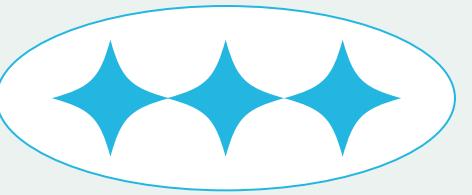
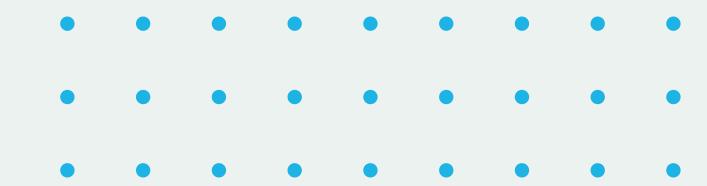




Piquant Health Foundation

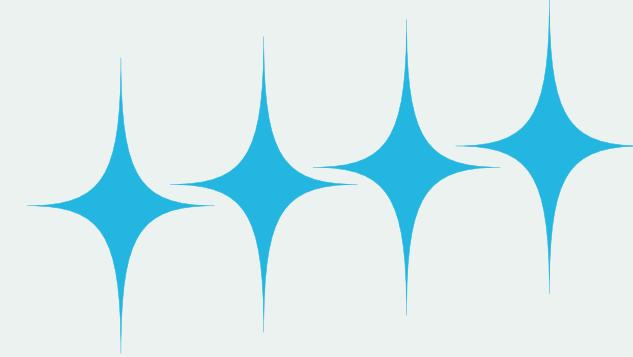


2025 ANNUAL BROCHURE

Learn more about the Piquant Health Foundation, a nonprofit organization committed to advancing mental health through counseling, interactive workshops, and a variety of supportive resources.



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03

Our vision is a world prioritizing mental health, while our mission is to promote well-being through advocacy, education, and accessible resources.

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04

Offering accessible and supportive virtual spaces for counseling, workshops, and support groups, ensuring comfort and convenience for all community members.

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We measure our impact through participant feedback and program outcomes, continually striving to enhance mental health support in the community.

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2025 Annual Financial Report: Your support helps fund essential mental health programs. Give now and make a positive impact!





Piquant Health Foundation

ABOUT OUR ORGANIZATION

We are pioneers in our field

At the Piquant Health Foundation, we prioritize mental health as a vital component of overall well-being. Our mission is to break the stigma surrounding mental health, provide essential support services, and promote understanding within our communities. Through counseling, workshops, and outreach initiatives, we empower individuals and families on their journey to mental wellness. Join us in fostering a compassionate environment where everyone can thrive.

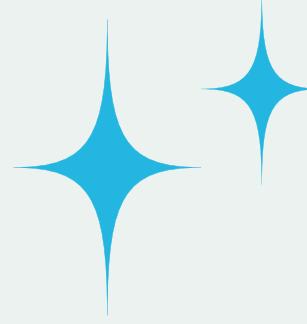
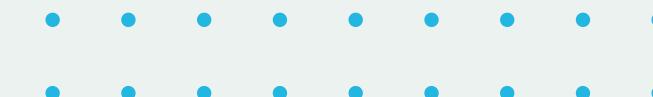


 [phfmentalhealth](https://phfmentalhealth.com)





