



# GLOBAL MENTAL HEALTH PEER NETWORK

Global Office, South Africa



gmhpn@gmhpn.org



www.gmhpn.org

# Global Mental Health Peer Network

## Legal Status

Non-Profit Organisation (NPO 212-449)  
Public Benefit Organisation (PBO 930065563)  
Equivalency Certification (US public charity)

## Our work is supported by

Foundation to Promote Open Society (FPOS)



supported by **ember**

Support our work



Social Media Platforms

## Purpose

Since the GMHPN's establishment in 2018, the focus of its work has involved the building of a sustainable structure to serve two main purposes:

- 1) to develop a global leadership of lived experience; and
- 2) to create a sophisticated communication platform where the lived experience community can share their views, opinions, perceptions and experiences.

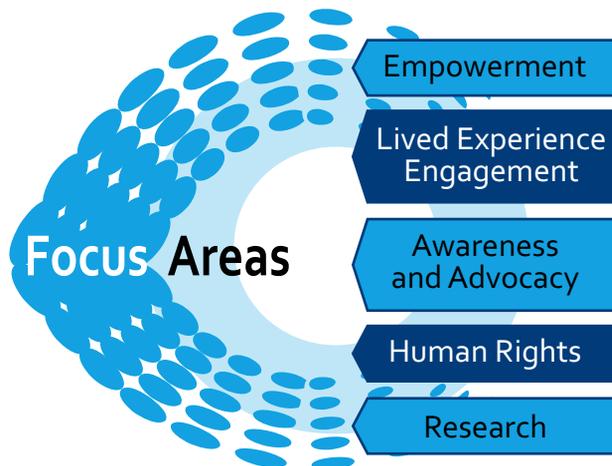
As an international organisation for and run by persons with lived experience holds a wealth of expertise and power in diversity among its lived experience representatives.

The GMHPN is proudly constituted by **100%** Experts by Experience across all structures.

Collectively we initiate various activities, by addressing **local and global** issues related to mental health and human rights, that are **important to us**.

Our lived experiences are always **at the center of all** of our work and activities.

We focus on what will make the most difference



*Unapologetically, Experts by Experience*

# Our experiences matter

Many of us have extensive experience of the debilitating impact of social and economic exclusion and human rights violations – many of us can speak of being ostracised, marginalised, segregated and discriminated against, and how we have struggled to access appropriate mental healthcare and support that could help address our specific and unique needs towards recovery.

Our lived experiences and past struggles have made us more resilient to have lived through adversity and made us more determined to be actively involved in creating a world where we all can thrive, not just survive.

# Our perspectives matter

The GMHPN is built on the premise of an **integrated and holistic response** to mental health care and services that **incorporates medical, social and human rights models** - this approach critically emphasizes the multidimensional aspects of mental health conditions and societal challenges that cannot be addressed in isolation as a medical problem.

We strive towards developing global lived experience leadership in mental health and build stakeholder partnerships. **Meaningful and authentic lived experience inclusion** across sectors is the catalyst for change and transformation in mental health.

The GMHPN strongly supports and advocates for a **person-centered and recovery approach** to mental health care and services - it is challenging the paradigm of medical traditions and institutional care models that have subjected individuals with mental health conditions to severe human rights violations, developed structures of societal segregation, and denied the inherent human dignity and voice of the lived experience community.

