

KENNETH 'SHOCKA' ERHAHON

Rapper & Mental Health Activist

From music career, to mental health crisis – Shocka AKA Kenneth Erhahon is an advocate for fighting stigmas around schizophrenia and mental ill health. In 2011, he was battling periods of depression, leading to him being sectioned four times... until he discovered the healing power of self love, his purpose and his passion for music once again.

Known initially for his part in rap group Marvell, Shocka is now a successful rapper, poet, TED talk speaker, self love advocate, and mental health activist, on a mission to show the truth behind mental health illnesses. His sessions aim to educate young people on the power of self love, how music therapy can be a great source of healing, and the importance of tackling stigmas.



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TODAY

SESSIONS FOCUS ON:

- ✓ Mental Health & Wellbeing
- ✓ Music Therapy & Self Love
- ✓ Rap Masterclass

AVAILABLE FOR:

- ✓ Secondary Schools
- ✓ Southern Schools



Watch Me
in Action