Piquant Health Foundation



MEET OUR TEAM



Kalu Agada

Founder



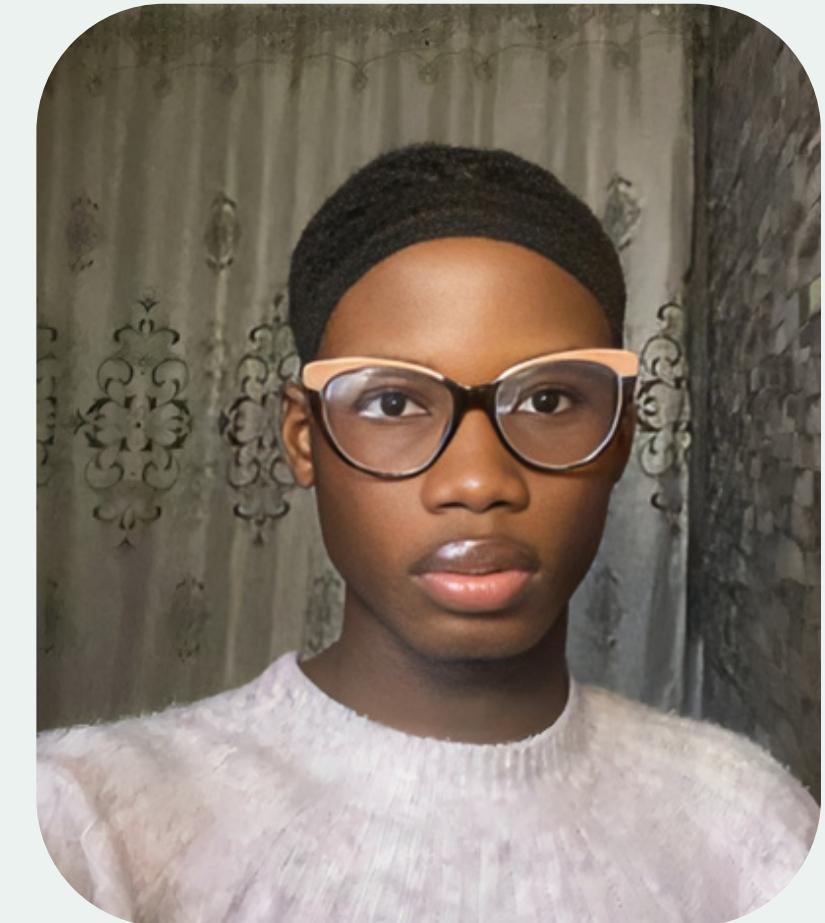
Olayinka Esanju

Co Founder & Global
Director



Oreoluwa Bakare

Legal Adviser



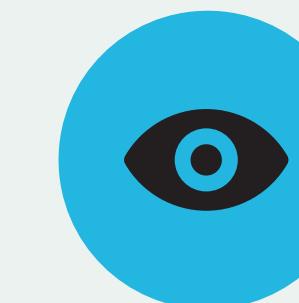
Precious Gbenro

Public Relation Officer



Piquant Health Foundation

VISION AND MISSION



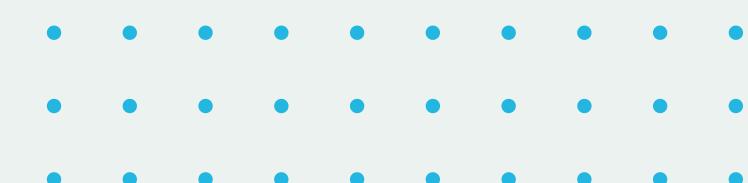
Our Vision

To promote mental health awareness, prevent mental disorders, stigmatization and drug abuse in Africa.