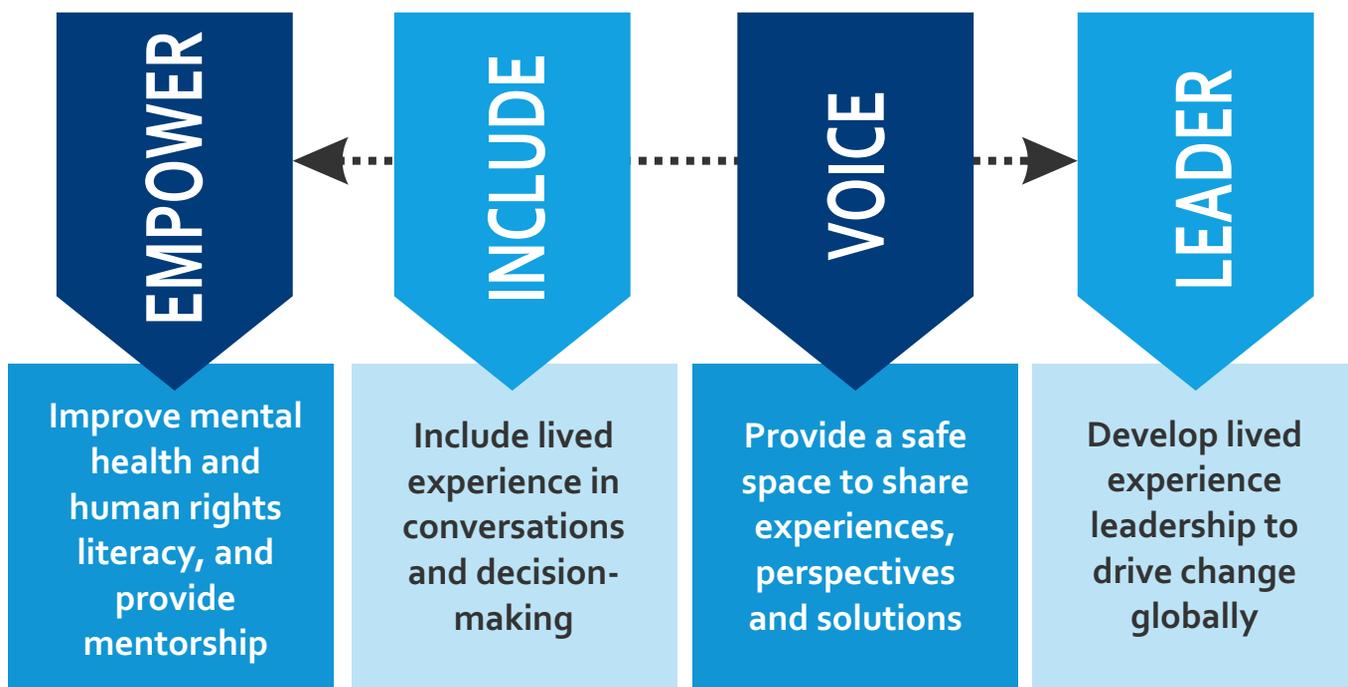
People with lived experience must be acknowledged as **equal partners** and thus power imbalances need to be restored and establish **recognition of the value of lived experience contributions** to the socio-economic status of every nation.

