation du risque : oser poser la question	<i>PowerPoint et discussion</i>	Facilitateur
11h30-12h30	Module III : accueillir la parole et savoir quoi dire reconnaître les signes d'alerte dans le contexte de la consultation	<i>PowerPoint, discussion</i>	Facilitateur
12h30-13h30	PAUSE		
13h30-14h30	Module IV : la mise en sécurité immédiate et plan d'action	<i>PowerPoint et discussion</i>	Facilitateur
14h30-15h00	Cas pratique	<i>Mise en scène</i>	Les participants
Jour 2 : Intervenir et gérer la crise/ Consolider, pratiquer et s'engager			
08h00-09h00	Feed-back / Récapitulation de la journée 1	Exposé	Les participants
09h00-10h30	Module V : orientation et référencement	<i>PowerPoint et discussion</i>	Facilitateur
10h30-11h30	Module VI : cas complexe et situation spécifique	<i>PowerPoint et discussion</i>	Facilitateur
11h30-12h30	Cas pratique	<i>Mise en scène</i>	Les participants
12h30-13h30	PAUSE		
13h30-14h15	Module VII : la santé du soignant : prévenir l'épuisement	<i>PowerPoint et discussion</i>	Facilitateur
14h15-15h00	Post-test	<i>Mise en scène</i>	Les participants

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Récépissé de Déclaration d'Association N° : 002028/RDA/106/BAPP

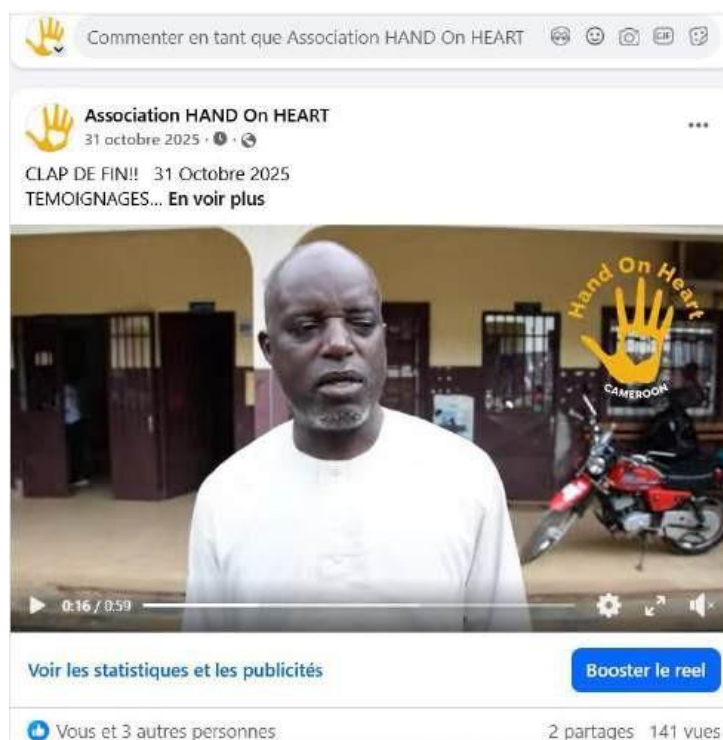
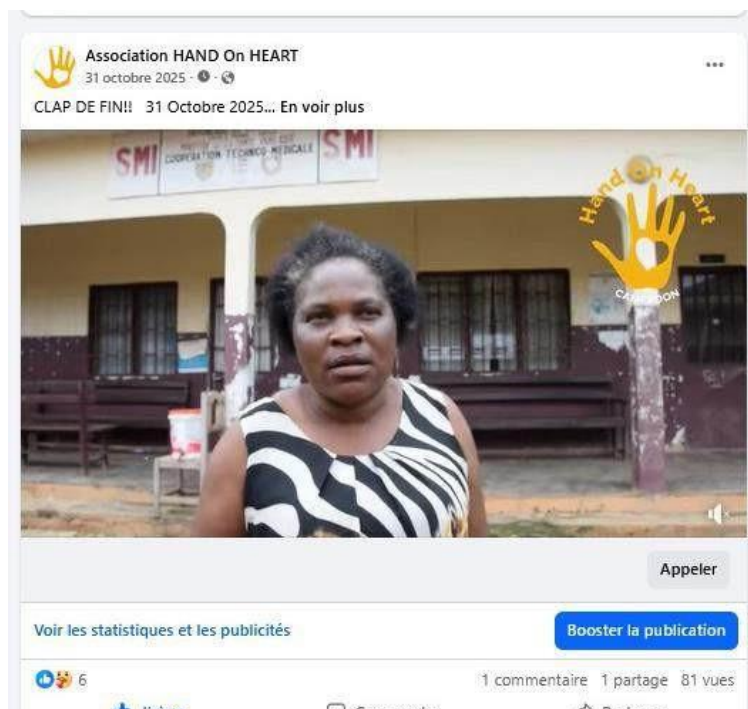
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To conclude this training session, the participants were given the opportunity to speak. Four nurses volunteered to share their experiences, expressing their feelings, key takeaways, and the impact of the training on their professional practice. These short videos were produced to highlight the participants' perspectives and are available on the Facebook page <https://www.facebook.com/associationhandonheart> and the LinkedIn page <https://www.linkedin.com/company/handonheartcameroon/>

Note: To assess participants' learning and provide them with content tailored to their needs, pre-tests were administered, followed by post-tests to evaluate the knowledge acquired. Participants also completed a general evaluation of the training to ensure future sessions better meet their practical needs.



CAPACITY BUILDING FOR 05 COMMUNITY HEALTH WORKERS IN THE MFOU HEALTH DISTRICT

FINANCED BY THE MINDFUL CHANGE FOUNDATION

Date : November 3-8, 2025

Location : Conference Room, Mfou Health District

Following the signing of Service Note No. 040/NS/MINSANTE/DRSPC/DS-MF on October 20, 2025, by the Head of the Mfou Health District, Dr. Hamida Yacoubou, authorizing Community Health Workers to participate in a six-day training program covering three themes, Hand On Heart launched the first two days of training on November 3 and 4, 2025. This initiative is part of a broader effort to strengthen the capacity of Community Health Workers, in collaboration with the Mfou Health District. The training was conducted with the support of the district's communications focal point, Mr. Essissima, under the supervision of Dr. Olangana.

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MINISTÈRE DE LA SANTÉ PUBLIQUE
MINISTRY OF PUBLIC HEALTH
SECRETARIAT GÉNÉRAL
DÉLEGATION RÉGIONALE DU CENTRE
DISTRICT DE SANTÉ DE MFOU

REPUBLIC OF CAMEROON
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SECRETARIAT GÉNÉRAL
DÉLEGATION RÉGIONALE DU CENTRE
DISTRICT DE SANTÉ DE MFOU

N° 040/NS/MINSANTE/DRSPC/DS-MF

MFOU le 20 OCT 2025

NOTE DE SERVICE

Dans le cadre des activités de sensibilisation sur la santé mentale ; et de prise en charge des pathologies mentales de l'association Hand On Heart, les personnels dont les noms suivent sont priés de prendre part au renforcement des capacités en santé mentale des agents de santé communautaires, qui se déroulera du 03 au 08 novembre 2025 à la salle de conférence du district de santé de Mfou.

Il s'agit de :

N°	Participants	Profession
01	M. EKEMLA Celestin	ASC
02	M. Mani Joseph	ASC
03	Mme MENGWA Josephine	ASC
04	Mme MVONDO ABENA Liliane	ASC
05	M. OWONA AKAMBA Raoul	ASC
Facilitateurs		
06	M. ESSISSIMA Dieudonné	Point Focal Communication District de Mfou
07	Mme TCHOUAMOU Sandrine	Fondatrice Hand On Heart
08	M. GOMINA Jules	Psychologue clinicien et Psychopathologue
09	M. KENTSOP Odilon	Psychologue clinicien
10	Mme SIGNE NOUMBOU	Consultant en soutien psychosocial

AMPLIATIONS :

- PRÉFET MAI
- DRS
- DRS
- DRS
- DRS

Le Chef de District de Santé de Mfou

Dr. Hamida Yacoubou
Ph.D Santé Publique

HoH organized a training program for Community Health Workers, which took place in two phases: the **first phase** consisted of training the workers (November 3-8, 2025), and the **second phase** involved fieldwork (December 1-31, 2025). These community health workers are trusted local individuals who, through targeted training, are able to act as intermediaries between the population and professional healthcare facilities. Their fieldwork missions include:

- Raising awareness among the population about the importance of prevention and access to mental health care;
- Identifying cases of severe mental illness and referring them to specialized health centers;
- Providing rapid preliminary diagnoses and referring patients to HoH or another appropriate healthcare facility.

This concept has been successfully used in similar projects and offers a sustainable way to establish mental health structures in rural areas, independently of external organizations.

PHASE 1 : CONCEPT AND IMPLEMENTATION OF THE TRAINING

1- DAYS 1 And 2 – Psychosocial support **03–04 november 2025**

Days 1 and 2, held from November 3rd to 4th, 2025, focused on capacity building for Community Health Workers and were dedicated to the "Psychosocial Support" module, facilitated by **Jules GOMINA**, a trainer with Hand On Heart.

This initial theme launched the training cycle for Community Health Workers (CHWs) and aimed to provide them with a solid foundation to better support vulnerable individuals within their communities.

The overall objective of this module was to strengthen the CHWs' skills in providing psychosocial support and guidance, while also contributing to the structuring of their community mobilization activities. Participants were guided to better understand their role as frontline workers, to adopt a compassionate listening approach, and to develop practices adapted to the realities on the ground.

The methodology was based on participatory exchanges, group discussions, and practical exercises, promoting the active involvement of participants. This format enabled community health workers to acquire key tools to improve the quality of their psychosocial support and strengthen their capacity to intervene on a daily basis.

This module was an essential step in laying the foundations for more structured, more humane, and more community-based psychosocial support.





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2- DAYS 3 And 4 – Detection of Psychological Distress

November 5–6, 2025

Days 3 and 4 of the capacity-building session were dedicated to the module "Detecting Psychological Distress," led by **Odilon KENTSOP**. These days aimed to strengthen the capacity of Community Health Workers (CHWs) to recognize early signs of psychological distress and suffering, an essential skill for facilitating rapid interventions and appropriate referrals for vulnerable individuals within communities.

The overall objective of this module was to enable CHWs to identify signs of psychological distress and intervene appropriately and responsibly, respecting their role and professional boundaries. Participants were made aware of the importance of careful observation, active listening, and analyzing the verbal and non-verbal manifestations of psychological distress.

The methodology used combined theoretical input with practical exercises. These exercises, inspired by real-life situations encountered in the field, allowed participants to test and improve their observation, analysis, and response skills in the face of concrete cases. This interactive approach fostered the integration of knowledge and strengthened the ASCs' confidence in their daily practices.



1 PICTURE MISSING



DAYS 5 & 6 – Suicide Prevention **07–08 november 2025**

Days 5 and 6 were dedicated to the "Suicide Prevention" module, led by **Éponine SIGNE**. These days aimed to equip community health workers with essential skills to recognize situations of suicide risk within communities and intervene appropriately, while ensuring rapid referral to specialized services when necessary.

The overall objective of this training was to equip community health workers to recognize, assess, and intervene in cases of suicide risk within their communities. Participants gained a better understanding of risk factors and warning signs, learned to communicate empathetically, and adopted a professional approach to sensitive situations.

The methodology relied on role-playing exercises, followed by constructive debriefings, allowing each participant to receive specific feedback on their approach, questioning techniques, listening skills, and ability to refer individuals in distress to appropriate support services. This approach has strengthened the practical skills of the ASCs and their ability to intervene appropriately and humanely in high-risk situations



1 PICTURE MISSING



Results :

Thanks to this training, community facilitators are now able to identify individuals with mental health conditions early in their communities, provide basic information on mental health, and refer those affected to HoH or other appropriate care facilities. Furthermore, the facilitators have already implemented awareness-raising activities, thus helping to reduce the stigma surrounding mental health conditions. A system of regular evaluation and ongoing training for facilitators has also been established to ensure the program's long-term effectiveness.

