



GMHPN

Global Mental Health Peer Network

Strengthening the voice of persons with lived experience globally - the driving force behind NO stigma, QUALITY of life, EQUALITY and EQUITY.

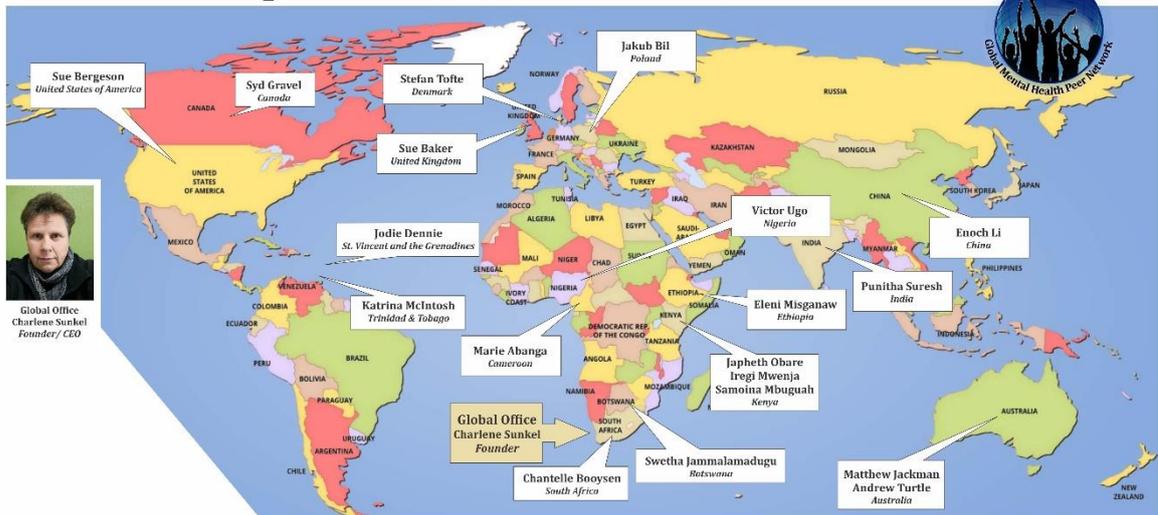
Two principles are fundamental to the GMHPN:

- Working together with all stakeholders involved to affect the desired change
- The views, opinions and experiences of persons with lived experience reflect the change desired

Through the principles, the objectives of the GMHPN are to:

- Create communities where persons with lived experience are valued as equal citizens of the world, free from stigma, inequality and inequity
- Give a voice to the voiceless and create a platform where what persons with lived experience say and share, matters
- End isolation from the world and connect user groups and movements globally to form a community of experts by experience and who are empowered to self-advocate and advocate on a boarder and global scale

GMHPN: Representation - Executive Committees



Executive Committees - Members



Global Office

Ms Charlene Sunkel

Founder/ CEO: **GMHPN**
Global Office (South Africa)

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Ms Sunkel is a global voice for the rights of people with mental health conditions/ lived experience. She's been working in the field of mental health, advocacy and human rights since 2003. She authored several papers from a lived experience perspective published in well renowned international medical journals. She has written and produced theatre plays and a short feature film on mental disorders – to raise public awareness. Ms Sunkel had been involved in the review and drafting of various policies and legislation in South Africa and provided technical assistance to international mental health related reports and documents. She serves on a number of national and international boards and committees, including: Presidential Working Group on Disability; Ministerial Advisory Committee on Mental Health; Rural Mental Health Campaign; Editorial Advisory Board of the Lancet Psychiatry; Mental Health and Human Rights FGIP; Time To Change Global Governance Group; citiesRISE; WHO Civil Society Working Group on NCDs; Global Mental Health Blueprint Group; Countdown Mental Health, amongst others. Ms Sunkel is the Principal Coordinator for the Movement for Global Mental Health. She is the Founder/ CEO of the Global Mental Health Peer Network which was officially launched at the 5th Global Mental Health Summit in 2018. She is also a faculty member of the Indian Law College as guest lecturer for the International Diploma in Mental Health, Human Rights and Law. Ms Sunkel was diagnosed with schizophrenia in 1991 which led to her passion for mental health advocacy and human rights, where she received a number of national and international awards for her work, with the latest award for Outstanding Achievement in Mental Health from the Swiss Foundation and the World Health Organisation.