**Unapologetically,  
Expert by Experience**



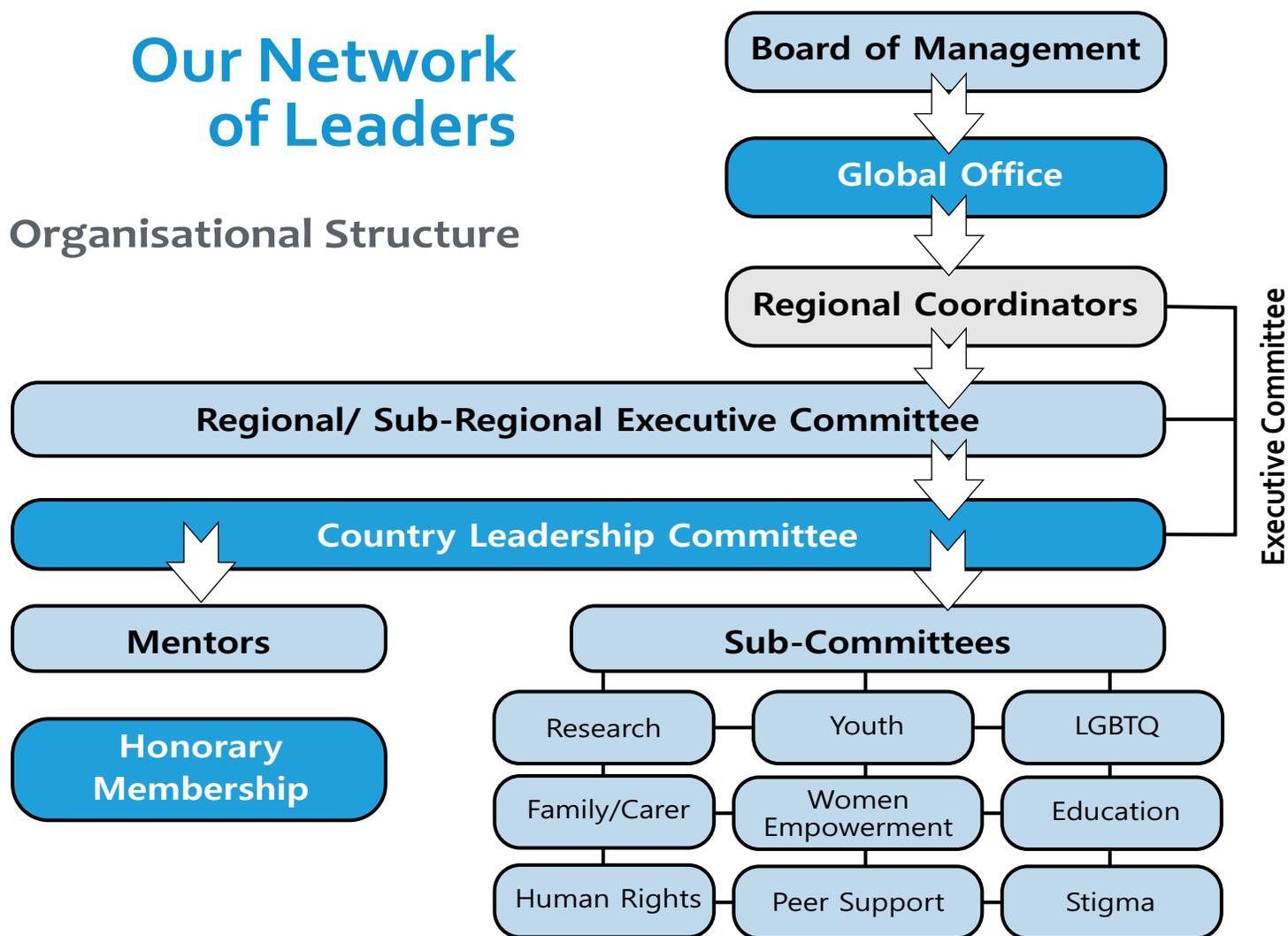
**GLOBAL  
MENTAL  
HEALTH**  
PEER NETWORK