The evaluation system involves debriefing field activities, sharing with the facilitators their strengths, weaknesses, and proposed solutions in identifying cases in the field and providing initial support to individuals showing signs of psychological distress.

PHASE 2 : FIELD ACTIONS OF COMMUNITY HEALTH WORKERS (CHWs)

FINANCED BY THE MINDFUL CHANGE FOUNDATION

Following the training of the Community Facilitators, it was planned that the acquired concepts and knowledge would be put into practice in the field. With this in mind, they conducted field visits (from December 8th to 31st, 2025).

After **Phase 1** of theoretical and practical training, Hand On Heart launched **Phase 2** of the project to strengthen the capacity of five (5) Community Health Workers (CHWs) in the Mfou Health District. The main objective of this phase was to put the acquired knowledge into practice within the communities, focusing on raising awareness, prevention, and bringing mental health care closer to the population.

1. Handing over of work kits and preparation has there field mission

On December 5, 2025, a final preparation session was held in the conference room of the Mfou Health District, marking the official launch of the Community Health Workers' (CHWs) field mission. At this meeting, the five Community Health Workers trained by Hand On Heart received their field work kits, essential for implementing their activities within their respective health areas. This meeting also provided an opportunity for a final group debriefing to clarify the objectives, intervention methods, and expectations related to the mission. Thanks to the intensive six (6) days of training, which focused on:

- psychosocial support,
- the detection of psychological distress,
- suicide prevention,

The CHWs were now ready to work directly with the population as Psychosocial Support Workers in mental health.

This step was a key moment in the project, strengthening the motivation of the ASCs and affirming Hand On Heart's commitment to providing community actors with concrete tools for effective and sustainable action on the ground.



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2. Effective start of field and community actions

The Field visits began on Monday, December 8, 2025, and continued until Wednesday, December 31, 2025, in the various health areas of the Mfou Health District. During this period, Community Health Workers (CHWs) traveled throughout the communities with a clear objective: to talk about mental health where people live, raise awareness, provide information, promote prevention, and help break down the taboos still strongly associated with mental illness.

Their mission focused on two main areas:

- raising community awareness about the importance of prevention and access to mental health care;
- identifying individuals showing signs of severe mental disorders and ensuring their referral to specialized health facilities.

Through close interactions, community discussions, and information campaigns adapted to the local context, the CHWs fostered a better understanding of mental health, its challenges, and the available treatment options. In parallel, they conducted a census and identified cases of severe mental disorders by completing dedicated forms, thus establishing an essential basis for monitoring and referring the individuals concerned. These actions will contribute to the preparation of the 2026 psychiatric project..



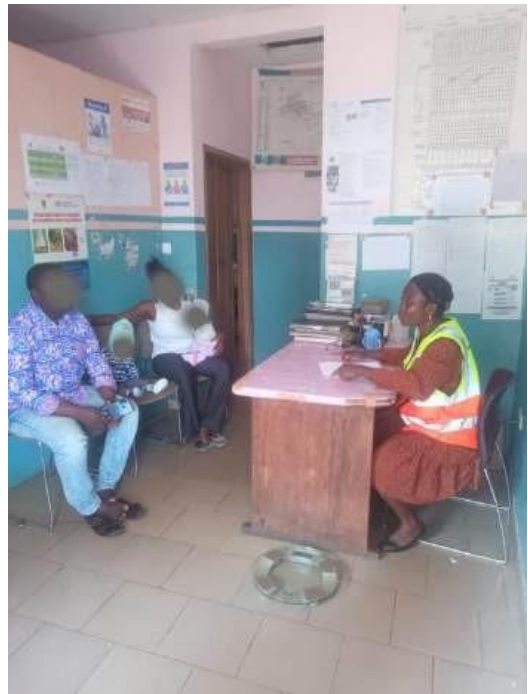
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3. Debriefing Session, Mission Closure, and Certificate Presentation

On December 31, 2025, Hand On Heart organized a working and debriefing session with the five Community Health Workers (CHWs) at the end of four weeks of fieldwork.

This meeting allowed participants to:

- gather information on the difficulties encountered in the field,
- gain a better understanding of the realities experienced while working with the communities,
- analyze the challenges related to stigma, case referral, and the acceptance of mental health services by the population.

As a community-based organization, Hand On Heart places particular importance on this feedback from the field, which allows for the adaptation of intervention strategies, the strengthening of support for CHWs, and the improvement of the effectiveness of future actions. The session concluded with the official presentation of certificates of participation to the CHWs, recognizing their commitment and active involvement throughout the six days of training and the field mission. This second phase fully illustrates Hand On Heart's vision: to bring mental health closer to the people, strengthen the capacities of community actors, and make prevention a key lever for better care.





REDMI 13C



REDMI 13C

4. Data collection and interpretation

During field visits, each Community Health Worker (CHW) was provided with data collection forms to gather information about the individuals reached and, most importantly, to identify any potential cases of severe mental illness within the communities.

Following the data collection, two database tables were created:

- a first table detailing the **awareness-raising activities** carried out;
- a second table detailing the **identified cases of severe mental illness**.

Analysis of the data forms shows that a total of **697 people were reached** during this community outreach mission, distributed as follows:

- **232 men**
- **328 women**
- **50 boys**
- **87 girls**

Furthermore, **18 cases of severe mental illness** were identified among the individuals reached by the Community Health Workers. The distribution of identified cases is as follows:

- 2 cases of Epilepsy/Neurological Disorders;
- 1 case of major emotional overload, with breakdown of affective regulation capacities/possible state of psychological crisis;
- 2 cases of psychotic symptoms of disorganization;
- 1 case of Severe Mood Disorder, specifically: a major depressive episode with suicidal risk;
- 6 cases of Post-Traumatic Stress Disorder;
- 1 case of Schizophrenia Spectrum Disorder after exclusion of a medical or toxic cause;
- 1 case of Severe Psychotic Disorder or Mood Disorder with Psychotic Features;
- 1 case of Primary Psychotic Disorder (only after exclusion of a medical cause);
- 2 cases of Acute Psychotic Disorder or Schizophrenia Spectrum Disorder. and
- 1 case of a major depressive episode with psychotic features

According to the **National Alliance of Mental Illness (2025)**, approximately **1.2% of the population has schizophrenia spectrum disorders**, while **2.8% has bipolar disorders**. These figures show the prevalence of severe mental disorders.

From our figures above, showing **18 cases of mental disorders** out of **697 persons sensitized**, reveals a **percentage of 2.6 of the population reached**.

We observe that **2.6% of the population reached** suffering from severe mental disorders is slightly higher than the general statistics. Thus, an imminent need to act in favour of this population in rural areas, in promotion of mental well-being, and prevention and treatment of mental illnesses.

Next steps

Following awareness-raising activities that **reached 697 people** in the communities and identified **18 cases of severe mental health disorders**, Hand On Heart plans to continue and strengthen its work in the field.

The trained Community Health Workers (CHWs) will be able to continue supporting the organization in implementing community activities. Collaboration with these workers has proven particularly valuable. They played a key role in the awareness campaigns and demonstrated themselves to be reliable and committed partners.

For future projects, particularly for community awareness activities, follow-up of identified cases, and patient visits in villages, Hand On Heart will be able to rely on their commitment. The CHWs have expressed their willingness to continue actively participating in the organization's work. Their contact information has been recorded, and they can be remobilized and redeployed in the field as needed and according to their availability.

The next steps planned by Hand On Heart are as follows:

- **Ensuring follow-up and referral of identified cases of severe mental health disorders** to appropriate healthcare facilities;
- **Expanding the network of trained Community Health Workers (CHWs)** to cover more rural communities;
- **Developing new specialized training modules to strengthen their skills** in community mental health;
- **Strengthening collaboration with local health centers** to improve the link between community stakeholders and healthcare professionals;
- **Organizing regular follow-up meetings with CHWs** to reinforce the application of knowledge

acquired during training;

The implementation of these next steps will, however, depend on the mobilization of adequate financial resources and partnerships. Given the encouraging results obtained in the field, Hand On Heart wishes to continue and expand these actions for the benefit of rural communities. The support of technical and financial partners will help consolidate the project's achievements, broaden the scope of awareness-raising activities, and strengthen mechanisms for identifying and managing mental health disorders at the community level.

Interim report

Despite the challenges encountered, HoH has made significant progress in establishing mental health structures in the Mfou district. The objectives set for strengthening a point of contact and mental health facilities have been met, and HoH has gained valuable experience in implementing mental health care services in rural areas. Through its activities, HoH has strengthened regional partnerships, enabling it to access other health facilities and position itself strategically more broadly. Furthermore, HoH has gained valuable experience and built a network of nurses, mental health nurses, and community health workers through training programs and community outreach campaigns.

The experience gained has shown that successful mental health work in Cameroon requires in-depth knowledge of local structures and the establishment of strong relationships with key stakeholders. In this area, HoH has made significant progress in recent months. The next step will be to focus on the care and monitoring of identified cases of severe mental illness, the expansion of awareness campaigns, the strengthening of collaboration with local health actors, and the sustainable implementation of already established structures

Finance and equipment

Funds of funding

The year 2025 marked a significant turning point for Hand On Heart with the awarding of MCF funding, enabling the deployment of a three-month pilot project in the Mfou Health District.

In July 2025, Hand On Heart received 3,420,160 FCFA for the implementation of the RECASAME project – Capacity Building in Mental Health – which ran for three months.

This project aimed to sustainably strengthen the skills of frontline workers, particularly nurses and Community Health Workers (CHWs), in order to improve the integration of mental health services at the community level.

RECASAME combined:

- theoretical and practical training in mental health,
- exchange and experience-sharing sessions, and
- field visits to communities.

The beneficiaries received training in active listening, basic psychosocial support, identifying and referring people in distress, and community awareness-raising on mental health.

Through RECASAME, Hand On Heart helped bring mental health services closer to the population, equip community stakeholders, and lay the groundwork for better integration of mental health into primary healthcare in the Mfou Health District.

In August 2025, the organization also received a donation of 1,677,846 FCFA from the Betterplace platform, demonstrating the continued trust of private donors. In addition to these funds, the organization had an initial balance of 730,693 FCFA at the beginning of the year.

All of these amounts together constitute the total financial balance for the year 2025. It is important to specify that within this initial balance, an amount of 329,498 FCFA is reserved for the acquisition of a second motorcycle, in addition to the one financed in 2024 thanks to a grant of €200 awarded by the MCF, in order to strengthen the mobility of the association in rural areas.

Exploring new international funding channels

Following the gradual establishment of its financial infrastructure, Hand On Heart continued exploring international funding sources in 2025.

International Funding Applications – Charity of Berlin

Two applications were submitted in 2024 under the [„Klinikpartnerschaften“](#) program. In 2025, it was confirmed that this opportunity was no longer available due to the unavailability of funds allocated to this program.

Diplomatic Channels

A presentation of Hand On Heart was submitted to **GIZ** and the **German Embassy**. The responses received indicated that no funding was available at this stage to support the organization.

Cooperation with an Italian Foundation

The collaboration initiated in 2023 with Ms. Chiara Dragoni, in conjunction with the [Otto per mille valdese](#) Foundation, resulted in a funding application specifically aimed at covering the cost of renting the headquarters. Hand On Heart was not selected for this funding.

Potential Funding Application with MCF through the Schmitz Foundation

Discussed in 2024, this possibility remains under consideration. Its feasibility and relevance will depend on the evolving strategic priorities of Hand On Heart and its partners.

Exploring local funding possibilities

Alongside its international efforts, Hand On Heart continued to explore local funding opportunities and began strategic planning for the implementation of **Income-Generating Activities (IGAs)**, with the aim of gradually strengthening its financial autonomy.

Challenges Related to Long Processing Times

Despite the progress made, a major challenge remains: most institutional funding is associated with long and uncertain processing times between application submission and the potential disbursement of funds.

