



L2SLiberia 2025 Annual Report



Message from Our Founder

When I began this journey as a teenager, I saw firsthand how mental health was overlooked in our country. Young people were struggling in silence. Families did not know where to turn. Institutions lacked trained personnel. In 2019, I crossed paths with Letters to Strangers who give me the platform and opportunity to get help where it's most needed.

Today, L2SLiberia stands as proof that young people can lead systemic change. Our work is grounded in empathy, lived experience, and local ownership. We are not importing solutions; we are building them from within our communities.

This year tested our resilience. Funding delays, stigma, and capacity limitations challenged us. Yet, our team remained committed to one goal: ensuring that no young person in Liberia feels alone in their mental health journey. After nearly six years, I finally got to meet Ms. Diana Chao who started this work thousands of miles away and allowed us to get onboard to amplify this mission in our community.

We are grateful to our partners, volunteers, and community leaders who trust us to serve. The work continues and we remain committed to scaling sustainably and ethically.



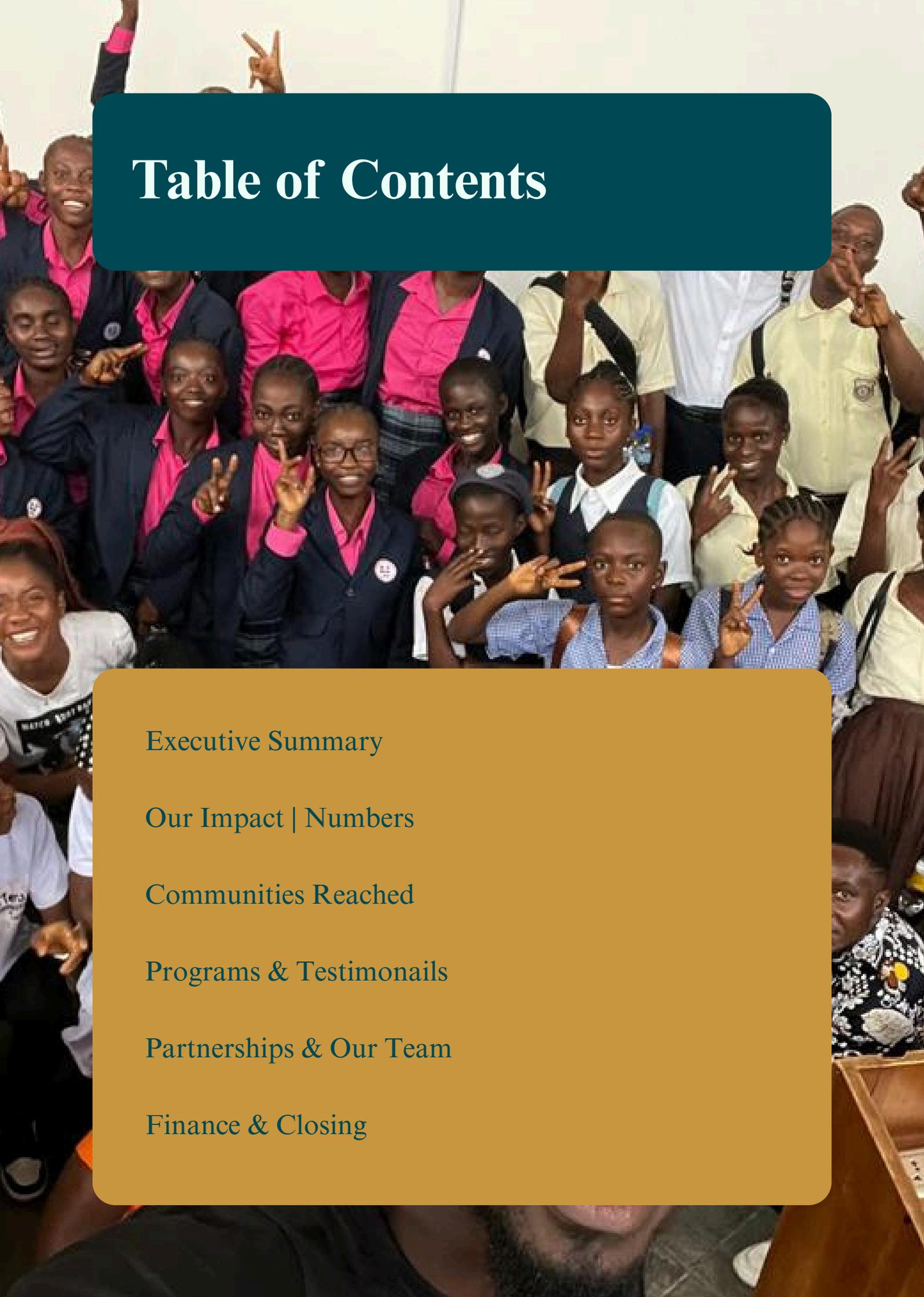


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Executive Summary

L2SLiberia continues to serve as a leading youth-driven mental health organization in Liberia, expanding access to affordable, community-based, and stigma-free mental health support. In a country still recovering from 14 years of civil conflict and the psychological aftermath of the Ebola crisis, mental health remains one of the most underfunded and misunderstood sectors of healthcare.

With the closure of USAID, and scale down of the Carter Center, the risks outweigh the opportunities. With substance abuse on the increase every day and despite all of this, we have still figured a way in and out with the belief that if we can serve a single community, it's near enough as we cannot do it all alone.