Ms Sunkel's research interests revolves around mental health care users' perspectives on mental health service delivery and interventions, stigma and discrimination, empowerment of mental health care users, the implementation of relevant policies and legislation, human rights and relevant topics that directly impacts on the mental health and wellbeing of mental health care users. Much of her interests focus on the upscaling of mental health care and services globally and the move towards deinstitutionalization and inclusive communities. Titles of her publications include: Empowerment and Partnership in Mental Health (The Lancet Series on Global Mental Health), Mental Health Services – Where do we go from here? (The Lancet Psychiatry), Shortage of Psychiatric Medications in South Africa (The Lancet Psychiatry), Empowerment and Collaboration in Mental Health (Journal of Pioneering Medical Science), A service user's perspective on Excess Mortality in Persons with Severe Mental Disorders (World Psychiatry). Ms Sunkel had been involved in The Lancet Commission on Global Mental Health and Sustainable Development, as one of the commissioners, and co-author for The Lancet Commission on the Future of Psychiatry.

Regional Executive Committee

Mr Matthew Jackman

Representing: **WESTERN PACIFIC REGION**

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Mr Jackman is a childhood survivor of trauma and abuse, having lost his mother to suicide and consequently supporting his younger siblings through their mental health issues in adolescence and now adulthood. He always had a burning passion for advocacy given the supporter roles he found himself in with his siblings. He also understood the depths of human vulnerability when having attempted to take his life a few times during a period of major depression and severe social anxiety. His family has a significant history of mental distress and institutionalisation as a result of distress. He learnt the importance of recovery, rights and social justice through these personal and family experiences.

He learnt what it meant to feel truly oppressed when institutionalised himself within a public mental health hospital and then sub-acute transition hospital for 8 weeks. He saw the value of peers, both as employed workers, and as companions with other patients.

Prior to becoming unwell himself, he worked as a social worker and counsellor in forensic mental health and for a number of years was recruited to the inaugural role of supporting consumer consultants who undertake systemic consumer advocacy within the forensic mental health context. He supported the running and implementation of consumer advisory groups and recovery groups to work on hospital and prison wide issues for consumers and various recovery projects implemented within the service.

He transitioned to the family carer advocate space, where he used his carer lived experience to provide peer support, peer advocacy and carer consultancy for the same service whilst building up the lived experience workforce.

He was in charge of establish the organisations first consumer and carer strategic plan aimed at increasing support structures, funding and naming priorities within a three year period.

Currently, he serves on the Board of Tandem (Peak Body for Mental a Health Carers) and work closely with the consumer body, as both a consumer and carer.

He is undertaking his PhD as a lived experience researcher and human vulnerability academic, examining what the peer workforce in clinical mental health services from a global perspective, with its implications for a social movement in mental health and psychiatry.

He is extremely passionate about peer support and hope to work in policy advising and humanitarianism within an International context, as well as being a lived experience academic contributing to the consumer and carer disciplines in mental health.

Ms Sue Baker

Representing: **EUROPE REGION**

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Sue leads the Time to Change Global Programme, as well as supporting the England programme (the largest ever programme to end mental health stigma and discrimination in England *). Her global role involves working with local community organisations and people with mental problems to address stigma, along with governments, policy makers, key influencers, and community groups across the Commonwealth, with funding from the UK Government. Having set up the domestic Time to Change programme in 2007, Sue has led it for over ten years as the Director. Within this timeframe there have been significant improvements at national levels in public attitudes and reductions in reported discrimination, evidenced by the highest level of academic evaluation. Sue's previous roles have involved Marketing Director for a leading mental health charity in New Zealand (the Mental Health Foundation) setting up marketing, campaigning and fundraising programmes and supporting the 'Like Minds, Like Mine' campaign to address the discrimination experienced by people with mental health problems. Prior to that she worked for nine years as the first ever Head of Media Relations at Mind, in particular carrying out the UK's first survey of the extent and impact of stigma in the mid 1990s. She has also been a Director of a leading substance misuse charity where she was responsible for marketing treatment services, delivering business growth and developing fundraising. She lived in London for almost 20 years before moving to Whitstable on the North Kent coastline – famous for its oysters – she is married with a young daughter and enjoys photography, nature and gardening and 'light' runs along the beach listening to seagulls. She is open about her experiences of anxiety and depression. Sue studied marketing and advertising at the University of the West of England and in her career has worked in charities, councils and in PR and advertising agencies. Sue is Chair of the Global Anti-Stigma Alliance, a member of the UWE Business School Advisory Board, and a member of the International Advisory Board for the Czech Republic Anti-Stigma Campaign.