Following the completion of the initial MCF funding, Hand On Heart relies primarily on private donations and one-off grants. Like many emerging community organizations, the association is still in a phase where it must demonstrate its long-term reliability in order to secure more stable funding cycles.

The medium-term objective remains to secure financial visibility for the next 12 to 18 months, an essential condition for ensuring the continuity of operations and organizational stability.

Transition Strategies

To navigate this transition phase, Hand On Heart is implementing several short- and medium-term measures:

- strengthening the promotion of the donation platform,
- targeted identification of new partners for small, short-term grants,
- developing internal savings strategies,
- considering and gradually implementing Income-Generating Activities (IGAs),
- pursuing technical and institutional partnerships to strengthen the organization's credibility.

The goal is to enable Hand On Heart to gradually consolidate its position as a reliable and committed community actor and to lay the foundations for more sustainable funding to support mental health in Cameroon.

Financial Statement

Revenue table

Types of recipe	Dates	Details specific	Amount total in FCFA	Amount total in EUR
Initial balance (Account) Ecobank HoH)	01/01/2025	Cash balance in HoH bank account including 329 498 FCFA reserved for the purchase of the second motorcycle	730 693.00	1 113.93
MCF Psychomedical project	31/07/2025	Transfer of funds receipts from there MCF For THE psychiatric project	3,420,160.00	5 213.89
Private donations (Betterplace account)	19/08/2025	Transfer of private donations issues of Betterplace account	1,677,846.00	2 557.86
Amount overall recipes	Start of fiscal year 2025		5,828,699.00	8 885.68

Expenditure table

Kind of spent	Date	Details specific	Amount total in FCFA	Total amount in EUR
Website fees	31/01/2025	Annual regular website fees	14 210	21.66
Activity 1 : Activity art therapy	17/02/2025	Transportation fees and printing	95 830	146,09
Taxes	05/03/2025	Annual tax payment + taxi	63 500	96,81
Annual report	25/03/2025	Deposit annual report Préfecture	8150	12,42
Activité 2 : Stress management	14/05/2025	Transport fees, printing fees of deposit annual report GIZ and german embassy	41 300	62,96
Card Insurance	05/08/2025	Card insurance fee + VAT	3 578	5.45
HQ Rent	31/07/2025	Rent payment	125 000	190.56

Taxes	22/08/2025	Income taxes	1,534	2.34
Activity 3 : Participation at the National Days of OSC	From 17 to 19/09/2025	Transport fees, T-shirt, Flyers, Printing fees, logistics	344 650	525.42
Activity 4 : Psychomedical project	August – December 2025	Details on Excel sheet	3 354 060	5,113.23
Expenses various		Details on Excel sheet	66 000	100,62
Ecobank daily life	Month x 6559	Account monthly expenses	78 708	119,99
TOTAL AMOUNT OF EXPENSES			4 196 520	6 397,55

The initial monthly bank charges were deducted from the "MCF starting" account until August 19, 2025, the date on which we received private donations from the Betterplace account. Currently, the **available balance as of January 1, 2026, is 1,685,644 FCFA**. Of this, **329,498 FCFA is earmarked for the purchase of a second motorcycle**, which has not yet been possible due to financial constraints. These funds will continue to be set aside until additional funds become available to complete the purchase.

Summary table

	DESIGNATION	Amount Total (in FCFA)	Amount Total (in Euros)
Total expenses	Total expenditure from January 1, 2025 to December 31, 2025	4 196,520.00	6 397.55
	Expenses related to the Psycho-Medical Project	3,354,060.00	5113.23
Total revenue	Initial balance, MCF and Betterplace	5 828,699.00	8,885.68
Actual balance as of 31/12/2025		1 685 644.00	2,570.35

Equipment and other resources

In 2025, Hand On Heart strengthened its material resources to improve the quality of its interventions and access to mental health services. The acquisition of consultation, activity, and facility equipment has enabled the creation of more functional, comfortable, and supportive spaces conducive to listening and dialogue.

The acquisition of a motorcycle has been essential support for Hand On Heart's activities. It facilitates the team's travel to areas that are sometimes remote or difficult to access, particularly for field visits. This means of transport enhances the organization's mobility and allows it to bring mental health services closer to communities, especially those with limited access to basic services.

1 PICTURE MISSING

1 PICTURE MISSING

KEY ACHIEVEMENTS – YEAR 2025

1- Establishment of Headquarters

In 2025, Hand On Heart reached a major milestone with the identification and establishment of its headquarters. This location, found during the year, perfectly meets the organization's operational needs. It serves as a coordination space, administrative workspace, partner reception area, and preparation center for field activities. The operation of the headquarters was made possible thanks to financial support from solidarity platforms and private donations, notably through Betterplace. The existence of this headquarters strengthens Hand On Heart's institutional credibility and facilitates the structured implementation of its activities.

2- Strengthening Mobility: Acquisition of a Motorcycle

The year 2025 was also marked by the strengthening of the association's logistical capacity with the acquisition of a motorcycle in November 2024. This mobility tool is essential for facilitating travel to communities, ensuring the monitoring of field activities, and supporting the work of Community Health Workers (CHWs), particularly in hard-to-reach areas. This acquisition directly contributes to the effectiveness and consistency of community interventions.

3- Psychiatry Project

In 2025, Hand On Heart launched a pilot community psychiatry project. This project aims to improve access to mental health care through a community-based approach integrated with local realities. It focuses on prevention, early detection, referral of individuals experiencing mental health difficulties, and capacity building for frontline workers such as nurses and Community Health Workers.

4- Institutional Agreements and Authorizations

A major milestone was reached with the validation, on November 13, 2025, of the collaboration agreement between Hand On Heart and the Regional Delegation of Public Health for the Central Region. This one-year agreement officially governs the association's interventions in the Central Region and guarantees their compliance with public health policies. It stipulates close collaboration with health districts, adherence to sector planning documents, and the annual submission of an action plan and activity report. Within this framework, Hand On Heart also hosted the Healthcare Activities and Care Control Brigade at its headquarters, confirming the compliance of its facilities and activities with applicable standards.

Hand On Heart also renewed its partnership agreement with the Mfou Health District through its new head, Dr. Hamida Yacoubou. These authorizations allow Hand On Heart to operate legally and in close collaboration with public health institutions, ensuring the compliance of its actions.

5- Training for Healthcare Professionals

Skills development was a central focus of the 2025 activities. Hand On Heart organized and supported several training sessions for:

- Registered Nurses (RNs) - 7,
- Mental Health Professionals (MHPs) - 3,
- Community Health Workers (CHWs) - 5.

This represents a total of 15 key stakeholders trained. The training focused on topics such as the detection of psychological distress, suicide prevention, psychosocial support, and Psychological First Aid. Aid.

6- Monitoring and Identification of Severe Cases with Community Health Workers (CHWs)

Phase 2 of the CHW capacity building involved immersion within their respective health areas. Thanks to the outreach work carried out by these CHWs, community monitoring was strengthened. This enabled the identification and identification of situations of severe mental distress within the communities, facilitating better referral to specialized services and more appropriate care..

7- Awareness -Raising and Workshops at the Association's Headquarters

In 2025, Hand On Heart conducted several awareness-raising activities through workshops, diversifying the locations and target audiences. These workshops provided concrete solutions to mental health, stress, and stigma, while offering practical and accessible tools.

In total, five (5) workshops were organized during the year. The Hand On Heart headquarters thus became an essential location for implementing activities and ensuring the success of awareness campaigns, highlighting the importance of having a dedicated space to strengthen the impact and continuity of interventions.

8-Visibility And Media presence **FUNDED BY THE MCF**

The association's visibility increased in 2025 thanks to several communication initiatives, including:

- **a television appearance,** https://www.youtube.com/watch?v=Icd6k_-BgMU





- **written press articles,** (<https://afrikinfo.net/hand-on-heart-integrer-la-famille-au-coeur-du-retablissement-en-sante-mentale/> ;



Hand On Heart : intégrer la famille au cœur du rétablissement en santé mentale

Au Cameroun, la santé mentale demeure un défi majeur de santé publique, encore largement entouré de tabous et de stigmatisation, particulièrement dans les zones rurales. C'est pour répondre à cette réalité que Sandrine Tchouamou épouse Kameni a fondé en 2009 l'association Hand On Heart, dont elle est aujourd'hui la présidente fondatrice. Sa mission est claire : contribuer à améliorer les conditions de vie des personnes vivant avec des enjeux de santé mentale et soutenir leurs familles, trop souvent laissées en marge des parcours de soins.

« Dans le processus de rétablissement, on voit surtout le patient, mais très peu les membres de l'entourage. Pourtant, la famille porte le poids de la stigmatisation, de l'épuisement, de l'isolement et de la discrimination. J'en suis une », témoigne-t-elle.

Une association née d'un vécu personnel

L'engagement de Sandrine Tchouamou prend racine dans une histoire familiale marquée par la maladie mentale. Depuis l'âge de cinq ans, elle vit aux côtés d'une mère atteinte d'un trouble psychique. En 1999, sa sœur aînée développe à son tour la maladie et est diagnostiquée schizophrène. Aujourd'hui stabilisée grâce à un traitement suivi à vie, elle reste néanmoins confrontée aux préjugés sociaux.



Dans leur environnement rural, la famille fait face à des jugements sévères. « La maladie mentale était assimilée à la sorcellerie. Nous avons été insultés, stigmatisés, traités de tous les noms », se souvient la fondatrice. Une expérience douloureuse qui met en lumière le manque d'information, de soutien et d'accompagnement des familles concernées.

C'est pour combler ce vide que Hand On Heart voit le jour. « J'ai voulu offrir aux autres ce que ma famille n'a jamais pu recevoir à temps : un espace d'écoute, de soutien, de prévention et d'espoir », explique Sandrine Tchouamou.

Faciliter l'accès aux soins et lutter contre la stigmatisation

La vision de Hand On Heart est de faciliter l'accès aux soins de santé mentale, en particulier pour les

afrikinfo.net/hand-on-heart-integrer-la-famille-au-coeur-du-retablissement-en-sante-mentale/

première ligne d'intégrer la santé mentale dans leurs prises en charge quotidiennes.

Les formations ont porté sur trois axes majeurs : l'accompagnement psychosocial, la détection des troubles de santé mentale et la prévention du suicide, ainsi que le référencement vers les structures adaptées. L'association a également pris en compte la problématique de l'usure de compassion chez les soignants, en insistant sur l'importance d'une approche humaniste des soins.

Sept piliers pour une action globale :

Aujourd'hui, Hand On Heart structure ses interventions autour de sept piliers majeurs :

1. La sensibilisation communautaire, pour briser les tabous, ouvrir le dialogue et prévenir la détresse psychologique.
2. Les consultations psychologiques gratuites, offrant un premier niveau de soutien, d'écoute active et d'orientation.
3. La formation des infirmiers et des animateurs communautaires, afin de créer un réseau local de sentinelles capables d'orienter les personnes concernées.
4. Les interventions en milieu scolaire, axées sur la gestion des émotions, l'estime de soi et les compétences psychosociales.
5. Le soutien aux familles, notamment à travers la pair-aideance familiale, pour rompre l'isolement des proches.
6. Le renforcement des structures locales, en coopération avec les services de santé publique pour intégrer durablement la santé mentale.
7. Le développement de partenariats, avec des organisations nationales et internationales, afin d'assurer l'impact et la pérennité des projets.

Vers un modèle durable de santé mentale

Hand On Heart travaille actuellement avec l'hôpital de district de Mfou, qui sert de site pilote pour la mise en place d'un modèle durable de prise en charge en santé mentale. L'ambition est d'étendre cette initiative à d'autres hôpitaux publics du pays.

Si l'association ne bénéficie pas encore du soutien de l'État, elle fonctionne grâce à des subventions privées accordées par un partenaire, lui permettant de poursuivre ses activités sur le terrain.

