



Global Mental Health Peer Network



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LATEST UPDATES

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Barrier Free Futures Shows Features Laura Van

Laura Van Tosh, a mentor and CLC member from United States, was featured in the Barriers Free Futures Show. Laura shares her insights on Olmstead Decision Act, the ADA, mental health and part of her lived experience. Listen to the full episode via the link below.

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Power of Insight-Lived Experience

Swetha Jammalamadugu honorary member from Botswana, wrote an article on the power of insight from a lived experience perspective. The article highlights the importance of having insight into ones lived experience and how that promotes recovery You can access the full article using the link below.

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REPORT OF A VIRTUAL ROUNDTABLE MEETING ON ONLINE MENTAL HEALTH CONTENT FOR YOUNG PEOPLE AND GUIDANCE ON COMMUNICATION, 4 OCTOBER 2023



WHO meeting report released on mental health content that supports young people

The report provides a detailed summary of discussions from a virtual roundtable meeting on exploring guiding principles for developmentally-appropriate online mental health content for young people. The report presents ten guiding principles that are centred on the need for content that is emotionally relevant, inclusive, and aligned with evidence-based practices to effectively support young individuals' mental health in a rapidly evolving digital landscape. You can access the report using the link below.

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Making cities mental health friendly for adolescents and young adults

Urban life shapes the mental health of city dwellers, and although cities provide access to health, education and economic gain, urban environments are often detrimental to mental health. Shaping the aspects of urban life that influence youth mental health could have an enormous impact on adolescent well-being and adult trajectories. You can access the publication using the link below.

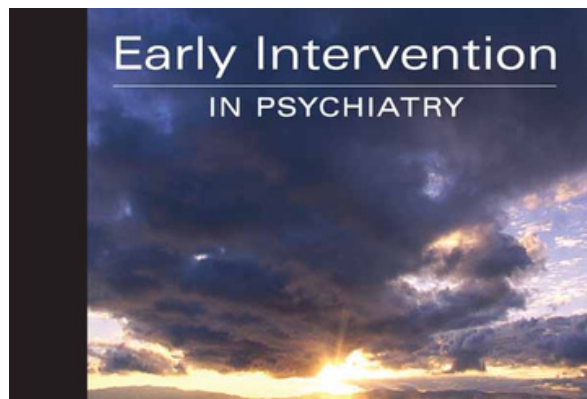
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Understanding the Mental Health of Canadians Through Covid 19 and Beyond: Poll #19

New research out of Mental Health Research Canada demonstrates the worst self-rated mental health indicators since the end of the pandemic, with more than one in ten Canadians reporting high self-rated anxiety or depression. For more details use the link below to access the full document



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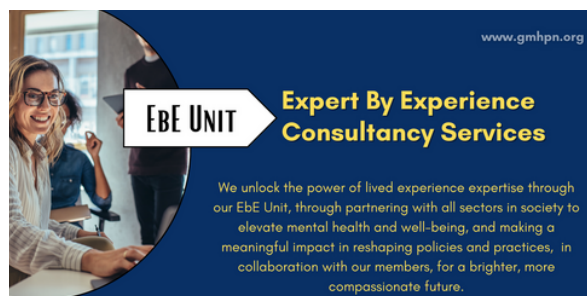


Lifestyle Intervention for young people with Serious Mental Illness.

Our Country Leadership Committee member from Australia, Catherine O'Donnell, co-authored a paper published in the Early Intervention in Psychiatry Journal. Implementation of a lifestyle and life-skills intervention to prevent weight gain and cardiometabolic abnormalities in young people with first episode psychosis as part of routine care: The Keeping the Body in Mind program. You can access the publication using the link below.

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EbE Consultancy Services



Unlock the power of lived experience through our Experts By Experience Consultancy Services. We're here to partner with all sectors in society to elevate mental health and well-being. Together, we can reshape policies and practices for a brighter, more compassionate future.

Discover our unique services and join us in making a meaningful impact today! Watch the video using the link below.

[Watch Now](#)