

**THE NETWORK**  
TOWARDS UNITY FOR HEALTH



## **The Power of Healing and Hope**

**By Moses Shebele**

I believe in the power of healing- not just the physical kind that comes with medicine, but the deeper, more profound healing that begins in the mind and spirit. As a pharmacy student, a mental health activist, and a youth leader, I have come to understand that true wellness is more than just prescriptions and diagnoses. It is about hope, resilience, and the belief that change is possible - both within ourselves and in the world around us.

My belief in healing was shaped by moments that tested my own strength. Growing up, I witnessed the struggles of those battling mental health challenges-people who felt unseen, unheard, and misunderstood. In my community, stigma surrounded these conversations, making it difficult for those suffering to seek help. I saw friends withdraw, their silent battles waged in isolation. It was in these moments that I knew I had to be a voice for change.

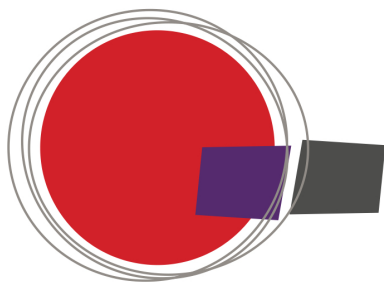
One defining experience came when I volunteered at a mental health outreach program. A young man approached me hesitantly, his eyes carrying the weight of unspoken pain. He shared how he had suffered in silence, afraid of judgment. But by the end of our conversation, a flicker of hope emerged in his expression. He realized he was not alone. That encounter reaffirmed my belief that listening, understanding, and advocating for mental health is just as powerful as any medicine.

This belief in healing extends to my work in pharmacy. Medicines save lives, but they are most effective when combined with compassion and education. I dream of a future where pharmacists are not just dispensers of medication but also advocates for holistic well-being, ensuring that every patient receives care that addresses both body and mind.

Leadership has given me another avenue to channel this belief. As a youth politician and the president of MUPHARMSA, I have learned that change begins with action. Whether it's organizing community programs, speaking on mental health platforms, or mentoring fellow students, I have seen firsthand how small efforts can create lasting impact. Every initiative, every conversation, and every decision made with purpose is a step toward a healthier society.

Poetry, my other passion, allows me to articulate emotions that are often left unspoken. In verses and metaphors, I find a way to express the complexities of struggle and the beauty of resilience. Words have power: the power to heal, to inspire, and to ignite change. When I perform, I don't just share poetry; I share pieces of myself, hoping that my words reach someone who needs them the most.

This I believe



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I believe that healing is a journey: one that requires. understanding, patience, and unwavering commitment. Whether it is through medicine, advocacy, leadership, or poetry, my mission remains the same: to bring hope where there is despair, to foster conversations where there is silence, and to be a catalyst for change in a world that so desperately needs it.

This I believe.

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