À travers Hand On Heart, Sandrine Tchouamou épse Kameni porte un message fort : le rétablissement en santé mentale ne peut être complet sans l'implication des familles et des communautés. Un plaidoyer essentiel dans un contexte où informer, prévenir et accompagner restent des leviers clés pour une société plus inclusive et plus humaine.

<https://kamerinfosplus.com/2025/12/23/briser-les-tabous-soutenir-les-familles-hand-on-heart-pour-une-sante-mentale-plus-humaine-au-cameroun/>)

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Par Nana FOUDA - 23 décembre 2025



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En Cameroun, la santé mentale demeure un défi majeur de santé publique. Longtemps reléguée au second plan, elle reste fortement marquée par les tabous, la stigmatisation et une méconnaissance profonde des troubles psychiques, en particulier dans les zones rurales. Si l'attention se concentre généralement sur les personnes malades, les familles, elles, restent trop souvent invisibles, isolées et livrées à elles-mêmes.

C'est pour répondre à cette réalité que Sandrine Tchouamou épse Kameni a fondé l'association Hand On Heart. Présidente fondatrice, elle porte un plaidoyer fort : le rétablissement en santé mentale ne peut être envisagé sans l'implication active des familles et des communautés.

Une association née d'un vécu personnel

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Dans leur environnement rural, la famille a dû faire face à des jugements sévères. « La maladie mentale était assimilée à la sorcellerie. Nous avons été insultés, stigmatisés, rejetés », confie la fondatrice. Une expérience douloureuse qui révèle le manque criant d'information, de soutien et d'accompagnement des familles concernées.

« Dans le processus de rétablissement, on voit surtout le patient, mais très peu les membres de l'entourage. Pourtant, la famille porte le poids de la stigmatisation, de l'épuisement, de l'isolement et de la discrimination. J'en suis une », témoigne-t-elle. Faciliter l'accès aux soins et changer les mentalités.

La mission de Hand On Heart est de contribuer à améliorer les conditions de vie des personnes vivant avec des enjeux de santé mentale tout en soutenant leurs familles. L'association œuvre principalement à faciliter l'accès aux soins de santé mentale, notamment dans les communautés rurales, et à renforcer les liens entre patients, familles et professionnels de santé.

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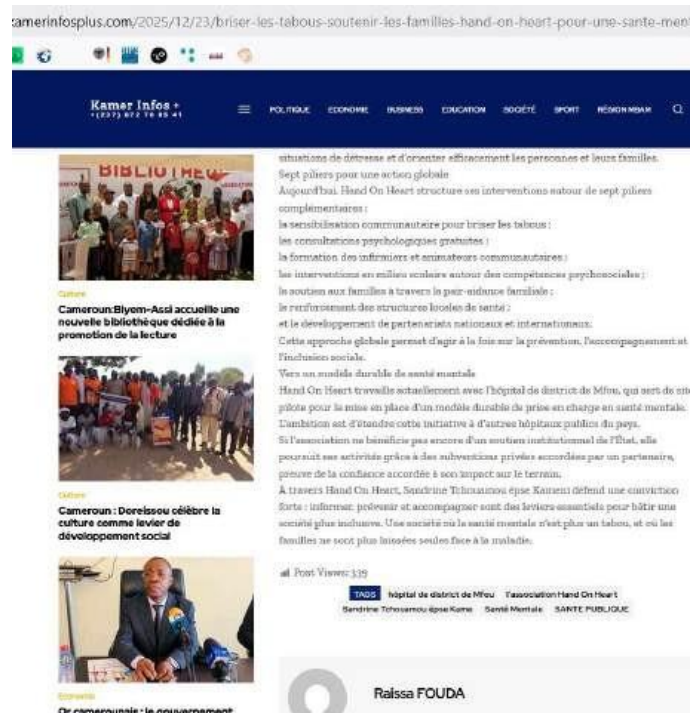
« Dans le processus de rétablissement, on voit surtout le patient, mais très peu les membres de l'entourage. Pourtant, la famille porte le poids de la stigmatisation, de l'épuisement, de l'isolement et de la discrimination. J'en suis une », témoigne-t-elle. Faciliter l'accès aux soins et changer les mentalités.

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These actions have helped raise awareness of Hand On Heart's mission and educate the general public about mental health issues.

9- Digital presence and tools

Hand On Heart has strengthened its digital presence through:

- regular social media activity,
- the development and updating of its new website, which will be available very soon,
- the integration of the **BIAGNE mental health app**,
- the integration of the **santementale.com** platform, and work on mapping mental health resources.

These tools aim to improve access to information and facilitate referrals to existing services. of the resources in mental health .

10- Digital Innovation : The BIAGNE Project

In response to the major challenges of access and stigma surrounding mental health, **Patrick CHETCHUENG**, an active member and administrator of the HoH website, independently developed **BIAGNE**. This smart emotional support mobile application, designed specifically for the African context, represents a major innovation for democratizing mental health. This solution aims to achieve several key objectives:

- Raising awareness and reducing stigma on a large scale.
- Providing 24/7 emotional support, accessible even in the most isolated areas.
- Enabling early detection of emotional disorders through intelligent analysis.
- Generating valuable anonymized local data for research and public policy.

This project directly contributes to HoH's contribution to the Sustainable Development Goals, particularly Good Health (SDG 3), Education (SDG 4), Gender Equality (SDG 5), and Reduced Inequalities (SDG 10).

Currently in its final stages, **the project is seeking financial support to finalize its technical design, ensure its deployment (Play Store, App Store), and prepare its**

official launch with a marketing campaign. The success of BIAGNE would be a powerful lever for amplifying HoH's impact by creating a digital healthcare ecosystem that complements and strengthens our human interventions in the field.).

11- Mbouo Project with partner LA CHARITE- BERLIN

The Mbouo project is an initiative led by Charité Berlin, aimed at integrating capacity building for healthcare staff at Mbouo Hospital. Hand On Heart was asked to contribute to this effort by participating in training healthcare staff on topics related to mental health and psychosocial support for staff, patients, and the families of people living with mental health challenges through training sessions and workshops. This collaboration, which will take effect in 2026, will allow Hand On Heart to leverage its training expertise, support the skills development of local stakeholders, and consolidate practices adapted to the needs of patients and the community..

12- Studies and Research

The year 2025 was also dedicated to integrating a research component for 2026. This research will lay a solid foundation for the future development of programs and the continuous improvement of the quality of interventions.

13- Funding and resources

Hand On Heart's activities in 2025 were supported by: individual donations on the Betterplace platform, a grant from the Mindful Change Foundation, and other occasional technical support from various volunteers. Some funding applications submitted during the year remained pending or were unsuccessful, highlighting the need to continue efforts to diversify financial resources.

14- Partnership and strategic directions

The partnership with clinics was not finalized; instead, the partnership with La Charité, particularly with Glohra and the Braun Foundation, is currently being developed. Furthermore, strategic thinking has been initiated around a collaboration with the Charity, with a view to strengthening skills, sharing expertise and sustainably structuring actions in mental health..

15- International Reach

As part of World Peer Support Day – 2025 edition, the Quebec Association for Psychosocial Rehabilitation (AQRP) provided Hand On Heart with a platform to share its experience and vision of family peer support in Cameroon. Through a video testimony from the association's President, broadcast on the AQRP's official website, this presentation highlighted the reality of family peer support (FPS) in Cameroon. This visibility on a recognized international platform is a mark of trust and recognition of the work carried out by Hand On Heart. It contributes to the association's reach beyond borders, the sharing of best practices between regions, and the strengthening of ties with partners committed to promoting mental health and FPS..

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Connexion

Annie Pérusse, étudiante en pair-aidance famille - Gatineau

- La formation Paire Aïdants Famille m'a permis d'acquies des connaissances en relation d'aide pour mieux parvenir à accompagner et soutenir l'entourage de gens vivants avec des problèmes de santé mentale. Mon vécu et ma résilience seront très utiles comme PAF.

Sonia Tremblay, consultante et paire aidante famille - Chicoutimi

- Quand je me suis engagée à la formation Paire Aïdants Famille, je ne m'attendais pas à ce que tout ce que j'ai traversé avec mon proche affecte autant de positif. La formation m'a permis de poser un nouveau regard, de mettre des mots et d'exprimer pleinement mon vécu avec la maladie de mon fils. Chaque rencontre m'a permis de transformer ce vécu en compétences et un outil afin de soutenir les membres de l'entourage vivant avec des enjeux de santé mentale similaires avec un proche et leur donner espoir.

Sendrine Kameni, étudiante en pair-aidance famille - Yaoundé, Cameroun

- Dans mon propre parcours, j'ai toujours été volontaire à soutenir les autres et ma motivation à acquies des connaissances supplémentaires et des outils plus adaptés m'ont semblé être la clé pour mieux comprendre les besoins et accompagner efficacement les familles. D'où mon intérêt pour la formation Paire Aïdants Famille de l'AGRP.

Pascale Beaulieu, paire aidante famille - Baie-Saint-Paul

- La formation offerte par l'AGRP est pertinente du début à la fin car elle m'a permis d'acquies de nombreux outils d'une part mais surtout, de valider mes qualités et compétences requises pour aider d'autres personnes, de valider que je m'étais suffisamment impliquée dans mon propre parcours de rétablissement pour pouvoir soutenir d'autres personnes. Le contenu de la formation est varié et permet aux étudiants de partager de précieux moments de vie en toute confiance avec des collègues et de rencontrer de nombreux professionnels et professionnels, et ainsi, bonifier les connaissances, ce qui est vraiment un atout important. Tout ce que j'y ai appris me conforte dans mon nouveau rôle de Paire Aïdants Famille que j'occupe à La Marée avec fierté et enthousiasme.

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CHALLENGES

During the implementation of activities planned for 2025, HoH encountered various socio-political and economic difficulties that led to activity postponements, with these delays minimizing the achievement of our objectives.

Despite acquiring a motorcycle in 2024, transportation remains one of HoH's major challenges: firstly, team members live far apart, making it difficult to coordinate travel; secondly, with the poor condition of the roads combined with the rainy season, motorcycles are not the most suitable mode of transport, so for safety reasons, we must rely on taxis, with their associated costs. Another significant challenge is the frequent power outages that disrupt communications and training sessions, which are scheduled to resume only when the power grid is restored. One consequence is a break in the flow of training, hindering learners' assimilation of concepts. Another equally significant consequence is the disruption of internet connectivity, preventing alternative learning methods.

Note: The equally significant challenges of 2025 contributed to the delayed launch of the RECASAME project. Indeed, due to the presidential elections scheduled for October 12, 2025, in Cameroon, the pre- and post-election periods were marked by social tensions and created a climate of fear that led to the suspension of numerous activities and prevented citizens from moving freely within the country.

OPPORTUNITIES

Despite these challenges, numerous opportunities and doors have opened for HoH this year, contributing not only to the organization's short-term stabilization but also to HoH's long-term prospects.

Structural consolidation and institutional strengthening :Thanks to Better Place and the generosity of the APADES promoter, HoH has acquired premises at an affordable cost, thus strengthening its credibility. Furthermore, thanks to the Collaboration Agreement Letter No. 1289/L/MINSANTE/SG/DRSPC/BCASS/CADRE obtained from the Regional Delegation of Public Health of the Central Region, HoH is now authorized to operate throughout the Central Region with full legitimacy. In addition, with the acquisition of a mobile phone system (flybox) enabling seamless communication, and with its members' mastery of Microsoft Teams (introduced in 2024 for improved coordination), the team's internal management has been optimized and responsibilities clearly defined..

Note: HoH was also able to consolidate and expand its national and international partnerships.

Establishment of mental health structures in Mfou: Thanks to the MCF (Mutual Health Fund), and despite the challenges encountered, HoH succeeded in strengthening the structures initially established in the district through the RECASAME project. This involved building the capacity of 10 nurses (including 3 certified mental health nurses) and 5 community health workers in the areas of "Psychological First Aid," "Mental Disorder Detection Techniques," and "Suicide Prevention." This training enabled them to serve as community liaisons in the implementation of various HoH projects aimed at raising awareness and educating the population on the importance of mental health, and, most importantly, ensuring the sustainability of the activities already implemented..