**Time to Change is a partnership between leading mental health charities Mind and Rethink Mental Illness. Time to Change (England) is funded Comic Relief's largest ever UK grant, The Department of Health and Social Care, and the Big Lottery Fund.*

Ms Sue Bergeson

Representing: **AMERICAS REGION**

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As the Peer Lead for 7 Cups, Sue brings the principles, core values, and knowledge from the consumer community into this empowerment, activation and support mobile platform. 7 Cups leverages the skills of over 232,000 trained listeners to help over 25 million individuals in 189 countries using 140 different languages worldwide.

As Principle, Recovery, Resiliency, Engagement and Activation Partners, LLC, Sue works with a wide range of for-profit and non-profit clients who are seeking to build or improve consumer activation and engagement support programs and services. She is also called on to help consumer groups learn how to work with managed care. She leverages her experience with a wide range of health systems from strategic innovation, product design, quality, clinical, network, care management, technology supported activation and engagement, integrated care, behavioral health, community involvement, government affairs, person centered care and more to build solutions and showcase the expertise of local, state and national systems.

As the former National VP for Consumer and Family Affairs at Optum/UHC Sue has had experience with a wide range of Managed Care systems from strategic innovation, product design, quality, clinical, network, care management, technology supported activation and engagement, integrated care, behavioral health, community involvement, government affairs, person centered care and more. At Optum she developed peer support services as a billable service and set up training and systems to help peer run programs contract with managed care. She also developed consumer activation tools and services, many in partnership with consumer run programs such as the WRAP App.

She served for over eight years as the Vice President, then CEO of the Depression and Bipolar Support Alliance, the largest mood disorder specific non-profit in the United States. Under her tenure DBSA grew to serve over five million members per year, offering over 30+ self-care and health literacy products and over 1,000 support groups in all fifty states.

Sue has been on The View, the Today Show, Good Morning America, CBS news, NBS news, CNN, and public television; She has been quoted in Newsweek, the LA Times, the Washington Post, among other national print media and has been a regular on WGN radio. She has served on many national workgroups, research studies and national consumer initiatives. She is a frequent speaker on consumer centered issues and concerns.

Among many honors, Sue is a recipient of the Clifford Beers Award, Mental Health America's highest honor, considered by many to be the nation's highest award for an advocate with the lived experience of mental health. Sue Bergeson is a person with the lived experience of behavioral health. Her beloved sister died by suicide.

Country Executive Committee

Ms Eleni Misganaw

Representing: **ETHIOPIA**

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Ms Misganaw was born in Addis Ababa, Ethiopia in 1975 and enjoyed a lively healthy childhood with her parents and 3 siblings. At the age of 14, she went to Belgium to live with her uncle and his family for a better education opportunity. The cultural shock and de-rooting was so immense that she fought hard to accustom herself to the new environment. She is more of an introvert person and it was hard for her to open up to get any help to settle the struggle she was facing at that early age. After 4 years of battle, she had a nervous breakdown and was hospitalized. At first, she was diagnosed with schizophrenia but later on it turned out to be bipolar disorder.

She had to return to Ethiopia and slowly recovered with the help of medication and family support. Her post-Belgium life was a fruitful one. She finished her secondary education and joined Addis Ababa University to get her first degree in Economics. She was employed at the government-owned Commercial Bank of Ethiopia in the capacity of Planning Officer and later Marketing Officer. After 7 years of working in the Bank, she realized that the finance sector is not really her vocation. It became clear that she's more a people-person; it gives her great pleasure to be engaged in activities that directly better people's life. So she decided to change her field and studied Sociology. Since she got her Master's Degree in 2010, she has been working in the development sector in various local and international NGOs in Program Management.

It is very hard to open up in matters of mental health in Ethiopia because of the hostile stigma attached to it. She has never disclosed her challenges to any of her employers. She has been lucky enough to have a supportive family and her episodes have been detected early enough to enable her to live a more or else stable life. She believes it is time for her to get engaged more actively in Peer Support. She had the chance of joining a Bipolar Support Group in the USA when visited her sister and was impressed by the effectiveness of Peer Groups. Currently, she is a founding member and vice-chair of the Mental Service Users' Association in Ethiopia. She has recently been blessed by a thoughtful husband who supports this cause and wish for a more contributing life ahead.

Dr Swetha Bindu Jammalamadugu

Representing: **BOTSWANA**

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Dr Jammalamadugu has lived in Botswana since 1991. She studied in Botswana where she completed her primary, secondary and tertiary education. She completed her medical training at the University of Botswana and is practicing in Botswana. Currently Dr Jammalamadugu is working as a Medical Officer (medical doctor) at Princess Marina Hospital (the tertiary referral centre in Botswana) as an employee of Ministry of Health (Gov't of Botswana). She co-authored and published papers on "*Assessment of the household availability of oral rehydration salt in rural Botswana*" and "*Information needs of Botswana health care workers and perceptions of Wikipedia*". Dr Jammalamadugu services on the Botswana HIV Clinicians Society committee. She is founding member of *Life Uncensored*, a group of volunteers who speak to issues that are taboo in the community in order to address them at grass root level. The group have worked with several organizations (incl Botswana HIV Clinicians Society, Maruapula Drama group, UN and The Art of Living). The main objective of the group is to moderate sessions that include art, drama, poetry, and video stimuli in order to get participants to start openly expressing their ideas and opinion in a forum which can challenge those views.

