



*Dr. Linda Nyamute*

**CONSULTANT PSYCHIATRIST & MENTAL HEALTH ADVOCATE**

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**PROFESSIONAL SUMMARY**

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Consultant Psychiatrist with experience in clinical care, mental health service delivery and health systems strengthening in low resource settings. Currently Head of Mental Health at Jaramogi Oginga Odinga Teaching and Referral Hospital and Lecturer in Psychiatry. Experience includes county mental health leadership, policy contribution and regional psychiatric engagement across Eastern Africa.

**PROFESSION EXPERIENCE**

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**Consultant Psychiatrist & Head of Psychiatry -Jaramogi JOOTRH. -Kisumu County** **Nov 2022 -Present**  
Supervise and mentor mental health staff, interns and students while leading outpatient and inpatient psychiatric services, including addiction and forensic care, within a high-demand referral hospital setting, and contributing to medical student training and clinical teaching programs.

**Adjunct Lecturer -Uzima University Department of Mental Health** **Jan 2023 -Present**  
Deliver undergraduate and clinical psychiatry training while supporting student mentorship, academic development, and participating in curriculum delivery and clinical supervision.

**Consultant Psychiatrist & Head of Psychiatry - ICTRH. -Isiolo County** **Oct 2020 -Nov 2022**  
Deliver undergraduate and clinical psychiatry training while supporting student mentorship, academic development, and participating in curriculum delivery and clinical supervision.

**LEADERSHIP AND ADMINISTRATIVE ROLES**

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- National Honorary Secretary, **Kenya Psychiatric Association** – 2024 to Present
- Board Member, National Executive Council, **Kenya Psychiatric Association** – 2021 to 2024
- Head, Advocacy and Policy Committee, **Kenya Psychiatric Association** -2023 to Present
- County Psychiatrist, **Kisumu County** – 2022 to 2025
- Chair, Committee on Mental Wellness at the Workplace, **Kisumu County** -2023 to Present
- Head of Department, Psychiatry, **Jaramogi Oginga Odinga Teaching and Referral Hospital** -2023 -Present
- Acting Head of Department of Mental Health, **Uzima University** -2023 to Present
- Organizing Secretary, 17th National Scientific Conference, **Kenya Psychiatric Association** -2025
- Contributor – Workplace Mental Health National Guidelines for Healthcare Workers -2022

**EDUCATION**

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**Masters of Medicine in Psychiatry** -University of Nairobi **2019**

**Bachelor of Medicine and Bachelor of Surgery (MBChB)** -University of Nairobi **2014**

**Masters of Medicine in Global Mental Health** -University of Glasgow UK **Deferred**

## TRAININGS CONDUCTED

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- Mental Health Gap Action Programme (mhGAP) Training for Healthcare Workers, Kisumu County – 2025 (Ongoing)
- Emotional Intelligence Training for IT Professionals – 2025
- Mental Health Training for Accountants, ICPAK – 2025

## TRAININGS & CONFERENCES

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- WHO mhGAP Trainer of Trainers – 2025 (Funded by Johnson & Johnson)
- Mental Health Exchange Program, Technische Universität Dresden – 2024 (Funded by Erasmus+)
- Kenya Psychiatric Association Scientific Conferences – Annually from 2018 to Date
- World Psychiatric Association Congress, Prague, Czech Republic – 2025 (Funded by Erasmus+)
- Royal College of Psychiatrists International Congress – Presenter -2021
- Kenya Psychiatric Association Annual Conference – Presenter -2018/2019
- Kenya Dental Association Annual Conference – Presenter -2021
- Sleep Medicine, Neurobiology and Society (Short course)– University of Michigan -2022

## RESEARCH & PUBLICATIONS

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- Quality of Sleep and Burnout among Undergraduate Medical Students at the University of Nairobi  
*Published by Cambridge University Press, United Kingdom (2020)*
- Current Peer Reviewer, Frontiers in Public Health Journal

## AWARDS & RECOGNITION

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- Merit Award – Top Overall Student, Master of Medicine (Psychiatry) – 2019 ( by Nestlé Foods Kenya Ltd).
- Young Psychiatrist Award, by Kenya Psychiatric Association – 2022
- Mental Health Advocate of the year by DAQO -2025

## SKILLS

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- Mental Health Advocacy
- Leadership and Policy Development
- Crisis Management
- Communication and Mentorship

## REFEREES

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### ***Prof. Muthoni Mathai***

- Consultant Psychiatrist
- Phone: +254 727 329 904
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### ***Dr. Pius Kigamwa***

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