

# PSYCHOLOGUES PAIRS PAISIBLES - 3P INKINGI

## 20 24 ANNUAL REPORT



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# MESSAGE FROM THE EXECUTIVE DIRECTOR

The years have flown by — after launching the idea in 2018 and receiving legal authorization to operate in Burundi, we are proud to present our first official report. The year 2024 has been a period of remarkable growth for “Psychologues Pairs Paisibles – 3P INKINGI,” both in terms of impact and global connections.

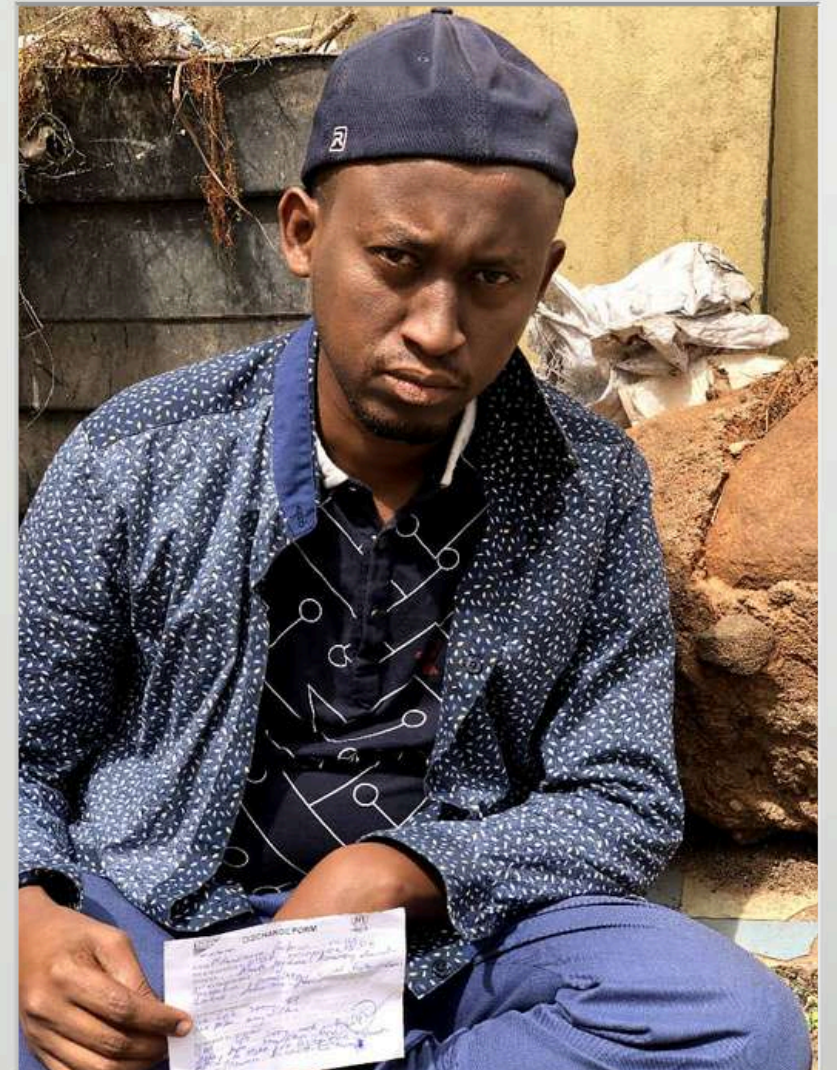
I had the opportunity to share my personal experience with other mental health professionals, which empowered me to start speaking publicly and on social media. The impact of sharing my story has been profound, as you will see in the following pages.

It is an honor for me and the entire team to share this annual report covering March 2024 to March 2025. I take this opportunity to thank the team members who worked hard and dedicated themselves to making this possible: Annie Cynthia Irakoze, Jean Bosco Ndiwokubwayo, Claudine Niyokwizera, Evelyne Irakoze, Bonfils Yamuremye, Alida Bella Dushime, Etienne Rukundo, Dr. Fabrice Nshimirimana, Alice Irakoze, André Ninteretse, Dr. Didier Nshemezimana, Eng. Claudine Mutezinka, Audrey Nzeyimana, Bertrand Aristide Manirakiza, Reverien Hasabumutima, Jean Marie Vianney Nkunuzimana, Franck Hakizimana, Raoul Irakoze, Dr. Ninon Gael Ininahazwe, Noah Kubwimana, Nobel Othon Ishimwe, Romeo Bankuwunguka, and Eng. Saidi Aimé.

I also want to sincerely thank our supporters for their generosity and assistance: The Nkurunziza Egide Family, the Mpawenimana Eric Family, Club President of Cycling Ntunsiga: Alain Bugegene, PPSM, and Agape Gym for their facilitation and collaboration during 2024.