Mr Japheth Obare

Representing: **KENYA**

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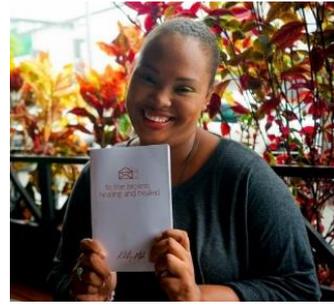


I come from Siaya Kenya. I grew up in Siaya and attended both Primary and Secondary schools in Siaya. I later attended college in Nairobi but did not like the course my father selected for me which was Production Engineering. I dropped out after the first year. I later found out that I love business so I took accounting in City College of San Francisco in USA. I had a troubled youth hood something I now blame on undiagnosed mental illness at the time. I like working smart and I am very spontaneous in approach. I like forming relationships. Something that turning schizophrenic robbed me but I am determined to regain. I have learnt to enjoy the moment over time and also appreciate life. I come from a very large family and a humble background. Our parents tried to teach us the best they could but I was a stubborn child. I am now relearning the lessons they instilled in us as an adult. Very humbling. I never liked school growing up. I liked to have fun and would skip class a lot. I was surprised I passed quite well in my Primary exams. I tried catching up in High school and did well in college. I purpose to think outside the box in my approach to life in general and like to compare notes with others. Schizophrenia changed my life, and after I was done with the denial which took me 7 years, I was ready to move on and learnt how to cope and manage my condition. I read a lot of material online and also opened up about the illness to people close to me. I have realized over time that one can actually live a full life even with such a diagnosis. That getting diagnosed with schizophrenia is not a death sentence.

Ms Katrina McIntosh

Representing: **TRINIDAD AND TOBAGO**

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As an author, mental health advocate, and assistant at the Ministry of Education – Special Education Unit, Trinbagonian Katrina McIntosh cultivates the courtship she believes exists between a pen and page. She considers it vital to combine her love for words and her passion for social change and therefore has guided her work to speak on taboo topics within her culture such as women’s rights, mental illness, child abuse and gender-based violence.

Katrina's desire to cultivate empathy on this earth allows her to be a powerful agent of change. At 28 years of age, she has a brand Love, Kat which she utilized as the protagonist in her published book Letters to the Broken, Healing and Healed. Here she employed the art of poetic prose to address accounts of abuse, gender-based violence, feminism and suicide, whilst guiding her readers through the phases of the healing experience. She continues these conversations by producing weekly blogs on her self-produced website that has engaged over eight hundred (800) hits since its debut and has become relevant in our current social and economic climate. This has cultivated new avenues such as being featured in several local newspapers, writing devotionals on advocacy for international sites and being invited to be a mental health panellist at a local university.

For her day job, she has the honour of working with the Special Education Unit at the Ministry of Education-Student Support Services Division. There she works as the Assistant to the Unit Coordinator and assists uniquely gifted students by aiding in data compilation, research analysis and managing the day to day affairs of the unit.

She hopes to develop future projects such as the development of a programme that utilizes an empathy-based curriculum geared towards early childhood development with a mission of impacting the sustainable development goal of developing peaceful and inclusive societies. Additionally, it is her hope to launch a regional NGO that would pioneer research regarding mental health bringing light to under-researched areas in the region such as the association between social displacement, illicit drug and alcohol abuse and mental illness.