# What we do ...



## Our Network of Leaders

### Organisational Structure

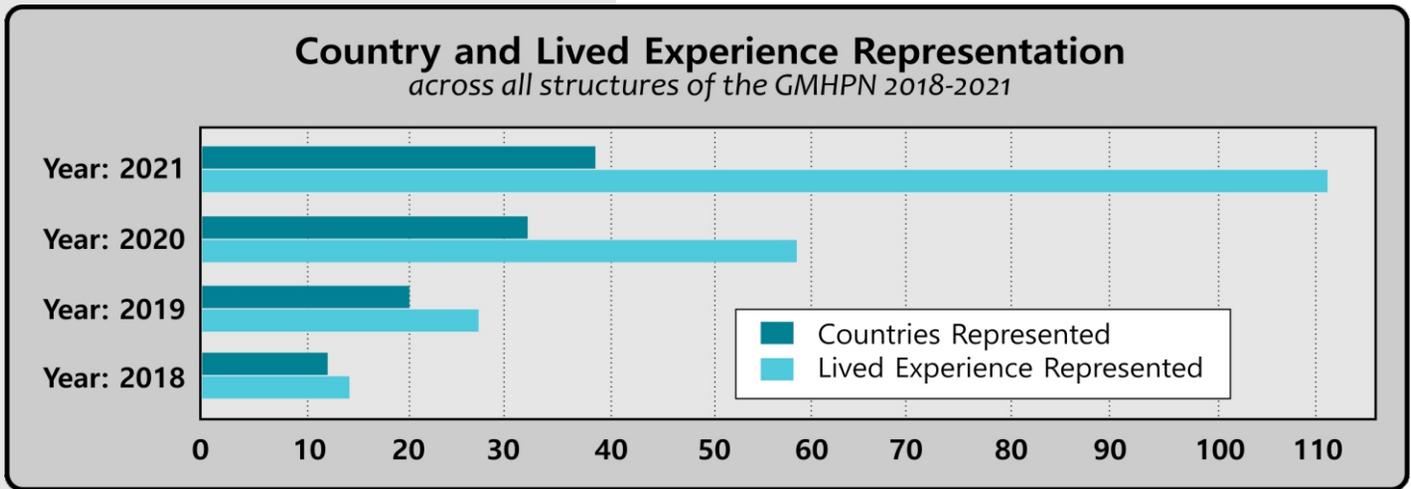


Unapologetically,  
Expert by Experience

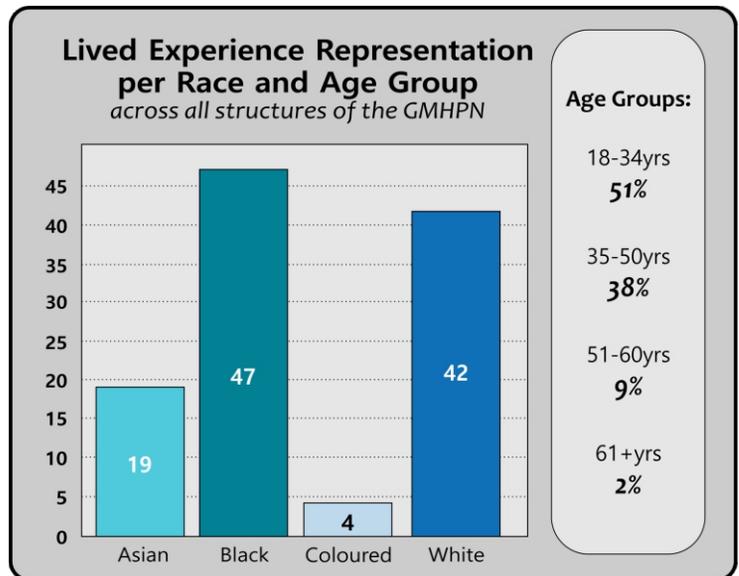
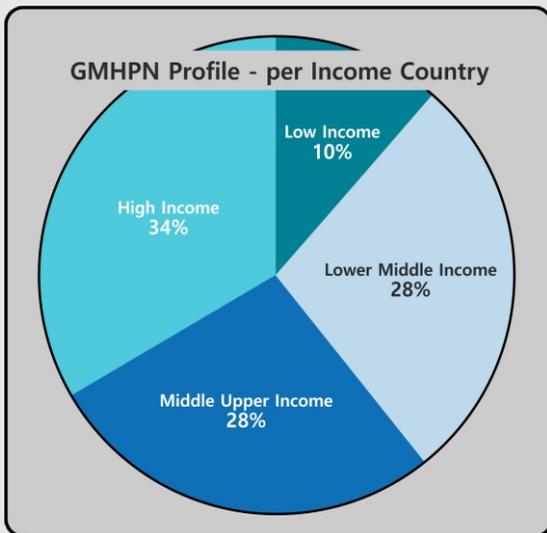


GLOBAL  
MENTAL  
HEALTH  
PEER NETWORK

# Organisational Status



We ensure diversity of our lived experience leaders, with **62% women/ 38% men**; and **51% youth** ...



