



Kaya Guides
<https://www.kayaguides.com/>
Founded 2022
Seed grant: \$110,000
2 person team

About

Globally, mental health conditions account for 4.9% of disease burden and 15% of all years lived with disability. Depression and anxiety are the most prevalent conditions.

Among people in low- and middle-income countries who live with mental disorders, more than 75% receive no treatment. Half of the world's population lives in countries with just one psychiatrist serving 200,000 or more people.

Guided self-help is an effective way to improve mental health. Over 50 randomized controlled trials on the impacts of self-help demonstrate medium to large effects on depression, anxiety, and subjective well-being.

There is strong evidence that guided self-help has comparable effects to face-to-face therapy- even when calls are as short as 15 minutes and programs last only a few weeks.

Our Approach

1. Partner with organizations working with youth to promote the Kaya Guides program
2. Enroll youth who want to improve their mental health
3. Provide self-help material and a counselor to assist participants throughout the 7-week program
4. Assess participants' levels of depression, anxiety, and subjective well-being to confirm that the program is working