Regional expansion and network expansion: Thanks to the RECASAME project, another crucial milestone was reached with access to new health areas. Indeed, within the framework of this project, 10 nurses and 5 community health workers from different health areas were trained,

thus contributing to the strategic expansion of Hand On Heart (HoH) in the Mfou district. Furthermore, the collaboration with the new district chief, Dr. Hamida Yacoubou, enabled HoH to expand its operations to a larger area. This not only opened up new opportunities for cooperation but also laid the groundwork for sustainable structures for future psychological and/or psychiatric support in the region.

Innovation in Artificial Intelligence – BIAGNE Solution: A promising opportunity with concrete impact is emerging with the BIAGNE project, an intelligent emotional support application developed through the initiative and expertise of Patrick Chuentchueng, an active member of Hand On Heart and the lead administrator of its website. This solution aims to make psychological support accessible to everyone, everywhere, at any time.

This innovative solution represents a major strategic step for HoH. To bring this project to fruition, its creator, through the Hand On Heart association, is seeking financial support to finalize the technical design, ensure its deployment on global platforms (Play Store, App Store), and prepare its official launch and promotion. **Supporting BIAGNE means investing in a sustainable tool** that will significantly amplify our ability to reach thousands of people by combining local technological innovation with our humanitarian mission.

PERSPECTIVES

The year 2025 was a rich one for HoH in many respects. First, the Association acquired premises and obtained administrative accreditation granting it the right to operate throughout the central region, which allowed it to gain credibility and consider future partnerships with greater confidence. Equally important was the implementation of the RECASAME project, which enabled HoH to expand not only its geographical area of intervention, but also, and perhaps more importantly, its scope of intervention. Indeed, within the framework of this project, community health workers (CHWs) trained by the Association's psychologists and psychosocial support workers were able to go into the field to collect relevant data. This data will be used not only for the drafting and implementation, in the near future, of a project that will include a psychiatric component, but also for writing a scientific article on mental health in Cameroon, viewed through the lens of rural communities. This situation means that HoH will welcome a new member for the duration of the project, who could become a permanent member if the collaboration allows the association to demonstrate their commitment and shared vision and values. This field data will also provide a valuable foundation for refining and contextualizing the development of our innovative digital solution, BIAGNE, ensuring its perfect alignment with local realities.

The initial funding and strategic adaptation to local conditions have not only opened new doors but have also laid the groundwork for a sustainable and impactful future. The next steps will involve seizing the imminent opportunity presented by the psychiatric project to strengthen HoH's achievements in the Mfou district. This means continuing awareness campaigns, training more community health workers, and attracting new patients; this deployment will be innovative in that it will include the psychiatric aspect. In parallel, a major strategic focus will be the deployment of the BIAGNE application, once its funding is finalized. This intelligent emotional support platform will democratize access to frontline psychological support, identify needs early, and efficiently refer users to appropriate services (psychological or psychiatric), thus creating an

integrated care ecosystem.

All these actions aim to improve the reception, psychological and psychiatric follow-up, and, most importantly, the medication management of patients with severe disorders in the targeted district areas. To enhance the quality of support offered, HoH plans ongoing training for the team, both locally and internationally.

In the long term, it will also be necessary to find ways to make psychological and medication treatments accessible to patients in Mfou. This requires negotiations with health centers and the Ministry of Health to develop sustainable solutions. Our longer-term goal is to make psychological care and treatment accessible to everyone in Mfou. This involves partnerships with local health centers and the Ministry of Health to create sustainable and tailored solutions. In this vision, the deployment of BIAGNE will play a key role. This application will allow us to extend our presence beyond the field, offer daily support, and reach many more people across the country. It does not replace human support but strengthens it by providing additional listening and directing those who need it to professionals. Launching BIAGNE is therefore a concrete step towards our commitment to innovation for the population, by putting AI at the service of mental health and making it accessible to all.

The year 2025 marked a major turning point for HoH, confirming its status as a stable and established player in the field of mental health in Cameroon. One of the significant achievements was the awarding of the Family Peer Support (PAF) diploma by two HoH members (Sandrine TCHOUAMOU and Eponine SIGNE) from the Quebec Association for Psychosocial Rehabilitation (AQRP). This diploma equips them and legitimizes them to support the families of people living with mental health challenges (Family Caregivers). The immediate application of the skills acquired through supporting 16 Family Caregivers led to a major innovation in HoH's areas of activity, in addition to the BIAGNE digital solution, which sustainably improves access to mental health services in Cameroon in general and in the Mfou district in particular.

The events of the past year have allowed HoH to demonstrate its ability to adapt to new challenges, transforming them into strengths to achieve strategic progress. With this momentum, HoH is more determined than ever to consolidate existing structures and sustainably improve mental health care in Mfou and beyond.

Conclusion

Summary table of results

Summary table of people reached

Designation of activities	Place	Number of planned activities	Period	Number of activities completed	Rate of realization	Quality people	Total number of people affected
Workshop on the somatic regulation of stress For teachers	Yaoundé (Toche School)	01	FEBRUARY 2025	01	100%	Teachers	12
Workshop on stress management in the workplace	Yaoundé (Association Headquarters)	01	May 2025	01	100%	Workers	14
World Prevention Day suicide	In line	01	September 2025	01	100%	General public	30
National Days Civil Society Organizations	Yaoundé Mkomkana	01	September 2025	01	100%	General public	40
16 Days activism	In line	02	November 2025	02	100%	General public	35
Training Nurses and ASCs	Mfou	02	October-November 2025	02	100%	Nurses and ASC	15
Series workshops on stigmatization	Yaoundé HQ	03	December 2025	03	100%	General public	26
Community descent of the ASC	Mfou	01	December 2025	01	100%	General public	697
TOTAL		12		12	100%		869

Detailed accounting file

10	01/01/25	Initialize					Fixing	Ecobank	730 693,00	XAF→XAF	730 693,00
11	01/01/25	Initialize					Fixing	Cash XAF	0,00	XAF→XAF	0,00
12	02/01/25	Monthly account maintenance	ECOBANK	Bank fees	MCF starting HOH daily		Ecobank	External	6 559,00	XAF→XAF	6 559,00
13	17/01/25	Regular website fees	Dreamhost	Website	MCF starting HOH daily		Ecobank	External	14 210,00	XAF→XAF	14 210,00
14	31/01/25	Monthly account maintenance	ECOBANK	Bank fees	https://cmr237.s MCF starting HOH daily		Ecobank	External	6 559,00	XAF→XAF	6 559,00
15	17/02/25	Bank withdrawal	HoH	Transfer	HoH account statement 2025-12-02 p1.jpg : https://cmr		Ecobank	Cash XAF	100 000,00	XAF→XAF	100 000,00
16	17/02/25	Printing fees	Wisad Konzept	Documents	https://cmr237.s MCF starting Ateliers		Cash XAF	External	830,00	XAF→XAF	830,00
17	17/02/25	Transport fees 4 activities	Taxi	Transport	2025_02_17 Tr MCF starting Ateliers		Cash XAF	External	95 000,00	XAF→XAF	95 000,00
18	03/03/25	Monthly account maintenance	ECOBANK	Bank fees	HoH account s MCF starting HOH daily		Ecobank	External	6 559,00	XAF→XAF	6 559,00
19	05/03/25	Bank withdrawal	HoH	Transfer	https://cmr237.sharepoint.com/b/s/HandonHeart-Finance		Ecobank	Cash XAF	60 000,00	XAF→XAF	60 000,00
20	05/03/25	Annual tax payment	MINFI Cameroon	Taxes	HoH account s MCF starting HOH daily		Ecobank	External	60 000,00	XAF→XAF	60 000,00
21	05/03/25	Transaction service fee	CAMPOSTMONEY	Bank fees	aved MCF starting HOH daily		Cash XAF	External	1 000,00	XAF→XAF	1 000,00
22	05/03/25	Taxi to CAMPOST	Taxi	Transport	MCF starting HOH daily		Cash XAF	External	2 500,00	XAF→XAF	2 500,00
23	25/03/25	Print + binding annual report	Wisad Konzept	Documents	2025-03-25 rec MCF starting HOH daily		Cash XAF	External	7 500,00	XAF→XAF	7 500,00
24	05/03/25	Deposit annual report	Taxi	Transport	MCF starting HOH daily		Cash XAF	External	650,00	XAF→XAF	650,00
25	01/04/25	Monthly account maintenance	ECOBANK	Bank fees	HoH account s MCF starting HOH daily		Ecobank	External	6 559,00	XAF→XAF	6 559,00
26	01/05/25	Monthly account maintenance	ECOBANK	Bank fees	HoH account s MCF starting HOH daily		Ecobank	External	6 559,00	XAF→XAF	6 559,00
27	13/05/25	Bank withdrawal	HoH	Transfer	https://cmr237.sharepoint.com/i/s/HandonHeart-Finance/		Ecobank	Cash XAF	50 000,00	XAF→XAF	50 000,00
28	14/05/25	Water 36x 0.5L	Kam Distribution	Water	2025-05-14 Wa MCF starting Ateliers		Cash XAF	External	6 000,00	XAF→XAF	6 000,00
29	14/05/25	Transport fees for 4	Taxi	Transport	2025_05_14 Tr MCF starting Ateliers		Cash XAF	External	20 000,00	XAF→XAF	20 000,00
30	14/05/25	Printing fees	Wisad Konzept	Documents	pdf MCF starting Ateliers		Cash XAF	External	5 725,00	XAF→XAF	5 725,00
31	02/06/25	Monthly account maintenance	ECOBANK	Bank fees	HoH account s MCF starting HOH daily		Ecobank	External	6 559,00	XAF→XAF	6 559,00
32	19/06/25	MINADT meeting printing	Wisad Konzept	Documents	g receipt.pdf MCF starting HOH daily		Cash XAF	External	2 000,00	XAF→XAF	2 000,00
33	01/07/25	Monthly account maintenance	ECOBANK	Bank fees	HOH account s MCF starting HOH daily		Ecobank	External	6 559,00	XAF→XAF	6 559,00
34	16/07/25	Annual report deposit GIZ + German Embassy	Wisad Konzept	Documents	2025_07_16 R MCF starting HOH daily		Cash XAF	External	7 575,00	XAF→XAF	7 575,00
35	31/07/25	Fund payment	HoH	Fund	Grant funding s MCF psychomedical		Ecobank	External	3 420 160,00	XAF→XAF	3 420 160,00
36	01/08/25	Monthly account maintenance	ECOBANK	Bank fees	HoH account s MCF starting HOH daily		Ecobank	External	6 559,00	XAF→XAF	6 559,00
37	05/08/25	Card insurance fee + VAT	ECOBANK	Bank fees	2025_07_05 R MCF starting HOH daily		Ecobank	External	3 578,00	XAF→XAF	3 578,00
38	19/08/25	Better place payout	HoH	Donations	HOH account s Betterplace		Ecobank	Ecobank	1 677 846,00	XAF→XAF	1 677 846,00
39	30/07/25	Bank withdrawal	HoH	Transfer	Withdrawal Receipt 2025-07-30.jpg		Ecobank	Cash XAF	130 000,00	XAF→XAF	130 000,00
40	31/07/25	HQ rent	APADES	Rent	2025_08_01 re Betterplace HOH daily		Cash XAF	External	125 000,00	XAF→XAF	125 000,00
41	22/08/25	Income tax	MINFI Cameroon	Taxes	Avi/smposition s Betterplace HOH daily		Cash XAF	External	1 534,00	XAF→XAF	1 534,00
42	01/09/25	Monthly account maintenance	ECOBANK	Bank fees	HOH account s Betterplace HOH daily		Ecobank	External	6 559,00	XAF→XAF	6 559,00