# Operational Budget

The Global Mental Health Peer Network is kindly supported by the Foundation to Promote Open Society (FPOS) through an organisational support grant (2020-2023). Supplementary income is derived from consultancy services to external partners and stakeholders, and crowdfunding donations.

The **annual core expenditure** of the organisation amounts to **R1,8 million (\$120,000 / £90,000)**.

Support our work

Click Here to  
**DONATE**

**Unapologetically,  
Expert by Experience**

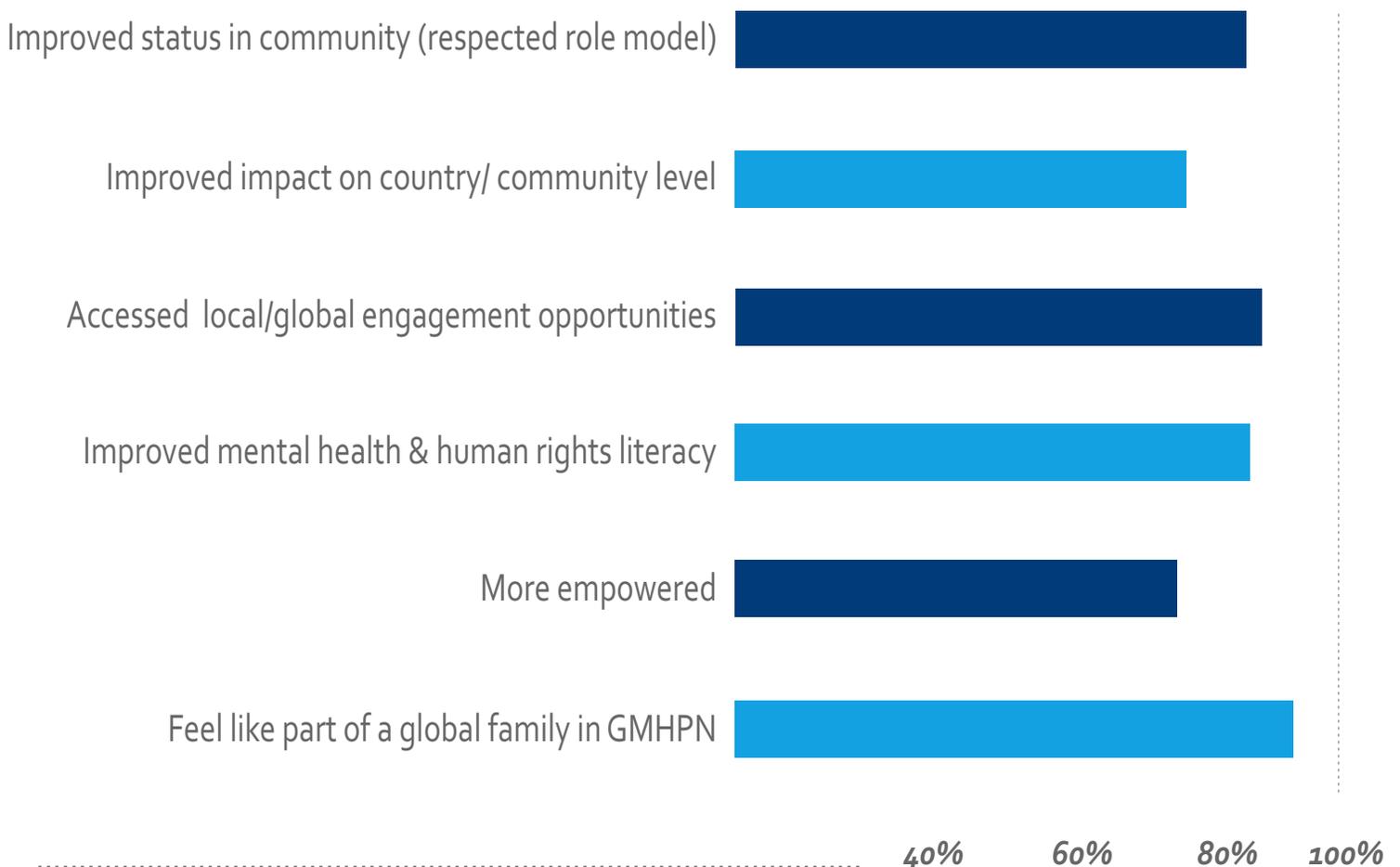


**GLOBAL  
MENTAL  
HEALTH  
PEER NETWORK**

The GMHPN has grown exponentially and evolved since its establishment in 2018. In October 2021, we have conducted an Impact Survey with our leadership from across all the 6 world regions to assess and evaluate our impact, based on the experiences of our leaders and their involvement in the GMHPN's work and activities.

## Results

Our members' feedback indicated below the most significant impact areas that contributed towards the advancement of their development as global lived experience leaders of the GMHPN.



# Our Impact

*"Learning so much about all the fantastic work everyone is doing. It is really impressive."*

*"The kindness of everyone to help and comfort. The lessons and empowering feeling of being who you are and standing for your rights, different country best experience and methodology."*

*"I've seen so many inspiring people around the world. And it's inspire me too."*

The **BEST** part  
of being involved  
in the GMHPN

*"The connection with peers and to be a witness to the incredible work and journey of each."*

*"Being empowered and building my network."*

*"GMHPN feels like a family to me, but most importantly I like the way the Global office listens and values everyone's opinions and ideas."*

*"The sense of community and the fact that the challenges we go through are similar despite different geographical locations."*

*"Networking with an amazing, intelligent bunch of people enhanced my connection and involvement in programs I could only ever dream of."*

*"Being part of a global community of highly respected, experienced and empathetic peers."*

*"Being part of a global mental health community that knows no race, religion, tribe. The only language we speak is mental health. That is impactful."*