Throughout 2025, we strengthened our toll-free mental health helpline, launch our community visit, trained young caregivers through grassroots fellowship models, and deepened collaborations with schools, communities, and institutions.

Our work in 2025 focused on bridging the mental health treatment and support gap by equipping young people to deliver evidence-based support within their communities.

2025 marked growth not only in numbers served, but in systems strengthened, partnerships expanded, and communities empowered to view mental health as essential not optional.

Mental Health. Made Personal.

20 25 Impact Numbers



\$57,900

total funds raised through L2S HQ and Grants.



21+

community programs implemented successfully



25,000

individuals successfully reached across 7 countries.

Direct Mental Health Support



5,872

individuals received direct mental health support services

Hotline Calls

21,710

hotline calls responded to through our toll-free mental health line

150

in-person counseling sessions conducted through referrals

Programs

420

youth trained in basic psychosocial support skills

18

schools engaged in awareness and resilience programming

11

Communities reach through local outreach

Community Engagement

65%

of beneficiaries were between ages 15–31

72%

of helpline users reported reduction in immediate distress after intervention

Our data reflects both access and quality. Follow-up assessments show improved coping mechanisms, increased help-seeking behavior, and reduced stigma among program participants.

Communities Reached

L2SLiberia operated primarily in Montserrado, Bong, Bomi and Grand Bassa Counties, with outreach expansion into additional peri-urban communities. We received International calls from Sierra Leone, Ghana, Nigeria, Namibia, Zimbabwe and Rwanda with Sierra Leone topping our International calls list.

Our outreach model allowed us to reach underserved areas where formal services are limited or nonexistent. In rural communities, distance to the nearest health facility can exceed several hours. Our outreach initiative reduced this gap by bringing psychosocial support directly to community centers, schools, and churches.

Community engagement included town hall dialogues, parent education sessions, youth resilience workshops, and referral pathways to hospitals when necessary.

Our Programs



Toll-Free Mental Health Helpline

The L2SLiberia helpline remains one of the few youth-focused mental health hotlines in Liberia. Operated by trained young volunteers under supervision, it provides immediate crisis support, referrals, and follow-up care. The helpline addresses anxiety, depression, suicidal ideation, substance misuse, trauma-related distress, and family conflict.

Community Outreach Initiative & School Based Resilience Program

The community outreach initiative bridges geographic and economic barriers. Services include mental health screening, psychoeducation, referrals, and basic counseling support. L2SLiberia conducted structured sessions in secondary schools focused on stress management, exam anxiety, peer conflict resolution, and substance abuse awareness. Students reported improved emotional regulation and increased willingness to seek help.

Youth Caregiver Fellowship

This grassroots model trains young people to deliver brief, structured psychosocial interventions. Fellows receive training in empathy, confidentiality, behavior management, and referral systems. The goal is to reduce the cost of accessing mental health support by decentralizing care and empowering trained youth facilitators.

Our Challenges



Funding Instability: Delays in grant disbursements affected program timelines and staff stipends. Mental health funding in Liberia remains limited and inconsistent. This largely affected the visit of Letters to Strangers Executive Director as our operations was at a standstill and most core staffs on leave outside Monrovia.

Stigma & Cultural Barriers: Deep-rooted misconceptions about mental health continue to discourage help-seeking behavior.

Limited Clinical Infrastructure: There remains a shortage of licensed mental health professionals for referrals and supervision.

Operational Costs: Maintaining a toll-free helpline and mobile clinic requires telecommunications partnerships and transportation resources.





Partnership & Team

In 2025, L2SLiberia strengthened collaborations with:

- Local community leaders and schools
- Healthcare facilities and referral hospitals
- Telecommunications providers supporting hotline services
- Youth-led organizations across West Africa
- International partners including Letters to Strangers

Partnerships remain central to scaling impact responsibly and building institutional trust.

L2SLiberia operates with a lean but highly committed team:

- 1 Country Director
- 2 Program Coordinators
- 1 Monitoring & Evaluation Officer
- 4 Helpline Supervisors
- 25+ trained youth volunteers

Our team reflects lived experience, youth leadership, and professional accountability. Continuous training and supervision ensure service quality and ethical standards.



Finance

In 2025, L2SLiberia operated on a total program budget of USD \$57,900.

Expenditure Breakdown:

- 25% Program Implementation (outreach, school programs, fellowship training)
- 50% Helpline Operations & Telecommunications
- 15% Personnel & Supervision
- 5% Transportation & Logistics
- 5% Administrative & Monitoring Costs

Financial oversight includes internal tracking systems, documented receipts, and periodic financial reviews. Transparency remains a priority to maintain donor and community trust.



THANK YOU!

Mental health in Liberia is not a luxury, it is an urgent necessity. L2SLiberia remains committed to scaling access, training youth leaders, and strengthening community resilience. The work is far from finished, but progress is evident.

As we look ahead, our focus will be on:

- Expanding the helpline nationally
- Strengthening digital mental health platforms
- Increasing rural outreach
- Securing multi-year funding partnerships

We invite partners, donors, and stakeholders to join us in ensuring that mental health care is accessible, affordable, and stigma-free for every young person in Liberia.

Together, we are building a mentally resilient generation.



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