Mr Iregi Mwenja

Representing: **KENYA**

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Iregi Mwenja is a social change agent specializing in mental health advocacy in Kenya. However, he concurs that “this is not just professional, it personal”. As a child, he faced many hardships growing up with undiagnosed ADHD, a painful experience that haunted him into his adulthood. An Acumen Fellow 2018 and an Alumnus of a UC Berkeley leadership program, he left a well-paying job as a Country Director of an International NGO to pursue his passion of positively transforming the lives of people like him; people who have been stigmatized, discriminated and/or mistreated for having a mental illness. Iregi turned his personal adversity around to start a charity that ensures people going through similar psychosocial challenges will have a better chance to enjoy a healthy life and achieve their life goals with much less difficulty. Two years ago, he founded Psychiatric Disability Organization (PDO), charity that works to foster mental healthcare and advance the rights of people with mental illness in Kenya. They do this through advocacy, providing free therapy and socio-economic empowerment of people living with mental illness. Iregi is an outspoken mental health advocate who doesn't shy away from talking about his own condition to help enlighten the society about the need to create safe spaces for people going through psychological challenges. He started a national campaign dubbed #MovingMountains for #MentalHealth to help raise awareness and normalize discussion on mental health in Kenya. He is doing so by climbing major mountains in Kenya to prove that it is possible to move the biggest mountain – mental health stigma in Africa and that people with psychiatric conditions can overcome even the toughest mental and physical challenges, just like everyone else. He has already successfully done the toughest of them all – Mt Kenya!

Dr Jakub Bil

Representing: **POLAND**

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Dr Jakub S. Bil holds a PhD in healthcare architecture, specialising in mental health facilities. He is employed as an Adjunct prof., Researcher and Faculty Member at the Department of Psychiatry, J. Babinski University Psychiatric Hospital, Faculty of Medicine and Health Sciences, A.F. Modrzewski Krakow Academy, where he is also the Dean's representative for the Faculty of International Affairs. He is secretary of the Ecological Psychiatry Commission at the Polish Psychiatric Association; he is also a member of the Polish Forensic Psychiatry Association and of the Neurolandscape Academic Advisory Board. He is a well-respected expert of mental healthcare environments and architecture for the International Scientific Experts Committee at the Romualdo del Bianco Foundation, an Italian non-profit organization based in Florence, Italy. He is also a member of both the Movement for Global Mental Health and the Mental Health Innovation Network. He is has delivered numerous keynote lectures at international conferences on mental health, Medforum Psychiatry Medforum Neurology, Geneva Health Forum, and has authored many articles on mental health that have been published in peer-reviewed journals such as Archives of Medical Science and British Journal of Psychiatry and Space and Form. He is an active advocate not only for positive changes in psychiatry and mental healthcare, but also for human rights and quality of care. He is an expert in therapeutic architecture and environments for mental healthcare and suicide prevention in mental healthcare settings. He regularly participates in international and national scientific projects relating to mental healthcare and reduction of the mental health gap, both as a head of these projects and as a consulting expert. He takes very seriously advocacy for destigmatisation of mental health and psychiatry on global, regional, and local levels, and is also highly active in these fields as a researcher.

Ms Marie Abanga

Representing: **CAMEROON**

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Marie Abanga is a mental health advocate, user and provider with over 5 years' experience in self, national and international mental health advocacy. Her interest in mental health awareness and sensitization is based on her late brother's traumatic life being diagnosed with epilepsy at the tender age of 11, and later developing mental health challenges attracting different mental illness diagnosis. When she started researching what could be wrong with her brother, lots of the material she came across spoke to her heart about several of the issues also working up her own mind, and many times leading her to question her own 'sanity' and actions. In 2014, having had enough of her miserable existence, she consulted a psychotherapist in Brussels. It was then that she was diagnosed with PTSD. She recalls with sadness her suicide attempt in 2009 while she was 5 months pregnant with her last child, the depression which lasted for 6 months in 2008 when she lost her daughter a day after she was born, all the trauma and 'trashy' life she had led since her parents' divorce when she was 12 years and had to become surrogate mother to her three siblings. That trauma was above all caused by their being banished to their bedroom for two good years and she had to be scaling the walls of her dad's home like a thief to go look for food since step mum didn't allow her brother and herself (they were left only two in there at the time) to touch anything in their father's home anymore.

Marie Abanga is a Voice of the Voiceless Awardee in her country Cameroon, and is a highly sought-after motivational speaker especially on subjects of pertinence to life and holistic wellbeing. Self-care she says is the best care, and she recently diversified from her legal background regardless of an LLM in law and call to practice as a lawyer, to study psychology and CBT Therapy. She graduated with merits and distinctions respectively, and has set up private practice in her country. Marie Abanga is a prolific author and blogger as well, and has a steady presence on some popular social media platforms where she writes to inspire and motivate as well as stigmatize stigma surrounding mental health and mental wellbeing. One of her campaigns is dubbed "let's dare to talk about it", and she recently created a closed Facebook group to provide a safe space for those affected who may want to talk about any issues troubling them without feeling any further stigmatized and ill-treated. Last but not the least, she is the Country Director of the Gbm Foundation for epilepsy and mental wellbeing founded in 2014 in memory of her late brother. The foundation focuses to a large part on advocacy, sensitization and combating stigma of persons living with epilepsy and or mental health challenges, and they also lead annual medical missions to their pilot area of Fontem in the Lebialem Division which is one of the localities in the country with a very high rate of epilepsy and mental challenges.

