



Global Mental Health Peer Network



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LATEST UPDATES



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Lived experience perspectives-Research

GMHPN through our CEO Charlene Sunkel, authored a research in collaboration with Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London. Media and anti-stigma activities could help combat mental health stigma and discrimination, but only with lived experience involvement.

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W.H.O Workshop in China

Our Global Manager, Sandra Ferreira recently participated at a WHO workshop in Shanghai, China. The workshop centres around pre-service education in Mental, Brain and Behavioural Health: Scaling up implementation & dissemination. These guidelines are to be disseminated later this year.



Exploring perspectives of stigma and discrimination among people with lived experience of mental health conditions: A co-produced qualitative study

GMHPN members Kriti Vashisht and Muskan Lamba led by our CEO Charlene Sunkel co-wrote an article on **Exploring perspectives of stigma and discrimination among people with lived experience of mental health conditions**. Efforts to understand the mechanisms and consequences of mental health-related stigma and discrimination need to center the perspectives of people affected by these negative impacts, through research efforts that are led or co-led by people with lived experience (PWLE) of mental health conditions. You can access the article using the link below.

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Strengthening the Knowledge Base for Youth Mental Health in ASEAN

Singapore CLC member Cameron Tan, published a paper in the Vanguard Thinktank. Youth mental health is an increasingly important priority area within ASEAN, with the youth constituting a significant third of the region's population. The World Health Organization highlights alarming rates of suicide attempts among adolescents, with numerous national and regional dialogues emphasizing the urgent need for strengthened mental health support. You can access the publication using the link below.

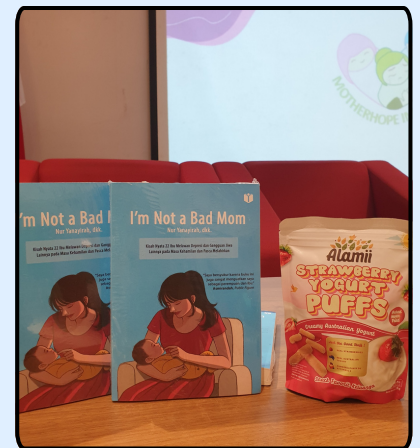
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Book Launch - I am Not a Bad Mom

Nur Yanayirah, CLC member from Indonesia co-authored a book: **I am not a bad mom.**

The birth of a baby is always associated with happiness, but what if that joy turns into sadness, fear and anxiety? I'm not a Bad Mom presents the true stories of 22 mothers who struggled with depression and other mental disorders during pregnancy and postpartum until they recovered and achieved happiness as mothers.

Book ordering information:
Yana (by WA only) 089667334086



Lived Experience Advisory Board: Psychosis Study

Sharline Cordner, CLC member from Trinidad & Tobago has been selected as a board member in the lived experience advisory board to study psychosis. The board will ensure that the voices, perspectives and expertise of PWLE are integrated into a 5 year research project (Intrepid III). Congratulations Sharline, we know you will fly high!



Deinstitutionalize mental health care, strengthen community-based services: WHO

The World Health Organization has called on countries in WHO South-East Asia Region to prioritize transition from long-stay institutional mental health services to community-based care, to ensure these services are accessible, equitable, and stigma-free, and the affected individuals provided opportunities to lead a productive life. You can access the full article using the link below.

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