SOME NUMBERS...

There’s a Bench at over 70 primary health care facilities.

In 3 cities
- Harare
- Gweru
- ‘Chil’ Town

Grandmothers average age: 58

300 LHW trained

About the study participants
- 86% of the study’s participants were women
- More than 40% were HIV positive
- 70% had experienced domestic violence or physical illness
- Participants were all at least 18 yrs old, with a median age of 33

OVER
27500 PEOPLE HAVING ACCESSED TREATMENT

Weight of bench: HEAVY!
So they aren’t easily carried away.

FURTHER READING

Below are some publications and the tools used in the intervention.

- Reducing the treatment gap for mental, neurological and substance use disorders in Africa: lessons from the Friendship Bench in Zimbabwe
  - Published in: CAMBRIDGE UNIVERSITY PRESS
  - www.friendshipbenchzimbabwe.org/publications

- Effect of a Primary Care-Based Psychological Intervention on Symptoms of Common Mental Disorders in Zimbabwe: Randomized Clinical Trial
  - Published in: THE JAMA NETWORK
  - www.friendshipbenchzimbabwe.org/publications

- Validation of screening tools for depression and anxiety disorders in a primary care population with high HIV prevalence in Zimbabwe
  - Published in: SCIENCE DIRECT
  - www.friendshipbenchzimbabwe.org/publications

- Lay Health Worker Trianing Manual
- Facilitators Training Manual
- Shona Symptoms Questionnaire (SSQ-14)
- Patient Health Questionnaire (PHQ-9)

www.friendshipbenchzimbabwe.org/project-resources

THE FRIENDSHIP BENCH TRUST

MENTAL HEALTH
FOR COMMUNITIES

“We believe in empowering others to empower themselves.”

Dr. Dixon Chibanda

THE FRIENDSHIP BENCH Mental Health Interventions

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