

Innovations in Mental Health: Solutions Shaping Entrepreneurial Health



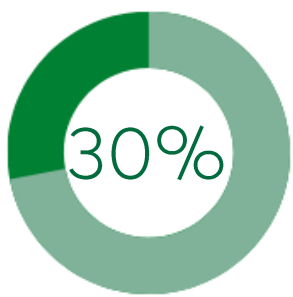
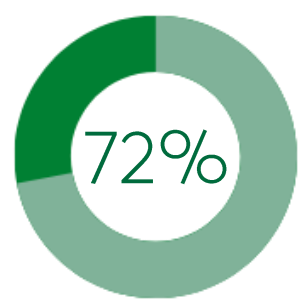
As of 2023, the average number of mental health workers in Africa is 1.6 per 100,000 population.

African governments also allocate less than \$0.5 per capita to mental health, well below the recommended \$2 per capita for low-income countries.

100 Million

Depression affects **over 264 million people** worldwide, including **100 million in Africa**, with many not responding to traditional antidepressants

A study found that **72% of entrepreneurs** struggle with mental health issues, compared to **48% of non-entrepreneurs**. This significant disparity indicates the substantial mental health challenges faced by entrepreneurs.



In the study, **30% of entrepreneurs** had a history of depression, **19%** had ADHD, **12%** had substance abuse issues, and **11%** reported bipolar disorder. These findings underscore the critical focus on mental health in entrepreneurship.

Source: [springer.com](https://www.springer.com)

African startups are addressing the issue of mental health with great seriousness, offering solutions through various proven methods.



07 Theraphy



Clafiya



Ahkili



Nguvu Health



Ta2heal



Shamiri Institute

One clinical trial of treatment found 47% of patients with resistant depression responded to TMS, and 30% went into remission, no longer defined as clinically depressed, below are other innovation that can improve the mental health condition of entrepreneurs.



Transcranial Magnetic Stimulation (TMS)



Mental health assessment apps



Digital therapeutics

At Solutions, we are enabling the future of African prosperity by supporting entrepreneurs and innovators with the Spurt! Method.