



BECAUSE LIVED  
EXPERIENCE IS EXPERTISE

2025

# ANNUAL REPORT

- [info@3pinkingi.org](mailto:info@3pinkingi.org)
- [pppinkingi@gmail.com](mailto:pppinkingi@gmail.com)
- [Rohero, Avenue Bweru  
numero 29](#)





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# A MESSAGE FROM OUR EXECUTIVE DIRECTOR



Our second year of existence has just come to an end, and we are very proud of the journey so far. The year 2025 was marked by remarkable growth at every level: strengthened team capacities in organizational and technical aspects, connections with new national, regional and international partners as well as the strong dynamism of the team.

It is this dynamism that enabled us to achieve important results which we are pleased to present in this report. For a newly established organization, it is not always easy to reach where we are within just two years, but thanks to what motivates and inspires us, we continue to overcome challenges and our experience encourages us to keep moving forward.

This is an opportunity to thank the entire team for their hard work and commitment in achieving the positive results of which we are all proud. I would especially like to thank the peer supporters, psychologists and volunteers who have their all throughout this year. I also extend my gratitude to our partners who trusted us and initiated a partnership journey with us.

Each year, we continue to grow significantly and we are confident that this new year will lead us to another level of maturity

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

DESIGNATION	CATEGORY	NUMBER	POURCENTAGE	TOTAL PERSONS
<b>Founder Members</b>	Psychologists	3	19%	16
	Peer supporters	9	56%	
	Peace makers	4	25%	
<b>Executive Team</b>	Executive Director	1	4%	27
	Natinal Coordinator	1	4%	
	Communication Officers	2	7%	
	Program Manager	1	4%	
	Accoutant	1	4%	
	Volunteers	21	77%	



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# ORGANISATION PROFILE



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# About Us

We are a community-based and non-profit organization founded by People With Lived Experience. We work in the field of mental health and psychosocial support particularly within the community, to promote the reintegration of people who have undergone psychiatric experiences and those who are highly marginalized. In schools, we focus on prevention and strengthening the resilience of young people who are victims of stigma, discrimination and other forms of violence. We also raise awareness among the Burundian population through various communication channels about mental health issues in order to help reduce the stigma and discrimination faced by people living with mental health conditions.





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# About Us

We provide people experiencing psychological distress with counseling, therapy, and especially peer support by creating a safe, protective and inclusive environment. We are driven by the fact that we ourselves have experienced mental health challenges and we want to contribute so that others do not have to suffer in the same way. We support these individuals throughout their recovery journey so that they may feel better and continue with their daily activities.

We are guided by five core values : Love, Leadership, Integrity, Peace, and Empathy.





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# 2025 **IMPACT**



## Peer to peer supports

- *76% of organisation mebers benefited group discussions in a safe and iclusive Spaces through integrative and community therapy.*
- *40 children benefited group discussions in a safe and inclusive spaces.*



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# 2025 IMPACT



## Mental health and psychosocial well-being

- 123 children received MHPSS care, enhancing emotional well-being and resilience through 3P INKINGI school clubs.
- 30 children received MHPSS care and personal development through the “Holiday Children Care” program.
- 6800 people benefited awareness and psycho-education on prevention and anti-stigma initiatives related to mental illness.
- 1 children has referred for specialized care and has reintegrated his family by our peer supporters



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# 2025 **IMPACT**



## Personal and professional growth

- *100% of the personnel enhanced understanding of administrative and financial procedures.*
- *75% of executive team indicated they have developed leadership, communication skills and expanded professional networks.*
- *100% of organisation members increased self-awareness about mental and psychosocial support.*



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## WHAT HAS **EMPOWERED** US MOST

In 2025, what empowers us most is not only technology or resources but also our ability to stay connected, resilient and purpose-driven. Some of the strongest sources of empowerment today include Knowledge and continuous learning : TRAININGS, WEBINARS AND CONFERENCE (Virtual and in-person Events in French or English).

- Réformes des systèmes de soins en santé mentale et innovations digitales. Echo santé mentale digitale et Intelligence Artificielle – Afrique Francophone. (December 2025)
- Charter for change annual meeting (December 2024) and C4C Endorsers Task Group monthly meeting (Jan – Nov 2025).





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## WHAT HAS **EMPOWERED** US MOST



- Centering Lived Experience in Mental Health Research and Policy (November 2025).
- 7th Global Mental Health Summit : « Mental health and Wellbeing – What has changed ? What needs to change ? » (November 2025)
- LSTM Inaugural Lecture – The World Turned Upside Down : Mental Health And A New Global Health Architecture. (November 2025).



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## WHAT HAS **EMPOWERED** US MOST

- What gets measured gets noticed : Reflections from WHO Special Initiative for Mental Health (SIMH), (November 2025).
- Formation dans le domaine de la gestion des connaissances et de l'apprentissage organisationnel (November 2025).
- World Mental Health Day : Access to Mental Health in Emergencies (October 2025).





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## WHAT HAS **EMPOWERED** US MOST

- Formation sur les méthodologies basées sur les évidences (EBMs) : TeamUp, BeThere, InAct et WeAct (Septembre 2025).
- Action Through Advocacy : How to Make Difference by Telling Your Story (May 2025).
- Mental Health Awareness Month (May 2025).