1	01/09/25	Monthly account maintenance	ECOBANK	Bank fees	HOH account s Betterplace HOH daily		Ecobank	External	6 559,00	XAF→XAF	6 559,00
2	15/09/25	Bank withdrawal	HoH	Transfer	HOH account statement 2025_09_15.png https://cmr237		Ecobank	Cash XAF	300 000,00	XAF→XAF	300 000,00
3	16/09/25	Foldable table	ETS Madjou	Material	2025_09_16 R Betterplace CSO national days		Cash XAF	External	20 000,00	XAF→XAF	20 000,00
4	16/09/25	Chairs 3x	MINI Brocante de luxe	Material	2025_09_16 R Betterplace CSO national days		Cash XAF	External	30 000,00	XAF→XAF	30 000,00
5	16/09/25	Multi-purpose disinfectant	MINI Brocante de luxe	Material	2025_09_16 R Betterplace CSO national days		Cash XAF	External	1 000,00	XAF→XAF	1 000,00
6	16/09/25	Fabrics orange and white	ETS Daouda	Material	2025_09_16 R Betterplace CSO national days		Cash XAF	External	9 000,00	XAF→XAF	9 000,00
7	16/09/25	Wall stapler and staples	Maser Quincallerie	Material	2025_09_16 R Betterplace CSO national days		Cash XAF	External	3 500,00	XAF→XAF	3 500,00
8	16/09/25	Tent for stand	CSO Cameroon	Material	2025_09_20 S Betterplace CSO national days		Cash XAF	External	20 000,00	XAF→XAF	20 000,00
9	17/09/25	Transport fees of volunteers	Volunteers	Transport	2025_09_17 D Betterplace CSO national days		Cash XAF	External	60 000,00	XAF→XAF	60 000,00
10	17/09/25	Flyers printing 70x	Pht Multiservices	Material	2025_09_17 R Betterplace CSO national days		Cash XAF	External	15 000,00	XAF→XAF	15 000,00
11	18/09/25	Purchase T-shirt 3x and Cappes 5x	CSO Cameroon	Material	2025_09_18 R Betterplace CSO national days		Cash XAF	External	18 000,00	XAF→XAF	18 000,00
12	18/09/25	Flyers printing 50x for Blagne application	GIC JDPAE	Material	2025_09_18 R Betterplace CSO national days		Cash XAF	External	5 000,00	XAF→XAF	5 000,00
13	18/09/25	Transport fees of volunteers	Volunteers	Transport	2025_09_18 D Betterplace CSO national days		Cash XAF	External	60 000,00	XAF→XAF	60 000,00
14	18/09/25	Printing of discharge forms	Wisad Konzept	Documents	2025_09_18 R Betterplace CSO national days		Cash XAF	External	2 000,00	XAF→XAF	2 000,00
15	18/09/25	Assistance to a social case	Young boy	Other	Betterplace CSO national days		Cash XAF	External	10 000,00	XAF→XAF	10 000,00
16	19/09/25	Bank withdrawal	HoH	Transfer	Withdrawal Receipt 2025-09-19.pdf https://cmr237.share		Ecobank	Cash XAF	50 000,00	XAF→XAF	50 000,00
17	19/09/25	Transferring photos by photographer	Photographer	Material	2025_09_19 R Betterplace CSO national days		Cash XAF	External	2 000,00	XAF→XAF	2 000,00
18	19/09/25	Transport fees of volunteers	Volunteers	Transport	2025_09_19 D Betterplace CSO national days		Cash XAF	External	60 000,00	XAF→XAF	60 000,00
19	19/09/25	Authorisation logistics on 16, 17, 18 and 19	CSO Cameroon	Transport	2025_09_19 P Betterplace CSO national days		Cash XAF	External	17 650,00	XAF→XAF	17 650,00
20	19/09/25	Costs for putting up the HOH poster	Material	Material	2025_09_19 R Betterplace HOH daily		Cash XAF	External	3 000,00	XAF→XAF	3 000,00
21	24/09/25	Wooden poster stand + transport	Material	Material	2025_09_24 R Betterplace HOH daily		Cash XAF	External	8 500,00	XAF→XAF	8 500,00
22	29/09/25	Bank withdrawal	HoH	Transfer	Withdrawal Receipt 2025-09-29.pdf https://cmr237.share		Ecobank	Cash XAF	150 000,00	XAF→XAF	150 000,00
23	29/09/25	Print of official documents + envelope	Wisad Konzept	Documents	2025_09_29 R MCF psychonHOH daily		Cash XAF	External	5 300,00	XAF→XAF	5 300,00
24	29/09/25	Cost of stamp duty for delegation documents	Taxes	Taxes	2025_09_29 R MCF psychonHOH daily		Cash XAF	External	4 500,00	XAF→XAF	4 500,00
25	30/09/25	Print of HOH poster 2x	Rovv Informatique	Material	2025_09_30 R Betterplace HOH daily		Cash XAF	External	8 000,00	XAF→XAF	8 000,00
26	01/10/25	Monthly account maintenance	ECOBANK	Bank fees	HOH account s Betterplace HOH daily		Ecobank	External	6 559,00	XAF→XAF	6 559,00
27	03/10/25	MTN airline box: flybox	MTN	Material	2025_10_03 R MCF psychonHOH daily		Cash XAF	External	120 000,00	XAF→XAF	120 000,00
28	03/10/25	Print of official documents + envelope	Wisad Konzept	Documents	2025_10_03 R MCF psychonHOH daily		Cash XAF	External	5 300,00	XAF→XAF	5 300,00
29	03/10/25	Cost of stamp duty for MINSANTE documents	MINSANTE	Taxes	MCF psychonHOH daily		Cash XAF	External	3 000,00	XAF→XAF	3 000,00
30	14/10/25	Printing for submission to the DRS of the 2	Wisad Konzept	Documents	2025_10_14 R MCF psychonHOH daily		Cash XAF	External	9 950,00	XAF→XAF	9 950,00
31	16/10/25	Bank withdrawal	HoH	Transfer	Withdrawal Receipt 2025-10-16.pdf https://cmr237.share		Ecobank	Cash XAF	1 000 000,00	XAF→XAF	1 000 000,00
32	17/10/25	Bank withdrawal	HoH	Transfer	Withdrawal Receipt 2025-10-17.pdf https://cmr237.share		Ecobank	Cash XAF	400 000,00	XAF→XAF	400 000,00
33	17/10/25	Transport fees for HOH team from August	Team	Transport	2025-10-17 Tr MCF psychonMfou nurse + ASC training		Cash XAF	External	288 000,00	XAF→XAF	288 000,00
34	17/10/25	Printing fees	APADES	Documents	2025_10_17 R MCF psychonMfou nurse + ASC training		Cash XAF	External	1 000,00	XAF→XAF	1 000,00
35	17/10/25	Pens purchase 50x	Papeterie Lebau	Material	2025_10_17 R MCF psychonMfou nurse + ASC training		Cash XAF	External	4 500,00	XAF→XAF	4 500,00
36	17/10/25	DRSP team descent costs for collaboration	Team Service Contrôle	Transport	Betterplace		Cash XAF	External	50 000,00	XAF→XAF	50 000,00
37	19/10/25	Printing fees	Pht Multiservices	Documents	2025-10-19 Pri MCF psychonMfou nurse + ASC training		Cash XAF	External	70 000,00	XAF→XAF	70 000,00
38	19/10/25	T-shirt fees	Pht Multiservices	Material	2025-10-19 Te MCF psychonmedial		Cash XAF	External	50 000,00	XAF→XAF	50 000,00

8	19/10/25	Printing fees	Pht Multiservices	Documents	2025-10-19_Pri MCF psychon Mfou nurse + ASC training	Cash XAF	External	70 000,00	XAF→XAF	70 000,00
9	19/10/25	Tshirt fees	Pht Multiservices	Material	2025-10-19_Tst MCF psychomédical	Cash XAF	External	50 000,00	XAF→XAF	50 000,00
0	20/10/25	Restoration ASC	ETS Jemag Services	Food	2025_10_20_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	150 000,00	XAF→XAF	150 000,00
1	20/10/25	Restoration INF	ETS Jemag Services	Food	2025_10_20_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	150 000,00	XAF→XAF	150 000,00
2	20/10/25	Power cable		Material	2025_10_20_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	3 000,00	XAF→XAF	3 000,00
3	20/10/25	Notepads and doc holders	Elegancia Business	Material	https://cmr237.s MCF psychon Mfou nurse + ASC training	Cash XAF	External	11 750,00	XAF→XAF	11 750,00
4	22/10/25	Printing fees	Pht Multiservices	Documents	https://cmr237.s MCF psychon Mfou nurse + ASC training	Cash XAF	External	3 060,00	XAF→XAF	3 060,00
5	23/10/25	Purchase of water		Food	2025_10_23_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	2 200,00	XAF→XAF	2 200,00
6	23/10/25	Transport cost Nurses	Nurses	Transport	2025_10_23_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	49 000,00	XAF→XAF	49 000,00
7	24/10/25	Transport cost Nurses	Nurses	Transport	2025_10_24_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	54 000,00	XAF→XAF	54 000,00
8	25/10/25	Transport cost Nurses	Nurses	Transport	2025_10_25_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	54 000,00	XAF→XAF	54 000,00
9	26/10/25	Transport cost Nurses	Nurses	Transport	2025_10_26_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	49 000,00	XAF→XAF	49 000,00
0	30/10/25	Transport cost Nurses	Nurses	Transport	2025_10_30_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	54 000,00	XAF→XAF	54 000,00
1	31/10/25	Transport cost Nurses	Nurses	Transport	2025_10_31_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	54 000,00	XAF→XAF	54 000,00
2	30/10/25	Bank withdrawal	HoH	Transfer	Withdrawal Receipt 2025-10-30.pdf https://cmr237.sharepoint.com/_layouts/15/download.aspx?SourceId=1023	Ecobank	Cash XAF	1 000 000,00	XAF→XAF	1 000 000,00
3	31/10/25	Printing fees	Ets Andy	Documents	2025_10_31_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	300,00	XAF→XAF	300,00
4	31/10/25	Nurses trainers training fees	HOH	Field Work	2025-10-31_INF MCF psychon Mfou nurse + ASC training	Cash XAF	External	150 000,00	XAF→XAF	150 000,00
5	31/10/25	Monthly account maintenance	ECOBANK	Bank fees	HoH_account s Betterplace HOH daily	Ecobank	External	6 559,00	XAF→XAF	6 559,00
6	03/11/25	Transport cost ASC	ASC	Transport	2025_11_03_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	17 500,00	XAF→XAF	17 500,00
7	03/11/25	Printing fees	HoH	Documents	2025-11-03_Pri MCF psychon Mfou nurse + ASC training	Cash XAF	External	3 000,00	XAF→XAF	3 000,00
8	04/11/25	Transport cost ASC	ASC	Transport	2025_11_04_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	17 500,00	XAF→XAF	17 500,00
9	04/11/25	Purchase of motorbike rear wheels and headlights		Material	https://cmr237.s MCF psychon HOH daily	Cash XAF	External	20 500,00	XAF→XAF	20 500,00
0	05/11/25	Main d'oeuvre montage pièces achat motos		Material	MCF psychon HOH daily	Cash XAF	External	5 000,00	XAF→XAF	5 000,00
1	05/11/25	Transport cost ASC	ASC	Transport	2025_11_05_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	17 500,00	XAF→XAF	17 500,00
2	06/11/25	Transport cost ASC	ASC	Transport	2025_11_06_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	17 500,00	XAF→XAF	17 500,00
3	07/11/25	Transport cost ASC	ASC	Transport	2025_11_07_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	17 500,00	XAF→XAF	17 500,00
4	08/11/25	Transport cost ASC	ASC	Transport	2025_11_08_Rt MCF psychon Mfou nurse + ASC training	Cash XAF	External	17 500,00	XAF→XAF	17 500,00
5	08/11/25	ASC trainers training fees	HOH	Field Work	2025-11-08_AS MCF psychon Mfou nurse + ASC training	Cash XAF	External	150 000,00	XAF→XAF	150 000,00
6	12/11/25	Diploma receipt	Pht Multiservices	Documents	2025-11-12_Dip MCF psychon Mfou nurse + ASC training	Cash XAF	External	15 000,00	XAF→XAF	15 000,00
7	17/11/25	Motorcycle insurance receipt	Beneficial Life Insurance	Documents	2025-11-12_Mo MCF psychon Mfou nurse + ASC training	Cash XAF	External	18 000,00	XAF→XAF	18 000,00
8	25/11/25	Printing fees		Documents	MCF psychon Mfou nurse + ASC training	Cash XAF	External	820,00	XAF→XAF	820,00
9	29/11/25	Monthly account maintenance	ECOBANK	Bank fees	HoH_account s Betterplace HOH daily	Ecobank	External	6 559,00	XAF→XAF	6 559,00
0	02/12/25	Photocopies fees 6x		Documents	2025_12_02_Pht MCF psychon Mfou nurse + ASC training	Cash XAF	External	300,00	XAF→XAF	300,00
1	02/12/25	Bank withdrawal	HoH	Transfer	Withdrawal_GAB-2025-12-02.pdf https://cmr237.sharepoint.com/_layouts/15/download.aspx?SourceId=1023	Ecobank	Cash XAF	500 000,00	XAF→XAF	500 000,00
2	03/12/25	Unexpected events	HOH	Other	MCF psychon Mfou nurse + ASC training	Cash XAF	External	37 000,00	XAF→XAF	37 000,00
3	03/12/25	Water workshop stigmatisation	HoH	Water	MCF psychon Ateilers	Cash XAF	External	3 000,00	XAF→XAF	3 000,00
4	02/12/25	Bank deposit		Transfer	HoH_banktransfert_2025-12-02.pdf https://cmr237.sharepoint.com/_layouts/15/download.aspx?SourceId=1023	Cash XAF	External	100 000,00	XAF→XAF	100 000,00
5	10/12/25	Water workshop stigmatisation	Kah Distribution	Water	2025_12_10_Rt Betterplace Ateilers	Cash XAF	External	8 000,00	XAF→XAF	8 000,00
6	10/12/25	Location projecteur rent fees	Ets Futurix Print	Material	2025_12_10_Prt MCF psychon Mfou nurse + ASC training	Cash XAF	External	120 000,00	XAF→XAF	120 000,00
7	22/12/25	Bank withdrawal	HoH	Transfer	Withdrawal_GAB_2025_12_22.pdf https://cmr237.sharepoint.com/_layouts/15/download.aspx?SourceId=1023	Ecobank	Cash XAF	400 000,00	XAF→XAF	400 000,00
8	23/12/25	Sensibilisation-Afrinkro written press and vAfrinkro info	Other	Other	https://afrinkro.r MCF psychon Mfou nurse + ASC training	Cash XAF	External	12 500,00	XAF→XAF	12 500,00
9	23/12/25	Sensibilisation-Kamerinfo written press and vKamerinfo info	Other	Other	https://kamerinfo.r MCF psychon Mfou nurse + ASC training	Cash XAF	External	12 500,00	XAF→XAF	12 500,00
0	24/12/25	Sensibilisation-Television communication	Other	Other	https://www.youy.r MCF psychon Mfou nurse + ASC training	Cash XAF	External	60 000,00	XAF→XAF	60 000,00
1	30/12/25	Sensibilisation	HoH	Staff Payment	MCF psychon Mfou nurse + ASC training	Cash XAF	External	1 320 000,00	XAF→XAF	1 320 000,00
2	31/12/25	ASC Payments for a month of work	ASC	Field Work	2025_12_31_M MCF psychon Mfou nurse + ASC training	Cash XAF	External	126 000,00	XAF→XAF	126 000,00