*"It is empowering to have a platform on a global level to put my ideas into action. As a new researcher and practitioner, I needed a platform to channelize my ideas and GMHPN gives me that. It is proud to represent GMHPN on national and global platform, and network with diverse mental health practitioners. I think it is a strong connection to initiate interdisciplinary work and with locals across the globe."*

*"Meeting inspiring people and find out a different take on the mental health issues, from people with lived experience."*

**Unapologetically,  
Expert by Experience**



**GLOBAL  
MENTAL  
HEALTH**  
PEER NETWORK

# Our Impact

*"Observing the team in action to help me find my voice, allowing me to better articulate the benefits of my lived experience."*

*"Resources and support so generously shared across the globe."*

*"Feeling like part of a strong community and being inspired by all the amazing and courageous people and their stories."*

*'The empowerment, love and support I get from every single person in the GMHPN family has been the best part. I don't feel alone or unheard anymore.'*

*"The opportunity to contribute to handbooks and alike, meeting experts by experience from different cultures."*

*"Being able to meet like-minded friends, tap on various expertise, get advice and various opportunities."*

*"Being part of family with mental health lived experiences knowing you're not alone and collaborating and networking with like-minded people in mental health spaces."*

*"Being supported and empowered to be an advocate and a leader."*

*"The knowledge sharing on different GMHPN social media platforms."*

*"The sense of community and the fact that the challenges we go through are similar despite different geographical locations."*

*"Being part of a community of like-minded individuals wherein mental health is given the utmost value and it is not stigmatised. People are given a strong platform to be themselves and to speak openly about their struggles and how to help others in their journey. It is a gigantic collaborative effort that I am proud to be part of and I am overwhelmingly happy with where I am not judged negatively because of my mental health and I can be open and honest about these aspects."*

The **BEST** part  
of being involved  
in the GMHPN

**Unapologetically,  
Expert by Experience**



**GLOBAL  
MENTAL  
HEALTH**  
PEER NETWORK