



I CHOOSE LIFE FOUNDATION BROCHURE

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About us

The IChooseLife Foundation (ICLF) is a youth-driven non-governmental organisation founded in 2018 to promote ideas and innovations for substance use and mental health disorders, particularly targeting young people aged between 13 and 35 years.



ICLF works with young people and the adults to discourage and prevent the problematic use of drugs, empower them with knowledge and resources for peer-to-peer advocacy as well as provide rehabilitation for mentally distressed individuals. ICLF's vision is to promote mental wellness, physical and emotional health through innovative programmes, sensitization, and advocacy in line with the United Nations Sustainable Development Goals.

Objectives

- 1 Improving the mental health of young Nigerians**
- 2 To create a drug free community**
- 3 To serve as a safe space for persons in distress.**
- 4 To manage psychological crises of callers and referral to mental health professionals.**
- 5 To assist callers who are experiencing manic, psychotic, or suicidal thoughts.**
- 6 To give guidance, support, and counseling services, with a focus on mental health and substance abuse education in particular.**
- 7 To provide diagnostic evaluation and treatment for distressed individuals**
- 8 To provide sustainable financial / entrepreneurial empowerment scheme for survivors of drugs and substance abuse and mentally distressed individuals.**

Our Core Mission

1

Rehabilitation & Re-integration

The Foundation helps survivors achieve sustainable financial independence thereby avoiding a relapse. This is done by providing an entrepreneurial empowerment training or by applying for a job with their current qualifications.

In doing so, we rehabilitate victims of problematic drug use disorder and mentally distressed individuals and reintegrate them into society as functioning members.

2

Mental Health Helpline

The helpline is a means of providing a listening ear to callers in distress or in desperate need of counseling (especially suicidal attempts) and assistance with mental health concerns and drug addiction struggles. We provide our clinic and facility information to those who prefer physical therapeutic sessions.

3

Mental Health Clinic

ICLF provides diagnostic evaluation and treatment as well as physical therapeutic sessions. to people to people who are mentally distressed as a result of drugs and substance abuse.

4

Maternal Mental Clinic

Through our mental health clinic, the I Choose Life foundation has helped mothers and mothers to be better arm themselves against the challenges that comes with childbirth and how best to improve the standard of living for both mother and child.

- 01** Suicide Prevention
- 02** Safe Spaces for distressed or abused youths
- 03** Drug addiction crisis and intervention helplines
- 04** Educate adults/family on strategies to support rehabilitated youth
- 05** Reduce stigma attached to mental health disorders
- 06** Empowerment to prevent relapses for rehabilitated youths.
- 07** Provide youth friendly resources and information including help and support explanatory videos

The **ICLF** Agenda

Programmes and Collaborations

1. My Nigerian Dream – Partnership with the Nigeria Airforce – October 2020
2. Mental Health Summit in Partnership with the NDLEA – October 2021
3. Mask up Challenge in collaboration with the Lagos State Government – 2021
4. VGADA Rehabilitation Center – January 2022
5. NUGA Games in UNILAG in collaboration with the NDLEA – March 2022
6. #MyNigerianDream 3.0 – Innov8 hub, Israeli Government and the Office of the Vice President –October 2022
7. Postpartum depression Outreach at Iwaya Yaba -Lagos State– October 2023
8. Love Life; Love Yourself – A February 14th yearly programme in collaboration with Secondary Schools across Nigeria
9. Sip, Paint and Draw (SIPD) and entrepreneurial training – A yearly programme organised in September
10. #Skatement – Every 1st of October in celebration of the Independence Day
11. My Nigerian Dream – A yearly programme organized October

Projects Done

We are committed to raising awareness through trends and through our youth centric volunteer community, we have come up with initiatives that have focused on empowering young people to choose healthy lifestyles.

These are some of them:

Sensitisation of Kano Youths



In collaboration with the Kano State Government, NDIC and UNODC, ICLF held an anti-drug abuse advocacy session with Kano state youths on the 3rd of March, 2019.



The event was well attended by over 400 young adults and generated positive feedback

I Choose Life Challenge



To participate in the **#IChooseLife campaign**, upload a **short creative video** that in your own way explains why we should **choose life** over drugs and **substance abuse**. Follow and **tag IChooseLifeNG** and Ministry of Youths and Sports

Use the following hashtags:

#ichooselifechallenge #Saynotodrugs #minofyouths&sports

Federal Ministry of Youth & Sports



#ichooselifechallenge



i Choose Life challenge

600K

TO BE WON IN 4 CATEGORIES
EACH CATEGORY GETS 150k

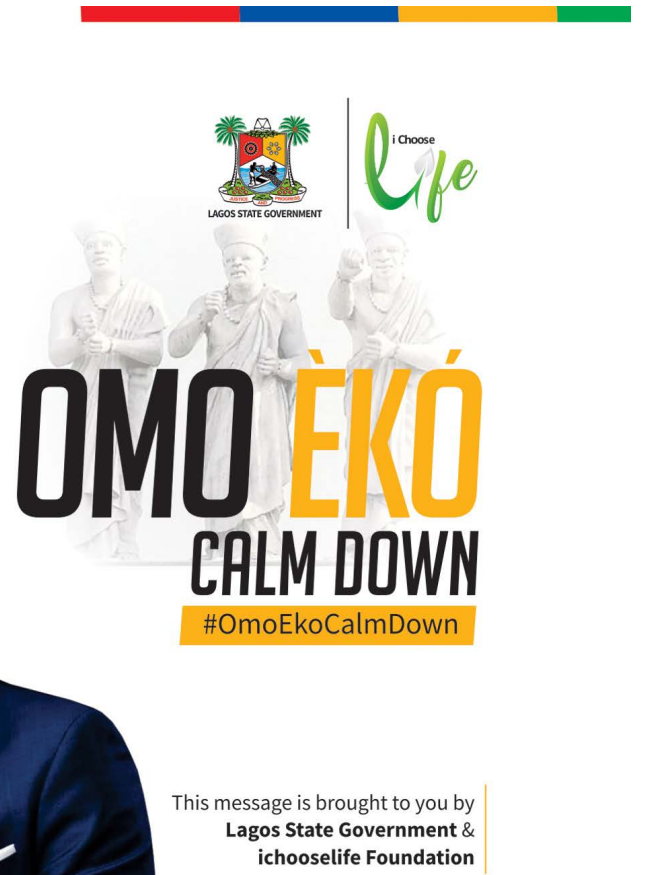
How to enter Challenge

Follow our social media handles: •
@IChooseLife_NG | IChooseLifeNigeria
Create 1-2 minutes video or writeup on your experiences with drugs.
Post your video using the hashtag •
#IChooseLifeChallenge, #SayNoToDrugs, #MinistryOfYouthAndSports and tag @IChooseLife_NG & @SundayDareSD

also visit:
<http://www.ichooselifefoundation.org>

During the COVID-19 pandemic in 2020, I Choose Life Foundation in partnership with the Federal Ministry of Youths and Sports Development successfully launched a campaign on social media tagged “The I Choose Life Challenge”

It garnered over 227,000 engagements from young adults. This was done in a bid to encourage people to #chooseLife even during the life endangering pandemic.



In 2020, ICLF took the message of a Drug Free Nation to Lagos State as the lockdown eased up a bit and a few Nigerians were allowed to go back to work

Our goal was to encourage Nigerians to mask up and #ChooseLife while routinely telling them to calm down with the #EkoCalmDown hashtag.

Mask Up Campaign with the Lagos State Government

My Nigerian Dream 1.0

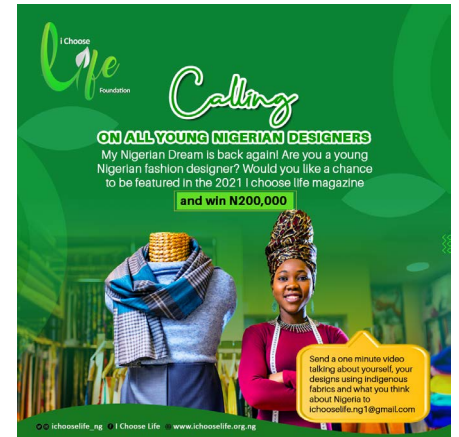


We hosted the maiden edition of our annual event “My Nigerian Dream” in partnership with the Bank of Industry on the 2nd of October, 2020 tagged “Time to Blow”. The initiative started as a means to call the attention of the public to the broad issues affecting young people. There was a display of youth talents through art, technology, and storytelling which positively impacted at least 10,000 persons both physically and virtually through our live streams.

Mental Health Summit



On 29th October, 2021, the 1st I Choose Life Mental Health Summit was held at the University of Lagos Auditorium, Akoka Lagos in collaboration with the Nigerian Drug Law Enforcement Agency, with a focus on Strategies for Confronting the Drug Abuse Problem amongst Young Nigerians. We were hosts to several secondary school from all over Lagos state.



In partnership with the Federal Ministry of Youth and Sports developments, we held the second edition of “My Nigerian Dream” tagged “Beauty, Brains and Brawns”. This was to acknowledge the young stars who recently represented Nigeria at the World Athletics U20 Championships and to also showcase the fashion industry which has contributed a significant quota to Nigeria’s GDP.

My Nigerian Dream 2.0

NUGA Games in Partnership with the University of Lagos



The I Choose Life Foundation introduced Project Safe Space at the NUGA games held by the University of Lagos with the Nigerian Universities Games Association (NUGA) from the 16th -26th March, 2022 as well as skating for mental health awareness. Through the Project Safe Space, we received over 1000 voluntary entries where young adults confided in professionals about their concerns on mental health and/or drugs and substance abuse.

#Skatement



The I Choose Life held the maiden edition of skating for mental health in collaboration with the Federal Ministry of Youth and Sports Development from Shoprite, Jabai to city gate in a bid to raise awareness about the dangers of drug and substance abuse as well as the need for a sound mental health.



Love Life, Love Yourself



I Choose Life foundation with our wide range of volunteers created a fun programme to engage students during the valentine season on February 14th. In 2022 and 2023, we have hosted over 100 students from 7 schools in Calabar, and Lagos State as well as the Federal Capital Territory. In addition to these, we have held the program in the University of Lagos.



Sip, Paint and Draw



Sip Paint and Draw is an program organized by the foundation to discourage the idea of “sip” which has a negative connotation to young adults especially teenagers and youths in a bid to replace it with positive meaning through artistic interest building and entrepreneurial skills. The last edition of the programme housed students from over 13 secondary schools in Abuja.

My Nigerian Dream 3.0



On the 27th of October, 2022, in partnership with the Office of the Vice President, Bureau of Public Enterprise and Innov8 Hub, we held the third edition of “My Nigerian Dream” tagged “Innovate Tomorrow, Today” as a means to celebrate and encourage innovations in Nigeria.

Post-Partum Depression Screening, Iwaya - Yaba, Lagos




On the 21st of October, 2023 our team of clinical psychologists and doctors travelled to Iwaya, Yaba Lagos State, Nigeria to conduct post partum depression screening for over 100 nursing mothers. This was done in collaboration with the Mother and Child Health Project Team.




Campaign Flyers in collaboration with NDLEA




Connect With Us


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