Our Mission

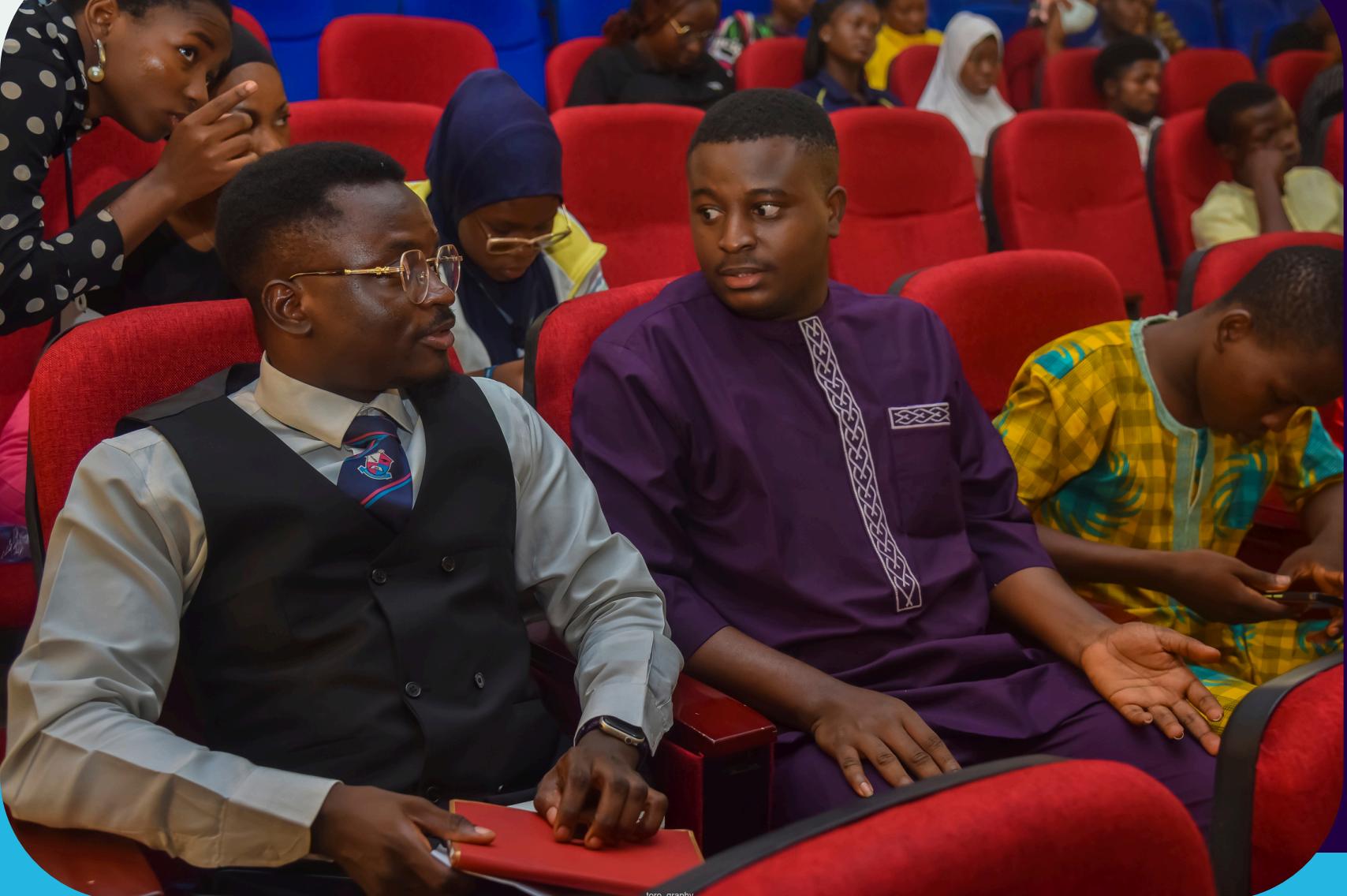
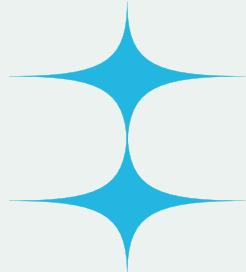
We envision a mentally resilient Africa, eradicating stigma, and creating a society where Africans enjoy optimal mental wellbeing.





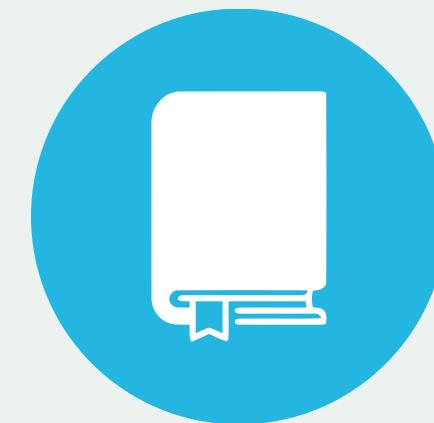
Piquant Health Foundation

OUR FACILITIES



Learning Facility

Offering accessible and supportive spaces for counseling, workshops, and support groups, ensuring comfort and convenience for all community members.

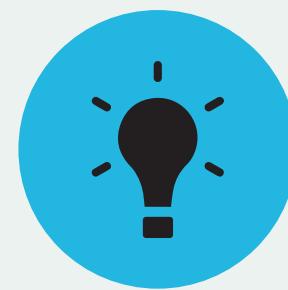


Website & blogs

We have various resources on our website that offer insights into improving your lifestyle and maintaining mental health.



PERFORMANCE OVERVIEW



Development

In 2025, the Piquant Health Foundation reached over 8,600 individuals through workshops led by 10 mental health experts, hosted conferences, mobilized 100+ volunteers, and partnered with organizations to enhance mental health awareness. These initiatives successfully advanced the foundation's mission to empower communities and foster mental wellness while combating stigma.



Marketing

The Piquant Health Foundation is committed to transforming mental health in our community. By fostering lasting support and encouraging engagement, we aim to create a nurturing environment where everyone can thrive. Your contributions are essential to our mission, enabling us to achieve developmental goals and make a lasting impact in the lives of those we serve. Together, we can build a healthier, more supportive society.