Accounts statements

Account Statement



Name: ASSOCIATION HAND ON HEART

Date: 01-Feb-2025

Address: MIMBOMAN

YAOUNDE
CAMEROON

Account Summary

Account No:	30830050284	Branch:	S11-ECM AGENCE YAOUNDE HIPPODROME
Account Type:	COMPTE COURANT ELLEVATE BASIC	Period	01-Jan-2025 To 31-Jan-2025
Currency	XAF		
Opening Balance:	724,134.00	Total Debit:	20,769.00
Un Cleared Effects	0.00	Total Credit:	0.00
Closing Balance	703,365.00		

Transaction Date	Description	Value Date	Debit	Credit	Balance
01-Jan-2025	OPENING BALANCE	01-Jan-2025	0.00	0.00	724,134.00
17-Jan-2025	REFNO:928CNVR2501700FF Retrait sur TPE-DREAMHOST DH FEE COM US	17-Jan-2025	14,058.00	0.00	710,076.00
17-Jan-2025	REFNO:928CNVR2501700FF Frais et Commissions- DREAMHOST DH FEE COM US	17-Jan-2025	127.00	0.00	709,949.00
17-Jan-2025	REFNO:928CNVR2501700FF Frais et Commissions- DREAMHOST DH FEE COM US	17-Jan-2025	25.00	0.00	709,924.00

Account Statement



31-Jan-2025	REFNO:S11FRG1XAF00002 COMMISSIONS SUR PACKAGE ECOBANK	03-Feb-2025	1,059.00	0.00	708,865.00
31-Jan-2025	REFNO:S11FRG1XAF00001 COMMISSIONS SUR PACKAGE ECOBANK	03-Feb-2025	5,500.00	0.00	703,365.00
				Closing Balance	703,365.00

The Pan African Bank

Name: ASSOCIATION HAND ON HEART

Date: 03-Mar-2025

Address: MIMBOMAN

YAOUNDE
CAMEROON

Account Summary

Account No:	30830050284	Branch:	S11-ECM AGENCE YAOUNDE HIPPODROME
Account Type:	COMPTE COURANT ELLEVATE BASIC	Period	01-Feb-2025 To 28-Feb-2025
Currency	XAF		
Opening Balance:	703,365.00	Total Debit:	106,559.00
Un Cleared Effects	0.00	Total Credit:	0.00
Closing Balance	596,806.00		

Transaction Date	Description	Value Date	Debit	Credit	Balance
01-Feb-2025	OPENING BALANCE	01-Feb-2025	0.00	0.00	703,365.00
17-Feb-2025	REFNO:S11CCVO25048006J RET NOS CARTES SUR NOS GAB-Ecobank Hippodrome Yaounde CM	17-Feb-2025	100,000.00	0.00	603,365.00
28-Feb-2025	REFNO:S11FRG1XAF00001 COMMISSIONS SUR PACKAGE ECOBANK	03-Mar-2025	5,500.00	0.00	597,865.00
28-Feb-2025	REFNO:S11FRG1XAF00002 COMMISSIONS SUR PACKAGE ECOBANK	03-Mar-2025	1,059.00	0.00	596,806.00

Account Statement



Closing Balance 596,806.00

Account Statement



Name: ASSOCIATION HAND ON HEART

Date: 01-Apr-2025

Address: MIMBOMAN

YAOUNDE
CAMEROON

Account Summary

Account No:	30830050284	Branch:	S11-ECM AGENCE YAOUNDE HIPPODROME
Account Type:	COMPTE COURANT ELLEVATE BASIC	Period	01-Mar-2025 To 31-Mar-2025
Currency	XAF		
Opening Balance:	598,806.00	Total Debit:	66,559.00
Un Cleared Effects	0.00	Total Credit:	0.00
Closing Balance	530,247.00		

Transaction Date	Description	Value Date	Debit	Credit	Balance
01-Mar-2025	OPENING BALANCE	01-Mar-2025	0.00	0.00	598,806.00
05-Mar-2025	REFNO:S11CQWL250640512 RETRAIT PAR CHEQUE- RETR CHQ 0000009 DE NOUS MEMES / TCHOUAMOU MAGWA EPSE KAMENI A HIPPO	05-Mar-2025	60,000.00	0.00	538,806.00
31-Mar-2025	REFNO:S11FRG1XAFL00001 COMMISSIONS SUR PACKAGE ECOBANK	01-Apr-2025	5,500.00	0.00	531,306.00
31-Mar-2025	REFNO:S11FRG1XAFL00002 COMMISSIONS SUR PACKAGE ECOBANK	01-Apr-2025	1,059.00	0.00	530,247.00

Account Statement



	PACKAGE ECOBANK				
				Closing Balance	530,247.00

Account Statement



Name: ASSOCIATION HAND ON HEART

Date: 01-May-2025

Address: MIMBOMAN

YAOUNDE
CAMEROON

Account Summary

Account No:	30830050284	Branch:	S11-ECM AGENCE YAOUNDE HIPPODROME
Account Type:	COMPTE COURANT ELLEVATE BASIC	Period	01-Apr-2025 To 30-Apr-2025
Currency	XAF		
Opening Balance:	530,247.00	Total Debit:	6,559.00
Un Cleared Effects	0.00	Total Credit:	0.00
Closing Balance	523,688.00		

Transaction Date	Description	Value Date	Debit	Credit	Balance
01-Apr-2025	OPENING BALANCE	01-Apr-2025	0.00	0.00	530,247.00
30-Apr-2025	REFNO:S11FRG1XAFL00001 COMMISSIONS SUR PACKAGE ECOBANK	02-May-2025	5,500.00	0.00	524,747.00
30-Apr-2025	REFNO:S11FRG1XAFL00002 COMMISSIONS SUR PACKAGE ECOBANK	02-May-2025	1,059.00	0.00	523,688.00
				Closing Balance	523,688.00

Account Statement



Name: ASSOCIATION HAND ON HEART

Date: 02-Jun-2025

Address: MIMBOMAN

YAOUNDE
CAMEROON

Account Summary

Account No:	30830050284	Branch:	S11-ECM AGENCE YAOUNDE HIPPODROME
Account Type:	COMPTE COURANT ELLEVATE BASIC	Period	01-May-2025 To 31-May-2025
Currency	XAF		
Opening Balance:	523,688.00	Total Debit:	50,559.00
Un Cleared Effects	0.00	Total Credit:	0.00
Closing Balance	467,129.00		

Transaction Date	Description	Value Date	Debit	Credit	Balance
01-May-2025	OPENING BALANCE	01-May-2025	0.00	0.00	523,688.00
13-May-2025	REFNO:S11CCVO26133000X RET NOS CARTES SUR NOS GAB-Ecobank Hippodrome Yaounde CM	13-May-2025	50,000.00	0.00	473,688.00
30-May-2025	REFNO:S11FRG1XAFL00001 COMMISSIONS SUR PACKAGE ECOBANK	02-Jun-2025	5,500.00	0.00	468,188.00
30-May-2025	REFNO:S11FRG1XAFL00002 COMMISSIONS SUR PACKAGE ECOBANK	02-Jun-2025	1,059.00	0.00	467,129.00

Account Statement



Closing Balance 467,129.00

Account Statement



Name: ASSOCIATION HAND ON HEART

Date: 02-Jul-2025

Address: MIMBOMAN

YAOUNDE
CAMEROON

Account Summary

Account No:	30830050284	Branch:	S11-ECM AGENCE YAOUNDE HIPPODROME
Account Type:	COMPTE COURANT ELLEVATE BASIC	Period	01-Jun-2025 To 30-Jun-2025
Currency	XAF		
Opening Balance:	467,129.00	Total Debit:	6,559.00
Un Cleared Effects	0.00	Total Credit:	0.00
Closing Balance	460,570.00		

Transaction Date	Description	Value Date	Debit	Credit	Balance
01-Jun-2025	OPENING BALANCE	01-Jun-2025	0.00	0.00	467,129.00
30-Jun-2025	REFNO:S11FRG1XAFL00001 COMMISSIONS SUR PACKAGE ECOBANK	01-Jul-2025	5,500.00	0.00	461,629.00
30-Jun-2025	REFNO:S11FRG1XAFL00002 COMMISSIONS SUR PACKAGE ECOBANK	01-Jul-2025	1,059.00	0.00	460,570.00
Closing Balance					460,570.00