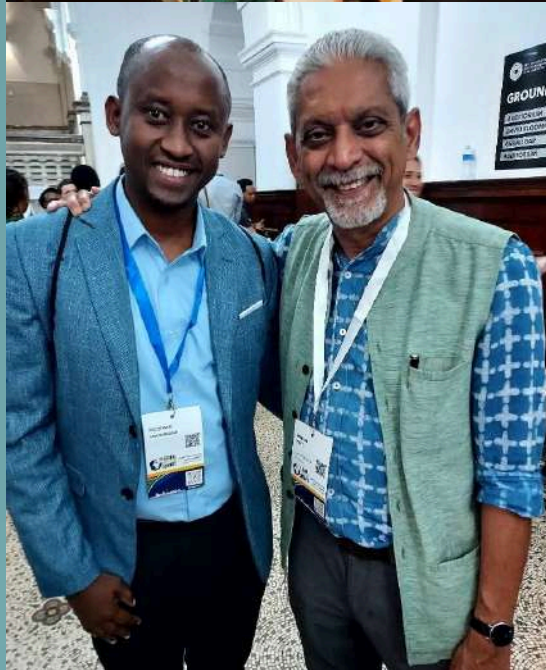




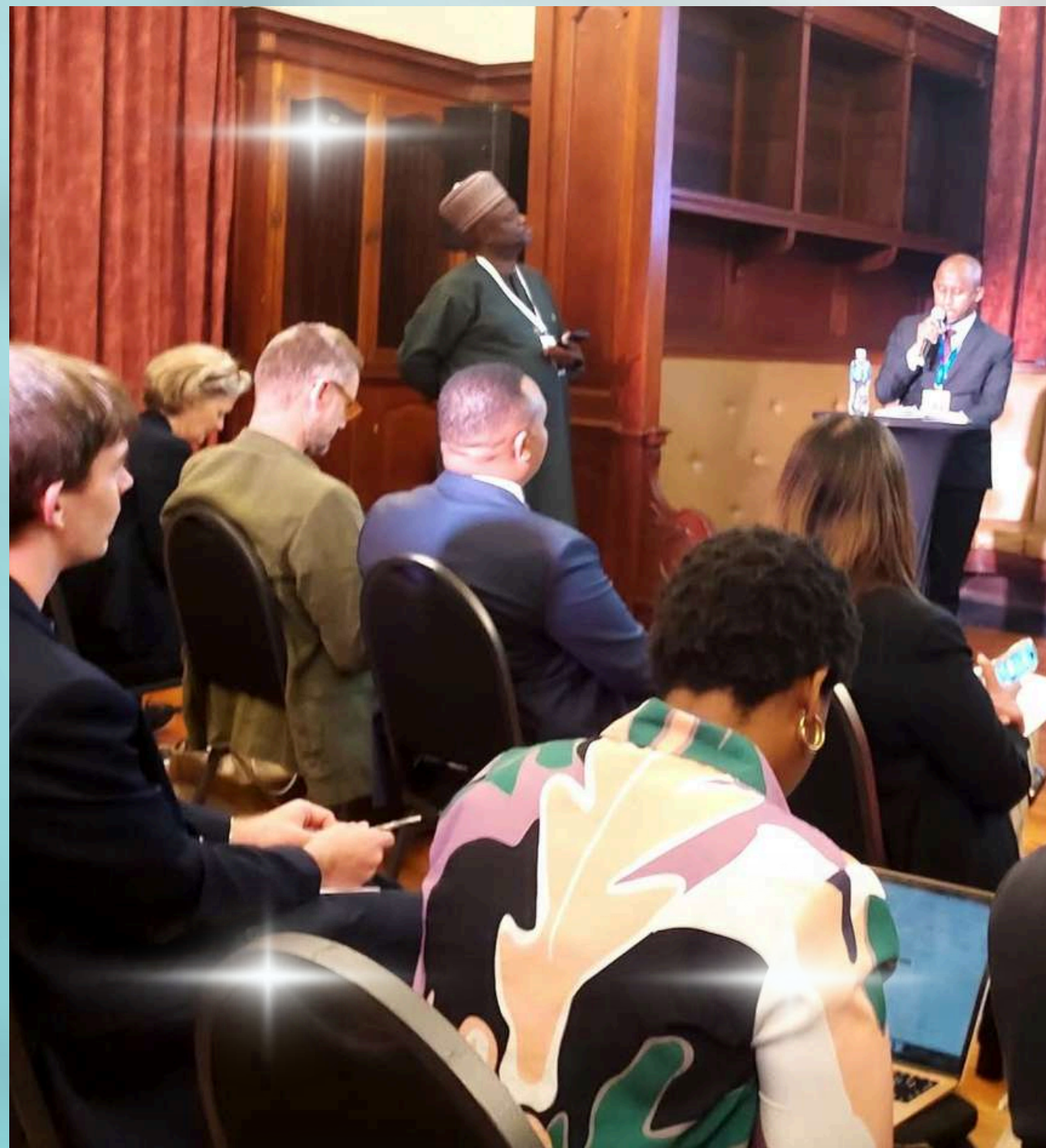
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## WHAT HAS **EMPOWERED** US MOST

- EU SEE Dialogues : Navigating Uncertainty – the US Funding Freeze and Its Impact on Global Civil Society (May 2025).
- Mental Health in the Entertainment Industry Webinar (April 2025).
- Mental Health Leadership Program Short Course (March 2025).
- Table ronde : Traumatismes du passé et la cohésion sociale (February 2025).



# CONCLUSION AND FINAL MESSAGE



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The activities carried out during the year 2025 were supported by the members of the organization and voluntary donors. The total cost amounted to 206 320 500 BIF equivalent to 71 385 USD.

With each passing day, we continue to grow significantly. In this third year of our organizational development in all aspects, we remain open to collaborations and partnerships that can restore hope to isolated and resigned individuals facing various painful experiences, enabling them to live a dignified, respected life filled with self-esteem.

**"You are because I am," and we can support one another because we are INKINGI.**



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# Thank You

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