2025 EVENTS/PROGRAMS



Event 1

We engaged communities and health centers to empower them, break stigma, and provide support. Our initiatives included workshops and outreach to enhance awareness and access, aiming to create lasting change that promoted mental wellness and supported individuals.

Event 2

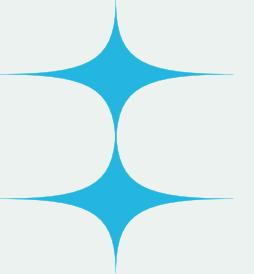
We empowered volunteers through sessions on good mental health and outreach in their communities, equipping them to promote wellness and positively impact those around them.

Event 3

We hosted a Twitter Spaces event that accommodated over 40 participants for discussions on mental health interventions. This platform allowed for meaningful conversations, shared experiences, and valuable insights, fostering a supportive community focused on mental wellness.

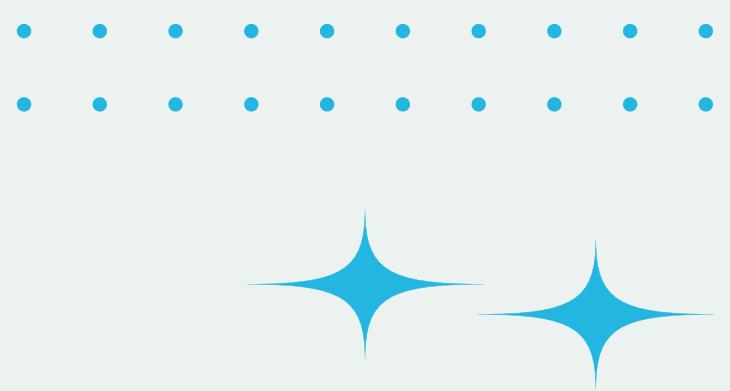
Event 4

We hosted a three-day mental health conference for World Mental Health Day, themed "Access to Services: Mental Health in Crises," featuring three guest speakers and over 180 participants, offering vital insights for enhancing support.



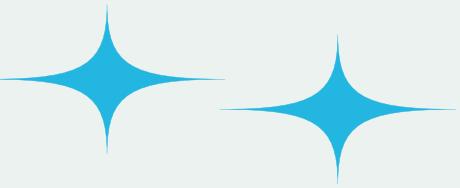
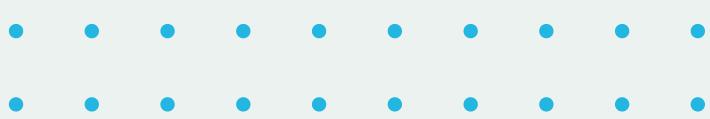
2. Financial Summary

Category	AMOUNT (₦)	NOTES
Total Income	0.00	Grant, CSR and sponsorship wasn't obtained.
Total Expenses	2,078,600.00	Salaries, program & tools-payment
Net Balance (Surplus/Deficit)	Outstanding Balance	No debt
Opening Balance	30,000.00	
Closing Balance	Balance left in our Zenith account	



3. Income Statement (Breakdown of all income sources for the fiscal year)

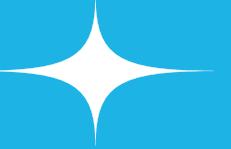
Source	AMOUNT (₦)	PERCENTAGE OF TOTAL
Individual Donations	2,078,600.00	100%
Corporate Donations	Nil	
Grants	Nil	
Crowdfunding	Nil	
Other Income	Nil	
Total Income	2,078,600.00	



4. Expense Statement

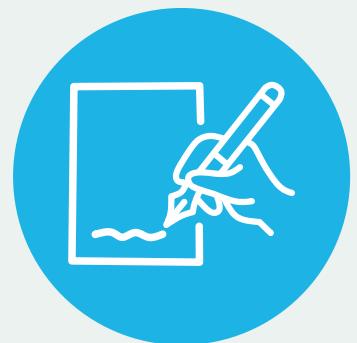
Expense Category	AMOUNT (₦)	% OF TOTAL EXPENSES
Awareness Projects	200pounds	
School Outreach		
Volunteer Support	45,000.00	
Staff / Contractors	1,200,000.00/80,000	
Transport & Logistics	20,000.00	
Website / Tech	333,600.00	
Other Expenses		
Total Expenses	2,078,600.00	

2025 ANNUAL FINANCIAL REPORT



5. Assets & Liabilities

Piquant Health Foundation holds the following assets and liabilities during the reporting year. If none, state 'No long-term assets or liabilities recorded for this fiscal year.'