Mr Andrew Turtle

Representing: **AUSTRALIA**

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Mr Turtle is relatively new to mental health advocacy but have a vision to unite the mental health system in his region and globally. While the predominant focus of his university study was not on mental health, the best results he achieved was when he focused on subjects such as mental health ethics and the global governance of mental health systems. He began his journey as a consumer representative with 4 years of involvement with the Community Board of Advice (CBOA), an advisory group to his local hospital. In his contribution to the CBOA he participated as a key stakeholder in the community, particularly as an advocate for young people and mental health consumers.

His journey into the mental health consumer movement began in 2016 following the completion of a course in consumer advocacy at the ACT Mental Health Consumer Network (ACTMHN). Following this, he extensively studied the Australian Consumer Movement, joined all the consumer-related committees in his region, participated in numerous forums, courses, attended networking events in the consumer movement throughout Sydney, and tried to mix with as many peers as he could. Within a year of being involved in the consumer movement, he began writing and developing models on the Mental Health Consumer Movement and forming networks regionally, throughout the state and further abroad.

In the beginning of 2016, he was invited onto the Mental Health Navigation Tool working group, and was then employed by the Nepean Blue Mountains Primary Health Network (NBMPHN) to create this website. In this project, he mapped all the mental health-related services in his region and was involved in all stages of the project development right through to its launch. In the period between his initial course and he began full time work in 2017, he contributed as a consumer leader on the Regional Development Team (RDT) with the Nepean Blue Mountains Primary Health Network (NBMPHN), Consumer and Carer Advisory Groups (CACAC) through the Nepean Blue Mountains Primary Health Network, Consumer Advisory Partnership Advisory Committee (CPAC) at St John of God. He actively contributed to the Joint Advisory Committee (JAC) through the NSW Ombudsman where he provided advice as a psychosocial disability representative in developing 4 key projects in the disability sector. He completed as much training on consumer advocacy, mental health first aid, and anything else that he thought could contribute to the models he was creating.

In the two years following his initial training, he has worked with people with severe and persistent mental health as a support coordinator as well as with people transitioning onto the National Disability Services (NDIS) as a Local Area Coordinator. Working full-time, he has cut back on the number of committees he is involved in, but have continued to develop his website and models on the consumer movement. In particular, he continued to map mental health services throughout the world and designed a strategy for my Global Now Project. He is in the process of creating a document that summarises the consumer movement in the Nepean Blue Mountains as well as interviewing other mental health consumer leaders in the region about their lived experience, recovery, contribution and vision for the future.

In his job of a Local Area Coordinator, he is heavily involved in mapping the service providers in the Disability Sector, participating in community engagement events and linking with community leaders in the region to be an advocate for people with psychosocial disabilities. He recently been invited to participate in the Consumer Research Training program run by Sydney University where he hope to combine his passion for the consumer movement, service mapping and learn new skills to complement my research skills learnt at university.

Ms Enoch Li

Representing: **CHINA**
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Based in Beijing, Enoch is a social entrepreneur and founded BEARAPY. The mission is to reduce burnout and mental health issues in the community and workplace through helping adults access their inner playfulness. Her unique approach blends the power of playfulness – creativity, stress management, and self-awareness – into her transformation and facilitation work. Enoch also has expertise in using psychodynamic techniques for organizational development and improved team performance; she is a Leadership Consultant on group dynamics at INSEAD.

Enoch works with multinationals, governments, and start-ups across Asia-Pacific and Europe, advocating emotional and mental health awareness to prevent burnout, depression, suicides, and related issues. She has helped thousands of people through play workshops, talks, and free ebooks on communicating with depressed people, raising awareness in the society on mental wellbeing. Her work has been widely recognized in the society and she was awarded the Social Contributor of the Year 2018 Award by the International Professional Women’s Society in China.

With personal experience in burnout and clinical depression herself, Enoch is able to bring a personal touch and to empathize with those in similar plights. She continues to develop her research and theories in the psychology of adult playfulness, and is a frequent speaker and social commentator on topics of mental resilience, burnout, and women leadership. She has been a TEDx presenter and has been featured and published in Forbes, South China Morning Post, Thrive Global, Women of China and CGTN, in addition to her blog, NochNoch.com. Her latest book, Stress in the City, discusses the role of play in organizations, some fun ways to cope with depression, and how adults and parents can be playful.

Enoch is involved in various volunteer and charity work in the community, particularly for children and mental health projects, and is a Mentor at China Accelerator (start-up incubator program). She is fluent in English, Cantonese, Mandarin and French.

