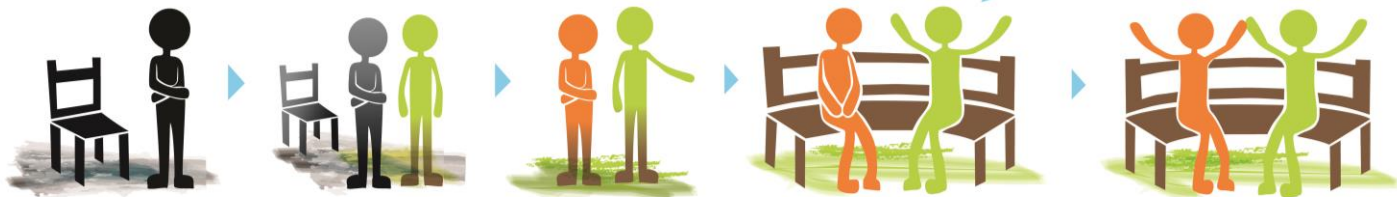
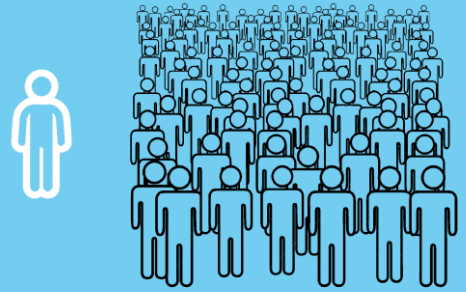


Talking your way back to living:

Zimbabwe's Friendship Bench

30% of primary health care attendees have common mental disorders such as anxiety & depression; Particularly affected are those Living with HIV.

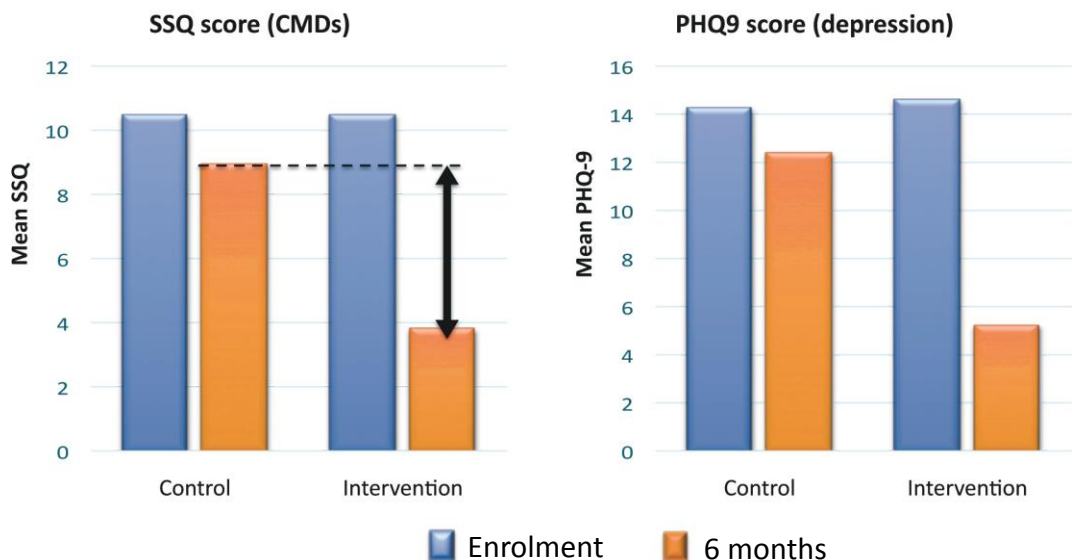
Less than **1** psychiatrist per 1 million population



People receive **problem solving therapy on a bench** outside the primary care clinics in Harare, Chitungwiza and Gweru.

Key achievements: RCT results

*Improvement in clinical outcomes is significantly greater among people receiving Friendship Bench interventions, compared to controls.**



*Assessed through a randomized controlled trial using validated outcome measures for common mental disorders: Patient Health Questionnaire, version 9 (PHQ-9) and Shona Symptom Questionnaire, version 14 (SSQ 14).