



**UNIVERSITY OF NAIROBI**

**Department of Obstetrics and Gynaecology**

Wellness Forum, June Edition



# STRESS AND DEPRESSION AMONGST HEALTHCARE WORKERS

**SPEAKER**

**Dr. Linda Nyamute**

Consultant Psychiatrist,  
Kisumu County

**02 JUNE 2023 | FROM 7AM-9AM**



# About the Speaker

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**MBChB UoN 2014**

**MMED Psychiatry UoN 2019**

Head of mental health department JOOTRH. Member of mental health Council Kisumu. National Executive Council Member of the Kenya Psychiatric Association where she serves as head of committee for advocacy and awards. She is a Lecturer at Uzima University.

Founder of Mental Sphere; a non-profit organization with a primary mandate to create awareness on mental health and provide holistic mental health care.

She enjoys working with young adults and adolescents. Partnered with many organizations to promote mental health wellness