Previously, Enoch was an International Manager with HSBC’s London, Paris, Tokyo, and Beijing offices with various roles in management, business development, and learning & training. She holds a Masters in Laws (Hons) from University of London, an Executive Masters in Coaching and Consulting for Change (Distinction) from INSEAD, and has completed Level I of Play Therapy Certificate by the Canadian Association for Play Therapy. Enoch is certified in multiple Advanced Small Group Trainings in the Tavistock Style from A.K. Rice Institute for the Study of Social Systems.

Enoch enjoys studying Chinese calligraphy, playing basketball, and tackling jigsaw puzzles. She is married with two children.

Ms Chantelle Booysen

Representing: **SOUTH AFRICA**

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Chantelle has a business management background, works in the arts and is involved in mental health advocacy and planned projects to assist young people as well as small and medium businesses with access to mental health tools. Her Bipolar II diagnosis in 2016 and known familial mental health disorders encouraged her involvement in mental health advocacy. She represents The Movement for Global Mental Health (MGMH) as an Advisory Board Member and was recently selected as the South African Country Representative for the Global Peer Network (GMHPN). She is also been chosen as a Youth Leader for the The Lancet Commission on Global Mental Health (LANCETGMH) which acts as a global youth group disseminating and communicating key messages represented in the Mental Health Commission report particularly to young people. She volunteered and completed a telephonic counselling course with The South African Depression and Anxiety Group (SADAG) in Johannesburg and volunteers at SADAG's recently established office in Durban, Kwa-Zulu Natal. Chantelle is also completing her law degree part time and have been accepted to the Indian Law Society to complete an International Diploma in Mental Health, Human Rights and Law in Pune, India for the 2018/2019 academic term.

Ms Punitha Suresh

Representing: **INDIA**

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Punitha is the Day Care Centre's Coordinator at The Banyan, a non-governmental organization based in Chennai, India and was founded in 1993 by Vandana Gopikumar and Vaishnavi Jayakumar to cater to the persons with mental illness and homeless women in the city. She completed her 'International Diploma in Mental Health Law and Human Rights' conducted by the Indian Law Society, Pune.

Mr Sylvio (Syd) A Gravel

Representing: **CANADA**

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Syd Gravel, a former Staff Sergeant from the Ottawa Police Service, with 31 years' experience, is a founding father of Robin's Blue Circle, a post-shooting trauma peer team, first established in 1988. Syd is a PTSD survivor, since 1987. In 2007, he participated in a Pearson Peace-Keeping Mission in Africa and was subsequently inducted as a Member of the Order of Merit in Policing, Canada. Between 2008 and 2010 he developed and facilitated an annual three-day peer support workshop organized for the First Nations and Inuit Suicide Prevention Association of Quebec and Labrador. In 2012, he assisted in the founding of Badge of Life Canada and is now a Senior Advisor for Badge of Life Canada. In 2016, he was nominated as a Mental Health Champion by the Mental Health Commission of Canada. He is the author of two books related to trauma management and peer support, "56 Seconds" and "How to Survive PTSD and Build Peer Support" which is mandatory reading for third year Wellness students at Mohawk College in Hamilton, and co-author of, "Walk the Talk". In 2014, he developed the two-day peer support training curriculum for the Mood Disorders Society of Canada and co-leads the Peer and Trauma Support Systems (P.A.T.S.S.) team. In 2015, he conducted a three-month trauma management review of a large police service and subsequently provided them with 10 recommendations on trauma management and peer support, all of which were implemented. In 2016, he developed a three-day peer support training curriculum for the Mood Disorders Society of Canada offered by Transitions to Communities facilitators in Calgary, Toronto and Montreal. He is certified as an R2MR trainer and is a volunteer member of the Ottawa Police Peer Support Team. He continues to do peer work one on one, with police officers, paramedics and firefighters and their families who reach out to him almost daily. He also worked with homeless veterans as a peer facilitator for Soldiers Helping Soldiers. He was also a volunteer firefighter for eight years, father of two sons and married for over 42 years. At 66 years of age Syd exemplifies excellent self-care and positive growth and is a competitive Power-Lifter, soon to reach the Canadian National level.

Mr Stefan Tofte

Representing: **DENMARK**

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Stefan is a graduate with extensive experience from data analysis, volunteering and dissemination. He has specific interests in consultancy work and analysis, while his work had been more into management and mental health. Throughout his education, he has gained a profound understanding of people and cultural contexts. He has worked with social media, campaigns and websites, as well as the analyses of these.