6. Notes to the Account

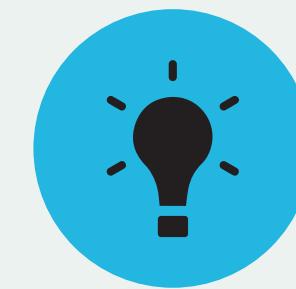
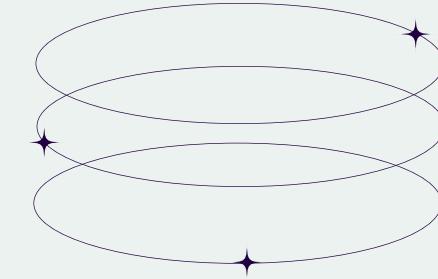
Details on accounting policies, currency notes, grant restrictions, and other financial explanations.



7. Management Declaration

We hereby confirm that the financial information presented in this report is accurate and reflects the activities of Piquant Health Foundation for the stated fiscal year.

2026 PROJECTIONS



1. Project TIMOSS: Strategic Initiative 2026

Overview

Project TIMOSS (Training & Integrated Mental Outreach and Support System) aims to enhance mental health support for volunteers and young people, particularly in low-resource communities.

Target Population

- Volunteers and peer leaders in education and community settings.
- Young people facing academic pressures and socioeconomic challenges.

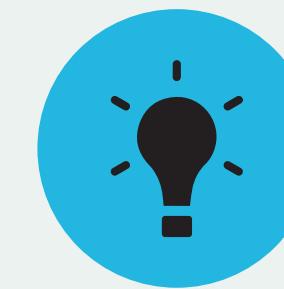
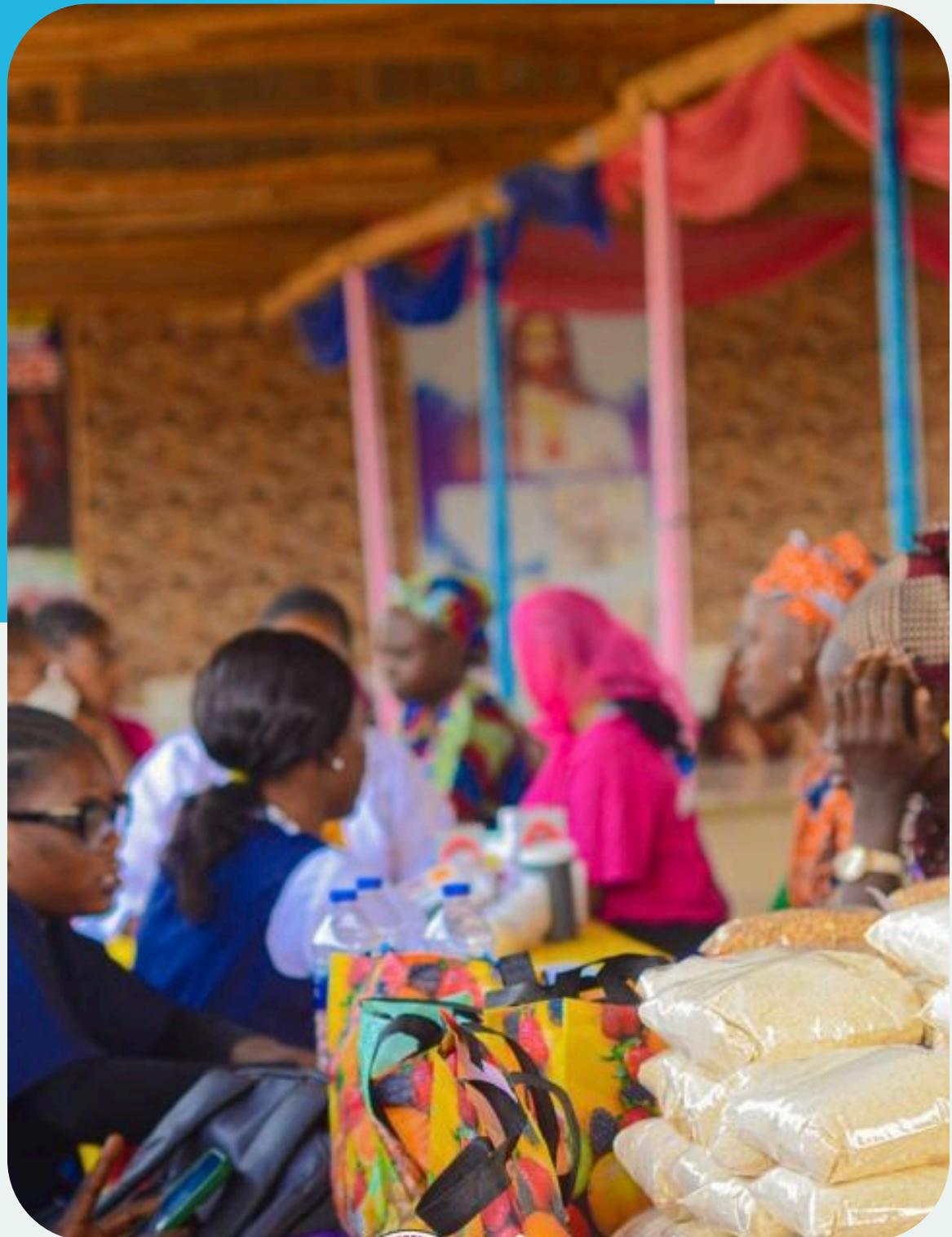
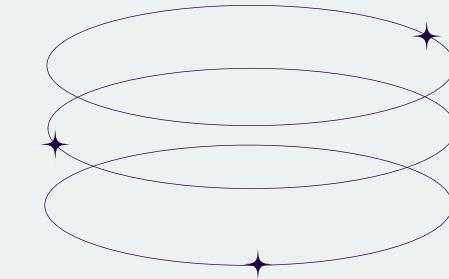
Objectives

