
THE COMMONWEALTH AT 75

Solid Minds Press Release

This year marks the 75th anniversary of the Commonwealth of Nations, a voluntary association of 56 independent and equal countries. Home to 2.5 billion people, the Commonwealth encompasses both advanced economies and developing countries. Rwanda joined the Commonwealth in 2009 as the 54th member state and proudly hosted the 2022 Commonwealth Heads of Government Meeting (CHOGM).

Solid Minds, a private, independent outpatient mental health clinic founded in Rwanda, is honoured to share in the celebration of this milestone. We are excited to share our story and highlight our mental health initiatives across various Commonwealth member states in Africa, in the book, *The Commonwealth at 75*. We also look forward to forging new collaborations and partnerships beyond Africa to advance mental health, particularly within academic institutions targeting students and staff, as well as other professional settings.

At Solid Minds, we believe mental health is as vital as physical health. We provide evidence-based psychological services to individuals, couples, families, and children. Our organizational services include employee assistance programs, capacity building, consultation, training and supervision, and wellness support within university systems across Africa, many of which are Commonwealth members.

The 75th anniversary of the Commonwealth brings with it a multitude of exciting stories from diverse sectors, including health. These narratives have been documented and will be published by St James's House, one of the world's leading publishing and communications companies. St James's House works across the spheres of royalty, government, the public and private sectors, offering organizations unparalleled access to hard-to-reach audiences and markets.

St James's House, in association with the History of Parliament Trust, is eagerly preparing for the launch of "The Commonwealth at 75" publication, scheduled for October 9th, 2024. We are delighted that our story and work at Solid Minds will be featured in this landmark publication.

"In today's ever-changing world, it is imperative to prioritize our mental well-being and understand that seeking support is a sign of strength. By maintaining our mental resilience, we can overcome any challenge and achieve prosperity. This commitment reinvigorates us to continue our work and expand globally, recognizing that mental health is as crucial as physical health. We look forward to forging more collaborations across the Commonwealth and beyond."

– Sam Munderere, Co-Founder and Chief Executive Officer of Solid Minds.