

Building Mental Health Support in the Swahili-Speaking

North Carolina (Piedmont Triad)

**Mundeke Gospel Mission
(MGM)**

Who We Are

- Mundeke Gospel Mission (MGM) is a trusted community-based nonprofit serving refugees and immigrants in North Carolina.
- We primarily support the Swahili-speaking community and individuals who are often underserved, including those not eligible for ORR services.
- We bridge gaps by connecting families to essential resources, support systems, and care.



Why This Work Matters



Mental health has long been a taboo topic in our community.



Many men grow up believing expressing emotions is weakness.



Families often carry trauma, stress, and fear in silence.



Our community needed a safe space and MGM responded.

Our Vision

A community where caregivers, youth, and families can speak openly about mental health.

A place to receive support and access culturally appropriate care.

How It Started



Through collaboration with Dr. Dorcas, focus groups with men revealed deep emotional needs and the importance of breaking stigma around mental health.



This became the foundation of MGM's mental health awareness work.

Partnerships & Collaboration

MGM works alongside trusted partners including:

- Montagnard American Organization

- Department of Human Services (DHS)

Together, we are building culturally responsive mental health support.

What We Are Doing

Community caregiver support programs

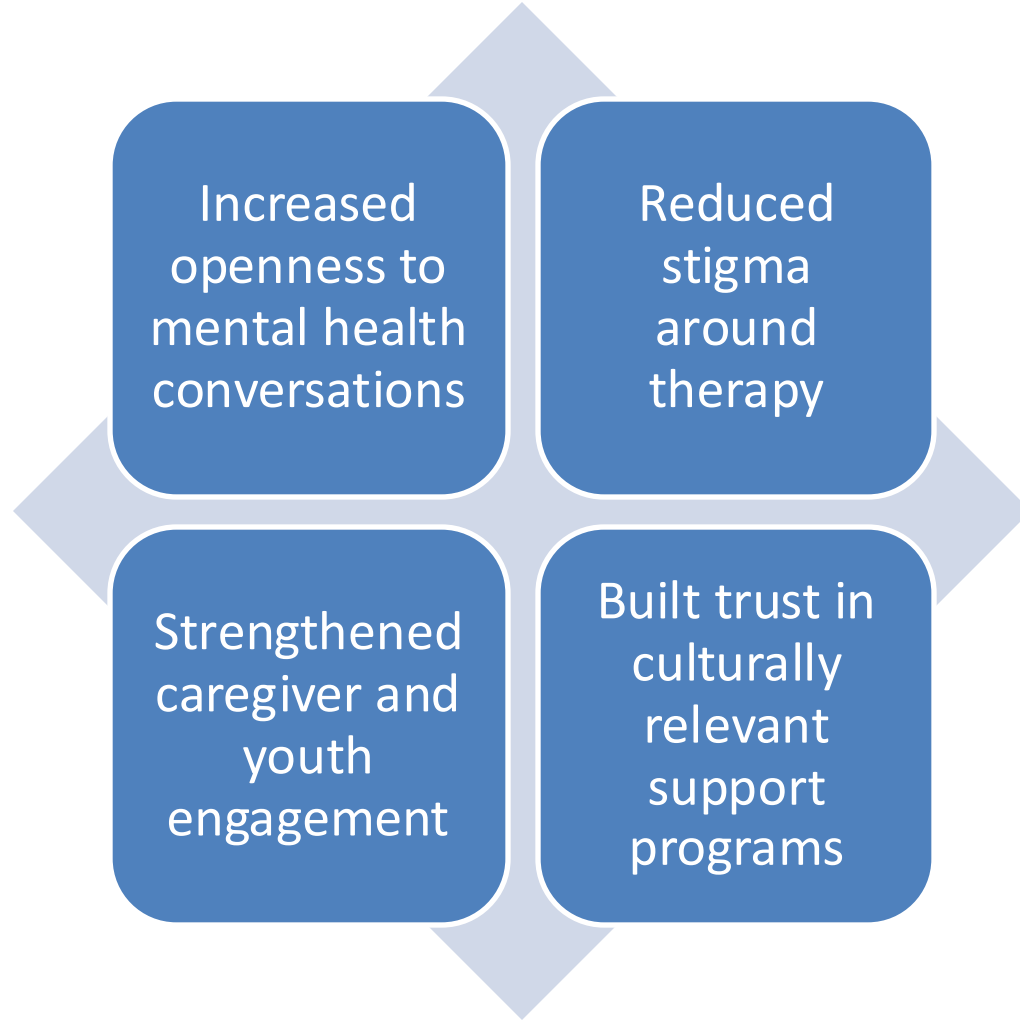
Mental health awareness gatherings

Youth and family engagement

Safe spaces for dialogue and healing

Referrals to professional mental health services

Impact So Far



The Opportunity Ahead

The demand for mental health support continues to grow.

Our current project is ending soon, but the need remains urgent.

We are ready to expand with the right partners.

Healing begins with trust, conversation, and community.

Why Partner With MGM

Deep trust within
the Swahili-
speaking
community

Cultural and
language
accessibility

Proven
engagement with
families and
caregivers

Community-rooted
leadership

Direct impact at
grassroots level



Let's Work Together!

- We invite partners, funders, and community leaders to join us in expanding mental health support for families, youth, and caregivers
- Together, we can transform stigma into healing



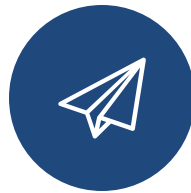
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