This is just the beginning—with great motivation to continue our mission and make an impact in our community and around the world.

Pacifique Nduwimana  
Executive Director  
3P INKINGI





# About Us

The initiative began in 2018 after the recovery of a person who experienced mental health challenges. Once healed, this person began to support others facing similar difficulties.

Over time, the people being supported, their families, and some professionals in the field of mental health decided to formalize their efforts. In February 2024, the association named “Psychologues Pairs Paisibles” (Peaceful Peer Psychologists), 3P INKINGI in acronym, was officially recognized by ministerial ordinance No. 530/247. It is a non-profit organization contributing to the commendable efforts of the Government of the Republic of Burundi by offering psychosocial and mental health support, primarily through peer support, since it is composed mostly of people with lived experiences of mental health challenges.

Through this peer support approach, the association assists and supports individuals (both children and adults) facing mental health issues to overcome stigma and discrimination, strengthen resilience, and access complementary services.

This report presents the activities carried out by the organization’s staff—office managers, project leaders, service heads, and especially fieldworkers including psychologists and volunteer social facilitators—from March 2024 to March 2025.





# OUR VALUES

## The LLiPE Framework

The work of 3P INKINGI is guided by five core values, summarized under the acronym LLiPE:

01	Love	Caring for each individual without judgement.
02	Leadership	Empowering others though and responsibilities
03	Integrity	Upholding ethics and transparency
04	Peace	Promoting social harmony conflict resolution
05	Empathy	Listening and acting with compassion





# 3P INKINGI Executive Team





## The specific objectives are as follows:

- Support and advance education and mental health in Burundi by overseeing children and fostering an environment that safeguards their rights and overall well-being.
- Assist individuals and families experiencing psychological distress;
- Enhancing community capacity for sustainable development.
- Empowering families for enhanced resilience and economic stability.
- Foster an environment conducive to dialogue, social cohesion, and innovation among youth.
- Advocate for and mobilize the essential resources to enhance the promotion of educational and psychosocial care services.
- Promote initiatives led by highly marginalized individuals, including those with disabilities, albinism, and the Batwa community.
- Advocate with governmental bodies and donors for community engagement from the population, particularly women and children;
- Promote the regulation of the psychosocial and mental health care profession.



# Our Accomplishments



- Training of peer supporters in psychosocial assistance and care
- Establishment and training of school focal points on the fundamental psychosocial support module;
- Promoting awareness across all social classes regarding the necessity of implementing a policy for the establishment of clubs;
- Establishment of communication channels on social media to enhance public awareness regarding mental health disorders.
- Pursuing collaborations to enhance initiatives focused on improving education and psychosocial support services.
- Development of training modules focused on education and psychosocial support.

# Our Services

- Peer to Peer support
- Psychosocial support: Individual assistance, family support, awareness promotion, etc.
- Support for professional integration: counseling, preparation, internships, etc.
- Assistance for social integration
- Psychoeducation: Symptoms, Treatments, Recovery...
- Working group: self-affirmation, relaxation, and related activities.
- Occupational therapy







# Overview Of Activities

Between March and December 2024, the organization focused on implementing a strategic mental health action plan covering both 2024 and 2025. Key initiatives included training student leaders in 90 schools, establishing mental health clubs and mentorship in 60 schools, and supporting children facing psychological and academic challenges. The organization also trained focal persons with lived mental health experience across all provinces.

A wide-reaching public awareness campaign was launched using social media, traditional media, and community events under the #jesuisINKINGI banner. Testimonies from individuals with lived experience were shared to reduce stigma. Additionally, advocacy, fundraising, and partnership-building efforts were prioritized. Visits to healthcare facilities, prisons, workplaces, and homes aimed to foster community resilience and share mental health knowledge at the grassroots level.





# Implementation Plan And Programmes

**The organization planned to implement its activities nationwide in two phases: first in the western and central provinces (Bujumbura, Gitega, Buhumuza), then, depending on financial resources, in the southern and northern provinces (Butanyerera, Burunga).**

It developed three key programmes:

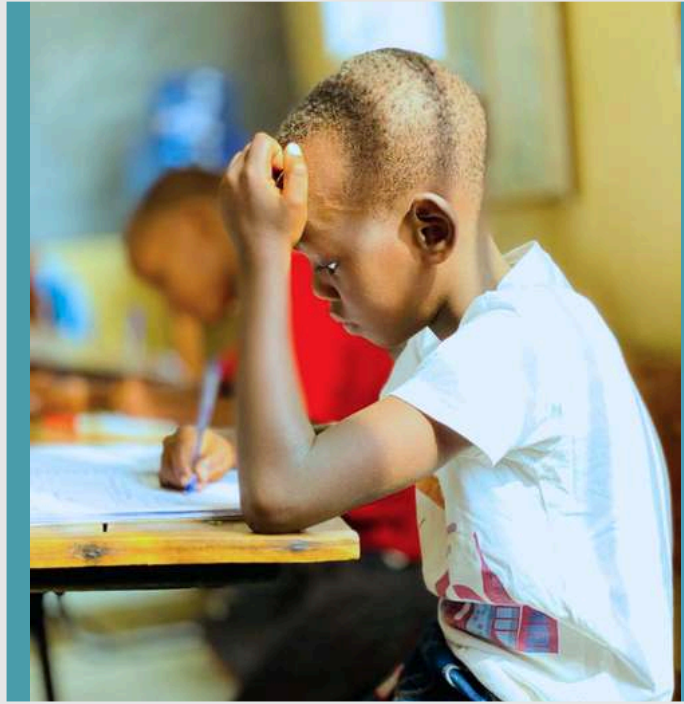
- AFYA: Focuses on nutritional education and access to psychiatric care.
- TUNAWEZA: Promotes inclusive education, peacebuilding, and gender equality.
- MZIZI: Strengthens individual, family, and community psychological resilience.



# '3P INKINGI' schools clubs

Total of 10 "3P INKINGI" clubs were created in the following provinces:

- Bujumbura city with a total of 210 members
- Bubanza: 2 clubs with a total of 86 members
- Cibitoke: 2 clubs with a total of 71 members



## Support for Socio-professional Integration

### a) Orientation and Referrals

5 adult men from Bubanza were referred to the Kamenge Neuropsychiatric Center (CNPK) for specialized care. 12 cases (4 men and 8 women) were referred to legal support structures.

### b) Internships

3 interns (2 women and 1 man) were mentored in Bujumbura City.

## Family, Community, and Professional Reintegration

3 individuals (1 man and 2 women) with psychiatric histories were reintegrated into their families.  
2 individuals were supported through advocacy for reintegration into the workforce.

## Psychoeducation and Awareness

Awareness and psychoeducation sessions on prevention (signs, treatment, etc.) and anti-stigma initiatives related to mental illness had an impact on the following groups:

- 1,850 individuals (1,179 women and 671 men)
- 1,064 youth (713 boys and 351 girls)
- 56 teachers (34 women and 22 men)
- 15 media outlets (radio, TV, print, online) reaching over 5 million followers
- 60 child peer leaders (30 boys and 30 girls) in Bujumbura City, Bubanza, and Cibitoke trained in mental health and basic listening skills



# KEY LESSON LEARNED



**Key Lesson Learned:**  
The importance of expanding mental health services is evident, as many regions still lack adequate support, and there is a continued need to combat stigma and increase resources to address mental health challenges effectively.

# FINANCIAL REPORT

SOURCE	Amount Receid and (BIF)	Expenses (BIF)	Balance (BIF)
Member Contribution	62,480,000	62,480,000	0
Donations from parents of children with psychiatric issues	21,300,000	21,300,000	0



# OUR YEAR



This year, we have continued to witness the vital importance of mental health in building peaceful, resilient communities. At 3P INKINGI, our commitment to healing through peer support and psychosocial care has only deepened, as we expanded our outreach, strengthened partnerships, and adapted our services to meet the real needs of communities across Burundi.

We have seen, more than ever, how local knowledge and peer-led approaches can transform lives. Through our trained peer psychologists, we have provided young people and community members with safe spaces to express themselves, access mental health services, and rebuild their sense of hope.

Two achievements in particular stand out this year. First, the successful implementation of our mental health support model tailored for young people living with HIV, helping them to plan for the future and strengthen their well-being. Second, our work in communities affected by trauma and conflict has helped individuals to process pain, develop coping strategies, and support each other on the journey toward healing.

These successes would not have been possible without the incredible dedication of our team and the trust placed in us by our partners and beneficiaries. We remain deeply grateful to all those who believe in our mission and walk this path with us.

As we move forward, we carry with us the lessons, courage, and inspiration of this year, with renewed determination to promote mental well-being and peace in every community we reach.

**Pacifique NDUWIMANA**  
**Founder & Executive Director 3P INKINGI**



# Conclusion And Future Outlook

Over the past year, 3P INKINGI has made significant progress in promoting mental health through youth club activities, Peer to Peer support, psychosocial support, and active engagement in conferences and advocacy. Despite challenges such as limited resources and stigma, the organization successfully reached hundreds of beneficiaries and strengthened its presence in schools and communities.

Looking ahead, 3P INKINGI aims to mobilize more funding, enhance team capacity through technical support, and reinforce collaboration with educational and community stakeholders. Efforts will also focus on expanding psychosocial services, advocating for government-supported listening spaces in schools, and improving internal systems like monitoring and reporting.

With stronger partnerships and sustained commitment, 3P INKINGI is poised to deepen its impact and extend its reach in advancing mental health and psychosocial well-being across Burundi.