- Strengthen volunteer mental well-being.
- Provide essential mental health training.
- Reduce volunteer burnout.
- Improve youth mental health outreach.
- Promote help-seeking among youth.

Expected Impact

- Better volunteer retention.
- Greater outreach capacity.
- Increased mental health awareness.
- Stronger community engagement.

2026 PROJECTIONS



2. Community Outreach Activities

Overview

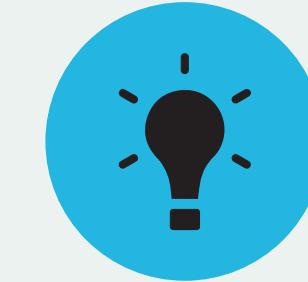
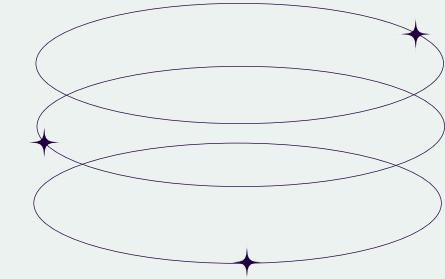
Our community outreach initiatives are designed to empower individuals and strengthen local connections through structured bootcamps. These bootcamps serve as a platform for capacity building, raising awareness, and fostering grassroots engagement within the community.

By investing in these outreach activities, we aim to create a more skilled, informed, and engaged community. Join us in making a difference!

Key Components

- **Capacity Building:** We equip participants with essential skills and knowledge for personal development and leadership.
- **Awareness:** Our workshops educate community members on critical issues such as health, sustainability, and social justice, helping them make informed decisions.
- **Grassroots Engagement:** We foster active participation, encouraging individuals to share ideas and collaborate towards positive change in the community.

2026 PROJECTIONS



3. Mental Health Conference 2026

Overview

We are excited to announce a Mental Health Conference, scheduled to take place in advance of World Mental Health Day. This conference aims to serve as a dynamic platform for advocacy, knowledge exchange, and stakeholder engagement, bringing together a diverse array of participants, including mental health professionals, advocates, policymakers, and community members.

Our goal is to spark meaningful discussions and actions that promote mental health.

Conference Highlights

- **Advocacy:** Promoting mental health awareness and reducing stigma among communities.
- **Knowledge Exchange:** Featuring expert speakers and panel discussions on the latest research, treatment options, and innovative practices in mental health care.
- **Stakeholder Engagement:** Fostering collaboration among mental health professionals, policymakers, and community groups to enhance resources and initiatives.



Piquant Health Foundation

THANK YOU!

Thank you for supporting the Piquant Health Foundation. Your contributions are vital to our mission of promoting health and wellness in our community. Together, we can make a meaningful impact!

