



Triumph over Anxiety and ADHD

Our Deputy CEO, Claudia Sartor was featured on a YouTube channel, Mental Health Quarters hosted by Esenam Drah, GMHPN Alumni from Ghana. She shared her lived experience on managing ADHD and Anxiety. GMHPN applauds Claudia for her bravery in sharing her lived experience and Esenam for creating a platform where people with lived experience can share their experiences safely.

 [Click to Watch](#)



Addictions Conference 2024 - Lisbon, Portugal

Elza Berk, CLC member from South Africa, represented GMHPN at the Lisbon Addictions Conference 2024 as a keynote speaker. In her presentation, she emphasized the vital role of lived experience in shaping addiction and principles of harm reduction in research and policies.

She highlighted the importance of fair compensation for lived experience expertise and that it is a fundamental right that should not be viewed as an ethical dilemma Thank you, Elza, for flying the GMHPN flag high.



PLOS Mental Health's 'The Bigger Picture'.

Charlene Sunkel, GMHPN CEO was involved in the quarterly PLOS Mental Health seminar series. The session highlighted some of the factors that determine help-seeking in older populations that have experienced crime.

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South Asian mental health storytelling and advocacy platform

Anuj Gandhi, CLC member from United States, has created a resource about South Asian mental health storytelling and advocacy. This platform named **"My Joti"** shares lived experiences and mental health advocates on Instagram to raise awareness on mental health and share the important work of South Asian mental health that often is not recognized.

[Access Here](#)



The 2nd International Rethinking Mental Health Care Conference



GMHPN is proud to be a partner in The 2nd International Rethinking Mental Health Care Conference. The event will bring together mental health experts, practitioners, and policymakers to discuss innovative, evidence-based approaches, focusing on mental health literacy, early intervention, and e-mental health solutions. The conference will be held in on February 27-28, 2025, in Colombo, Sri Lanka.

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New York State Mental Health Week

Taylor I. Locke, CLC member from USA was one of the keynote speakers for the 2024 New York State Capital Region Mental Health Week programme. The multi-county community initiative serves to combat the stigma associated with mental health as well as offer dozens of free events, trainings, workshops, seminars, and other activities to promote positive wellness and self-care.

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Jagriti Yatra 2024

GMHPN is proud of CLC member representing India, Bhushan Pagare for being selected for Jagriti Yatra 2024 - a transformative 15-day rail journey across India. This life-changing experience will allow Bhushan to connect with inspiring individuals, explore India's rich cultural heritage, and develop innovative solutions to pressing social and mental health issues. Congratulations Bhushan! GMHPN is excited to see you advocate for mental health on this incredible journey!

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Lived Experience Feature - Sharline Cordner

Ms Sharline Cordner, GMHPN lead from Trinidad & Tobago, was featured in the Shoutout Atlanta magazine where she shared her lived experience and how it influenced her to start her own mental health organization, Mental Health Reality Wellness Trinidad and Tobago. Congratulations Sharline for sharing your lived experience journey.

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Caribbean Airlines Career Exposition 2024

Our GMHPN Country Lead from Trinidad & Tobago, Ms Sharline Cordner and her team from Mental Health Reality Wellness, Trinidad & Tobago, interacted with students, groups, teachers and guidance officers, showing them relevant information to aid both aspirational mental health professionals and lived experience advocates. Sharline and her team were involved in a number of events including: Family & Caregivers Conference & Health Expo 2024; Tranquility Secondary School's career day and the Caribbean Airlines Career Expo 2024. We are very proud and congrats to you Sharline.

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Meeting up in Pune, India

GMHPN CEO Charlene Sunkel and GMHPN Asia/Oceania Chairperson Parth Sharma recently met in Pune, India, during the International Diploma in Mental Health, Human Rights, and Law hosted by the Indian Law College. Charlene, who lectures annually for this prestigious program, had the privilege of witnessing Parth, one of the students, achieve a significant milestone as he graduated. This moment was a proud occasion for the GMHPN - huge congratulations to Parth on this remarkable achievement!

[Learn more about the course](#)