Ms Jodie Dennie

Representing: **ST. VINCENT AND THE GRENADINES**

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My name is Jodie Dennie and I am from St. Vincent and the Grenadines. I am a 29-year-old teacher at a leading secondary school, where I provide instructions to female students, ages 11 to 16 years, in the subjects of Mathematics, General Science and currently History. I was born on January 11th, 1989 to Velma Dennie, a retired Senior Printing Officer/ Production Officer and Kent Dennie Sr., a retired Project Manager. I live in Cane Garden and I am a part of a family of six. I have three older brothers and I am the youngest and only daughter. My parents, who grew up in poverty-stricken environments, made an effort to provide as best as they could for their family, for which I am grateful. My childhood was an uneventful one, until I experienced depression and post-traumatic stress disorder (PTSD). Initially, I was unaware of what I was experiencing until a conscious decision was made to seek help while educating others in the form of a mental health awareness campaign called, The Mind Matters SVG. I am thankful for the campaign which has allowed me to re-discover myself. My family and friends have described me as humorous, caring and fun-loving. These are my core personality traits, because I understand what it feels like to be sad and I use them to ensure persons don't have to feel this way. I enjoy watching movies and listening to music. I have been a Tawny Owl for the local Girl Guides Association and an original member of the Imperial Optical Toastmasters Club. Hiking and volunteering at the local soup kitchen are also hobbies that I find joy in. My passion in life is to help persons in need. I believe everyone has a purpose in life and as humans, we should make an effort to uplift each other on the path towards finding our purpose. Having researched the negative perception of mental health, I have widened my scope to make a difference in the world in this field.

Dr Victor Ugo

Representing: **NIGERIA**

vu@mentallyaware.org



Victor Ugo is a 28-year-old medical doctor and the founder/CEO of Nigeria's largest youth mental health peer network, Mentally Aware Nigeria Initiative. He was diagnosed with clinical depression 4 years ago in his final year of medical school in 2014, and that was what inspired him to create a community where he and others like him can speak freely about their mental illness without fear of judgement or stigma. In his role at the forefront of mental health advocacy and care in Nigeria, he has been nominated for the prestigious Future Awards Africa in 2017, and his organization won the 2017 Nelson Mandela-Graca Machel innovation award for the best civil society organization. He's also been inducted as one of the 100 sparks of hope across the world by The Elders (an organization of past world leaders founded by Nelson Mandela). Among other first-of-its-kind projects he has setup in Nigeria, He pioneered the setup of the most active distress hotline in Nigeria with over 5000 interventions in 14 months using limited resources to full effect, as well as setup key and strategic partnerships with reputable international organizations (Mental Health America, Jack.org, Jed Foundation, CIVICUS, etc.) that have expanded the scope of the services and programs on offer by his organization. Victor has given tens of Keynote speeches, led more than 20 panel sessions, as well as appeared in more than 30 Television and Radio shows speaking about mental health stigma, care and advocacy in Nigeria; role of technology and new media in suicide intervention, the war against stigma and the fight for increased mental health literacy levels etc. His work in the mental health space has been published by top news agencies across the world (El Pais in Spain, Devex) and in Nigeria (Guardian Nigeria, Bella Naija, 234Star).

Ms Samoina Wangui Mbuguah

Representing: **KENYA**

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Samoina is a maternal mental health advocate with a passion to shed light on maternal mental illness in Kenya. Having had both pregnancy depression and postpartum depression (PPD) after the birth of her son, Samoina came up close with the challenges of experiencing mental issues during what is thought to be a most blissful journey. She remembers vividly the hopelessness she felt with every passing day, wondering why she did not find motherhood 'magical'. A casual Google search on how she felt indicated it was likely that she was suffering from Postpartum Depression. This was the first time that she had heard of Postpartum Depression – a form of depression that affects moms up to one year after childbirth. This proved to be a bitter-sweet moment: sweet because she finally knew why it was hard bonding with her then-infant son, and bitter because this was not the journey she envisioned. Samoina's efforts to research and learn more about Postpartum Depression saw her start a personal blog to share information and resources on PPD. Her compelling honesty and persuasive writing style saw many moms reach out to say that they related to what she felt. At the time, there was hardly any support for moms with PPD. This is what encouraged her to start Postpartum Depression Kenya (PPDKenya) after getting psychological help. PPDKenya is a registered CBO that raises awareness on maternal mental health as well as offers psychosocial support for those affected. This is made possible through a network of volunteers and structured support groups. Samoina is passionate about making sure that every pregnant woman and new mom has access to information, resources and support for their mental health. In her free time, the trained biochemist enjoys trying out new recipes with her son, getting lost in a good book and travelling to new places.