Account Statement



Name: ASSOCIATION HAND ON HEART

Date: 01-Aug-2025

Address: MIMBOMAN
YAOUNDE
CAMEROON

Account Summary

Account No: 30830050284 Branch: S11-ECM AGENCE YAOUNDE
HIPPODROME
Account Type: COMPTE COURANT ELLEVATE BASIC Period: 01-Jul-2025 To 31-Jul-2025
Currency: XAF
Opening Balance: 460,570.00 Total Debit: 136,559.00
Un Cleared Effects: 0.00 Total Credit: 3,420,160.00
Closing Balance: 3,744,171.00

Transaction Date	Description	Value Date	Debit	Credit	Balance
01-Jul-2025	OPENING BALANCE	01-Jul-2025	0.00	0.00	460,570.00
30-Jul-2025	REFNO:S11CQWL252110502 RETRAIT PAR CHEQUE:RET CHQ N°0000010 ASSOCIATION HAND ON HEART FAV TCHOUAMOU MAGWIA EPSE KAMENI SANDRINE AT HIP	30-Jul-2025	130,000.00	0.00	330,570.00
31-Jul-2025	REFNO:S11INF252120007 3515583379 trf b/o 1/MINDFUL- CHANGE-FOUNDATION i/o PROJEKT PSYCHOMEDICAL PROJECT PLANN	31-Jul-2025	0.00	3,420,160.00	3,750,730.00

Account Statement



	ING AND CAPACITY BUILDING IN MENTAL HEALTH IN ESSAZOK i/o 1/ASSOCIACION HAND ON HEART				
31-Jul-2025	REFNO:S11FRG1XAF00002 COMMISSIONS SUR PACKAGE ECOBANK	01-Aug-2025	1,059.00	0.00	3,749,671.00
31-Jul-2025	REFNO:S11FRG1XAF00001 COMMISSIONS SUR PACKAGE ECOBANK	01-Aug-2025	5,500.00	0.00	3,744,171.00
Closing Balance					3,744,171.00

Name: ASSOCIATION HAND ON HEART

Date: 02-Sep-2025

Address: MIMBOMAN
YAOUNDE
CAMEROON

Account Summary

Account No: 30830050284 Branch: S11-ECM AGENCE YAOUNDE
HIPPODROME
Account Type: COMPTE COURANT ELLEVATE BASIC Period: 01-Aug-2025 To 31-Aug-2025
Currency: XAF
Opening Balance: 3,744,171.00 Total Debit: 10,137.00
Un Cleared Effects: 0.00 Total Credit: 1,677,846.00
Closing Balance: 5,411,880.00

Transaction Date	Description	Value Date	Debit	Credit	Balance
01-Aug-2025	OPENING BALANCE	01-Aug-2025	0.00	0.00	3,744,171.00
05-Aug-2025	REFNO:S11ZEXA252170004 Card Issuance Fee	05-Aug-2025	3,000.00	0.00	3,741,171.00
05-Aug-2025	REFNO:S11ZEXA252170004 VAT_FEE	05-Aug-2025	578.00	0.00	3,740,593.00
19-Aug-2025	REFNO:S01INF252310501 3516819994 TRF B/O 1/MINDFUL-CHANGE-FOUNDATION I/O DONATIONS BETTER PLACE FOR HAND ON HEART I/O 1/ASSOCIACION HAND ON HEART	19-Aug-2025	0.00	1,677,846.00	5,418,439.00

Account Statement



30-Aug-2025	REFNO:S11FRG1XAF00001 COMMISSIONS SUR PACKAGE ECOBANK	01-Sep-2025	5,500.00	0.00	5,412,939.00
30-Aug-2025	REFNO:S11FRG1XAF00002 COMMISSIONS SUR PACKAGE ECOBANK	01-Sep-2025	1,059.00	0.00	5,411,880.00
Closing Balance					5,411,880.00

Account Statement



Name: ASSOCIATION HAND ON HEART

Date: 01-Oct-2025

Address: MIMBOMAN

YAOUNDE
CAMEROON

Account Summary

Account No:	30830050284	Branch:	S11-ECM AGENCE YAOUNDE HIPPODROME
Account Type:	COMPTE COURANT ELLEVATE BASIC	Period:	01-Sep-2025 To 30-Sep-2025
Currency	XAF		
Opening Balance:	5,411,880.00	Total Debit:	506,559.00
Un Cleared Effects	0.00	Total Credit:	0.00
Closing Balance	4,905,321.00		

Transaction Date	Description	Value Date	Debit	Credit	Balance
01-Sep-2025	OPENING BALANCE	01-Sep-2025	0.00	0.00	5,411,880.00
15-Sep-2025	REFNO:S11CCVO252580D49 RET NOS CARTES SUR NOS GAB-Ecobank Hippodrome Yao Yaounde CM	15-Sep-2025	300,000.00	0.00	5,111,880.00
19-Sep-2025	REFNO:S11CCVO25262001F RET NOS CARTES SUR NOS GAB-Ecobank Hippodrome Yao Yaounde CM	19-Sep-2025	50,000.00	0.00	5,061,880.00
29-Sep-2025	REFNO:S11CCVO2527201EY RET NOS CARTES SUR NOS GAB-Ecobank Hippodrome Yao Yaounde CM	29-Sep-2025	100,000.00	0.00	4,961,880.00

Account Statement



29-Sep-2025	REFNO:S11CCVO2527201F1 RET NOS CARTES SUR NOS GAB-Ecobank Hippodrome Yao Yaounde CM	29-Sep-2025	50,000.00	0.00	4,911,880.00
01-Oct-2025	REFNO:S11FRG1XAFLO0001 COMMISSIONS SUR PACKAGE ECOBANK	01-Oct-2025	5,500.00	0.00	4,906,380.00
01-Oct-2025	REFNO:S11FRG1XAFLO0002 COMMISSIONS SUR PACKAGE ECOBANK	01-Oct-2025	1,059.00	0.00	4,905,321.00
Closing Balance					4,905,321.00

Account Statement



Name: ASSOCIATION HAND ON HEART

Date: 01-Nov-2025

Address: MIMBOMAN

YAOUNDE
CAMEROON

Account Summary

Account No:	30830050284	Branch:	S11-ECM AGENCE YAOUNDE HIPPODROME
Account Type:	COMPTE COURANT ELLEVATE BASIC	Period:	01-Oct-2025 To 31-Oct-2025
Currency	XAF		
Opening Balance:	4,905,321.00	Total Debit:	2,406,559.00
Un Cleared Effects	0.00	Total Credit:	0.00
Closing Balance	2,498,762.00		

Transaction Date	Description	Value Date	Debit	Credit	Balance
01-Oct-2025	OPENING BALANCE	01-Oct-2025	0.00	0.00	4,905,321.00
16-Oct-2025	REFNO:S11CCVO2528900GZ RET NOS CARTES SUR NOS GAB-Ecobank Hippodrome Yao Yaounde CM	16-Oct-2025	300,000.00	0.00	4,605,321.00
16-Oct-2025	REFNO:S11CCVO2528900H1 RET NOS CARTES SUR NOS GAB-Ecobank Hippodrome Yao Yaounde CM	16-Oct-2025	300,000.00	0.00	4,305,321.00
16-Oct-2025	REFNO:S11CCVO2528900H2 RET NOS CARTES SUR NOS GAB-Ecobank Hippodrome Yao Yaounde CM	16-Oct-2025	300,000.00	0.00	4,005,321.00

Account Statement



Name: ASSOCIATION HAND ON HEART
Address: MIMBOMAN
YAOUNDE
CAMEROON

Date 01-Dec-2025

Account Summary

Account No:	30830050284	Branch:	S11-ECM AGENCE YAOUNDE HIPPODROME
Account Type:	COMPTE COURANT ELLEVATE BASIC	Period	01-Nov-2025 To 30-Nov-2025
Currency	XAF		
Opening Balance:	2,498,762.00	Total Debit:	6,559.00
Un Cleared Effects	0.00	Total Credit:	0.00
Closing Balance	2,492,203.00		

Transaction Date	Description	Value Date	Debit	Credit	Balance
01-Nov-2025	OPENING BALANCE	01-Nov-2025	0.00	0.00	2,498,762.00
29-Nov-2025	REFNO:S11FRG1XAFL00001 COMMISSIONS SUR PACKAGE ECOBANK	01-Dec-2025	5,500.00	0.00	2,493,262.00
29-Nov-2025	REFNO:S11FRG1XAFL00002 COMMISSIONS SUR PACKAGE ECOBANK	01-Dec-2025	1,059.00	0.00	2,492,203.00
Closing Balance					2,492,203.00

Repondre Repondre à ... Transférer Supprimer Marquer Plus

À CONTACT@HANDONHEARTCAMEROON.COM

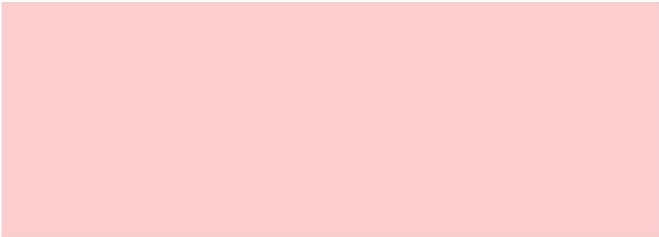
Date 2026-01-01 03:13

☑ Résumé ⓘ En-têtes ☰ Texte en clair

⚠ Pour protéger votre confidentialité, les ressources distantes ont été bloquées.

Autoriser

Toujours autoriser de norepl...



Cher ASSOCIATION HAND ON HEART, cette alerte vous a été envoyée pour vous notifier d'une récente activité réalisée sur votre compte.

Les détails de cette transaction sont présentés ci-dessous comme suit:

No. de Compte:	308*****284	Type de Transaction:	Débit
Description:	COMMISSIONS SUR PACKAGE ECOBANK	Montant:	XAF 1,059.00
Date de l'Opération:	31-Dec-2025	Reference:	S11FRG1XAFL00002
Date de Valeur:	02-Jan-2026	Solde en Cours:	XAF 1,691,144.00
Lieu de l'Opération:	ECM AGENCE YAOUNDE HIPPODROME	Solde Disponible:	XAF 1,691,144.00

Si vous avez besoin d'éclaircissements sur cette transaction ou sur l'un de nos services, n'hésitez pas à nous contacter

↩ Répondre ↩ Répondre à ... ↩ Transférer 🗑 Supprimer 📌 Marquer ⋮ Plus

À CONTACT@HANDONHEARTCAMEROON.COM

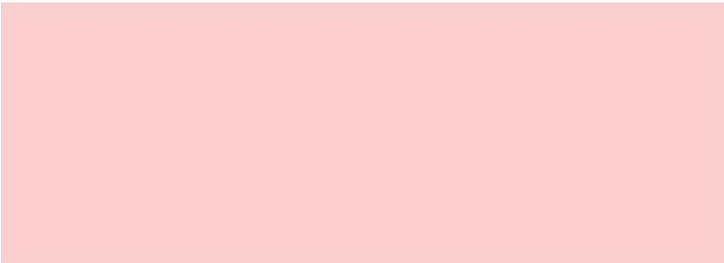
Date 2026-01-01 03:13

☑ Résumé ⓘ En-têtes ☰ Texte en clair

⚠ Pour protéger votre confidentialité, les ressources distantes ont été bloquées.

Autoriser

Toujours autoriser de norepl...



Cher ASSOCIATION HAND ON HEART, cette alerte vous a été envoyée pour vous notifier d'une récente activité réalisée sur votre compte.

Les détails de cette transaction sont présentés ci-dessous comme suit:

No. de Compte:	308*****284	Type de Transaction:	Débit
Description:	COMMISSIONS SUR PACKAGE ECOBANK	Montant:	XAF 5,500.00
Date de l'Opération:	31-Dec-2025	Reference:	S11FRG1XAFL00001
Date de Valeur:	02-Jan-2026	Solde en Cours:	XAF 1,685,644.00
Lieu de l'Opération:	ECM AGENCE YAOUNDE HIPPODROME	Solde Disponible:	XAF 1,685,644.00

Si vous avez besoin d'éclaircissements sur cette transaction ou sur l'un de nos services, n'hésitez pas à nous contacter