

Wellness Beyond Borders: "Spread Good Vibes" - Community Wellness Program

"Wellness Beyond Borders: Spread Good Vibes" is an innovative mental health and wellness initiative that leverages music, arts, peer support, and cross-border collaboration to improve mental health among expatriates, migrants, vulnerable groups, refugees, and other marginalized populations. This comprehensive program aims to reduce mental health stigma, foster resilience, and provide access to peer support networks through creative arts, sports, and storytelling. With the healing anthem "Let Your Light Shine" at its core, the program brings together mental health strategies, peer support initiatives, and cross-sector partnerships to address mental health needs across communities.

FC by Felix Cheruiyot

Program Concept Overview

"Wellness Beyond Borders: Spread Good Vibes" is an innovative, multi-sectoral mental health and wellness initiative leveraging music, arts, peer support, and cross-border collaboration to improve mental health among expatriates, migrants, vulnerable groups, refugees, and other marginalized populations. The program aims to reduce mental health stigma, foster resilience, and provide access to peer support networks by integrating creative arts, sports, and storytelling.

With "Let Your Light Shine", a healing anthem created by a diverse group of advocates and musicians, as its core, this program seeks to inspire hope and healing while promoting inclusion, resilience, and well-being. It brings together mental health strategies, peer support initiatives, creative arts programs, and cross-sector partnerships to address mental health needs across communities.

Key Objectives

Raise Mental Health Awareness

Reduce stigma by using music, arts, and storytelling as tools for education and advocacy.

Promote Community Resilience and Peer Support Networks

Train mental health champions and provide access to peer support networks via structured programs.

Leverage Music, Arts, and Sports for Healing

Integrate creative arts like dance, music, creative expression, and sports as tools for emotional healing.

Cross-sector Collaboration

Partner with key global stakeholders, including BWI, MoPH, IOM, ILO, the Kenyan Embassy, and the WHO, to address the mental health needs of diverse communities.

Empower Vulnerable Groups through Inclusion and Support

Address challenges faced by refugees, displaced persons, cancer survivors, expatriates, and marginalized groups.

Core Strategies

1

Peer Support Programs (Buddy Support Model)

Establish mental health champions to offer peer-to-peer support through community networks.

2

Community-Based Arts Therapy Workshops

Introduce art, dance, sports, and creative therapy as wellness practices.

3

Music and Healing Campaigns

Leverage music as a unifying, healing mechanism with the anchor anthem "Let Your Light Shine."

4

Cross-sector Partnerships

Collaborate with international organizations like BWI, MoPH, IOM, ILO, and the Kenyan Embassy to scale awareness and support.

5

Public Health Advocacy

Integrate mental health strategies into the Global South's health priorities through campaigns and programs.

Key Partners and The Anchor Song

Key Partners

- Global South Arts and Health Initiative
- Building & Wood Workers International (BWI)
- Ministry of Public Health & Hamad Medical Corporation (MoPH & HMC)
- International Organization for Migration (IOM)
- International Labour Organization (ILO)
- Kenyan Embassy in Qatar and State Department of Diaspora
- Gulf Good Vibes

The Anchor Song: Let Your Light Shine

The song "Let Your Light Shine" has been composed and recorded by a diverse team of mental health advocates, artists, and community leaders. The song is the foundation for this program's campaign and will be officially launched at the Global Mental Health Summit (April 2024) hosted by the Ministry of Public Health (MoPH) in Qatar. The music will act as both a call to action and a therapeutic tool for mental wellness and community healing.

Artists & Contributors' Profiles



Ambet Yuson - General Secretary, BWI

Leads global advocacy for worker well-being and mental health. Supports worker resilience through the BWI platform.



Dr. Rayana Haka Bou - WHO Representative Qatar

A distinguished public health expert specializing in disease prevention, health equity, and emergency response strategies.



Susan Gachukia - Mental Health Specialist

Combines arts and health expertise to create awareness and healing pathways for vulnerable groups.



Kanyeria - Men's Mental Health Advocate

Uses music as a strategy to reduce stigma around men's mental health challenges.



Holy Honest - Community Wellness Advocate

Combines faith and wellness strategies to promote healing, hope, and resilience.



Mitchell Ongaro - Wellness Advocate

Advocates for community health by integrating collective support and wellness programs.



Filter Wakimbizi - Refugee Wellness Advocate

Promotes refugee inclusion and mental health support through creative arts and advocacy.



Samir (Vicky Khan) - Cultural & Mental Health Advocate

Combines cultural insights and health education to foster cross-sector healing.



Felix Cheruiyot - Mental Health Advocate & Team Leader (Gulf Good Vibes)

Leads peer support models that integrate sports, arts, and other creative activities into mental health programs.

This collaborative musical movement brings together diverse voices and experiences to form a global anthem for hope, healing, and wellness.

Anticipated Program Launch

The official launch of the "Let Your Light Shine" anthem and its related community wellness programs will take place at the Global Mental Health Summit, hosted by MoPH Qatar in April 2024. This event will feature performances, partnerships, community wellness workshops, and peer support programs.

The Summit will emphasize:

- Music's power as a healing mechanism.
- Building peer support models aligned with mental health priorities.
- Strengthened partnerships with key global organizations (IOM, ILO, BWI, and others).

Program Pillars & Activities

1

Peer Support Champions (Buddy Support Model)

- Establish peer-to-peer networks trained by mental health champions to provide assistance and support.
- Champions will focus on mental health education, peer engagement, and advocacy.

2

Arts & Music Therapy Workshops

- Leverage music, sports, dance, and other arts to reduce stress and improve emotional well-being.
- Sessions will focus on community resilience, creative self-expression, and therapy through creative arts.

3

Community Resilience Strategies

Host programs like "Lunch, Laugh, and Learn" (Triple L Model) for mental health education, socializing, and community building.

4

Collaborative Health Campaigns with Global South & Key Partners

Mobilize resources through partnerships with IOM, ILO, BWI, MoPH, and others to align arts and mental health strategies.

Contact Point

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Conclusion

"Wellness Beyond Borders" offers an innovative fusion of arts, music, peer support, and mental health strategies as tools to create hope, resilience, and health equity across borders. The program's flagship song "Let Your Light Shine" will bring communities together, promoting the idea:

"It's okay not to be okay... but together, we heal."