

Newsletter

Inaugural YA4C virtual conference - Youth-Driven Solutions: Bridging Grassroots Advocacy & Global Mental Health



GMHPN Young Agents 4 Change held a successful virtual conference on 15th March. Our diverse panel—comprising advocates, professionals with lived experience, and changemakers—delivered powerful insights on Grassroots Youth Engagement Movements: Local to Global

 [Watch Here](#)



The missing voices of the Life Esidimeni tragedy

Sandra Ferreira, GMHPN's Global Network Manager wrote a book review that was published in the South African Journal of Science. It delves into the profound impact of the Life Esidimeni tragedy, emphasizing the often-overlooked experiences of the over 1,700 patients and their families affected by the event. The article underscores the necessity of acknowledging and addressing the enduring trauma experienced by those directly impacted. It calls for a more inclusive discourse that considers the perspectives of all affected individuals, advocating for systemic changes to prevent such tragedies in the future.

 [Read More](#)

New Treatments Are Rewriting Our Understanding of Schizophrenia

Charlene Sunkel, CEO of GMHPN, shared her lived experience in an article by Scientific American. The article explores the evolving understanding of schizophrenia and highlights novel treatment approaches. It underscores a paradigm shift in understanding and treating schizophrenia, moving toward more nuanced and individualized approaches that go beyond the traditional dopamine-centric view.

[Click to Read](#)



Developing Peer Leadership in the USA

Laura van Tosh, Chair of the Board of Management and Mentor at the GMHPN, was featured in a podcast where she shared her insights on developing peer leadership in the USA. Laura advocates for integrating individuals with lived experiences into decision-making processes, emphasizing how their unique perspectives drive transformative change and promote recovery-oriented practices. She also addresses challenges such as overcoming stigma and ensuring meaningful participation, offering strategies to navigate these obstacles effectively.

[Access Here](#)



Remuneration Framework and Stakeholder Assessment Tool for Meaningful and Authentic Inclusion



[Watch Here](#)

GMHPN held a webinar on fair remuneration for lived experience expertise, unveiling a framework designed to ensure equitable compensation and authentic inclusion in mental health advocacy. The webinar explored the development process, challenges in standardizing pay, and the need for clear contracts to prevent tokenism. In collaboration with health economics experts and individuals with lived experience, GMHPN co-produced this vital framework to accelerate progress in the equitable and ethical remuneration of lived experience expertise in global mental health.

Launch of the Mental Health Champions Network in Sierra Leone



Lucy Cecilia Lamin, our Country Leadership Member of the GMHPN in Sierra Leone, played a key role in launching the nation's first-ever Mental Health Champions Network. The Government of Sierra Leone, through the Ministry of Health (MoH) and its development partners, officially unveiled this groundbreaking initiative at the Bank Complex in Freetown. The network brings together dedicated volunteers who have demonstrated exceptional commitment to advancing mental health—whether through personal experiences, professional work, or community engagement. We are proud to Lucy advocating for mental health in her country.

[Read More](#)

nature reviews
psychology

Promoting lived experience expertise in mental health research

Eleven lived experience experts shared their personal journeys, emphasizing the importance of integrating firsthand perspectives into mental health research. Their insights highlighted the transformative potential of co-production in shaping more effective and empathetic mental health practices. This underscores the value of collaborative approaches, where researchers and individuals with lived experiences work together to enhance understanding and treatment of mental health conditions.

[Read More](#)

Exploring the attitudes of mental health professionals toward recovery and peer support in Taiwan

A recent study published in BMC Psychiatry explores the perspectives of mental health professionals in Taiwan on recovery and peer support services—a topic still emerging in the region. Researchers conducted semi-structured interviews with 19 professionals from nine psychiatric rehabilitation organizations, uncovering three primary themes. Notably, peer support in Taiwan remains largely informal, with environmental factors being a primary concern. The study suggests that individuals with mental illness in non-Western contexts may require more extensive preparation to effectively serve as peer support workers.

[Read More](#)



Mental health expert's perspective on risk and protective factors of suicide ideation in Patients with OCD and depression

A recent qualitative study published in BMC Psychiatry explored mental health experts' perspectives on the risk and protective factors associated with suicidal ideation in individuals diagnosed with both depression and Obsessive-Compulsive Disorder (OCD). The study highlights the complex interplay of cognitive, emotional, and environmental factors in shaping suicidal ideation among individuals with comorbid depression and OCD.

[Read More](#)

Neurodivergence and mental health—Recognising what needs championing and challenging

Let's Celebrate
Neurodiversity!



Neurodiversity
Celebration Week
13th - 19th March

The editorial, published in PLOS Mental Health on March 17, 2025, explores the intricate relationship between neurodivergence and mental health. It emphasizes the importance of embracing neurodiversity, which recognizes the many ways individuals move, communicate, act, and process information. The authors argue that while neurodivergence and mental health are distinct concepts that often intersect, requiring a balanced societal approach that neither over-medicalizes nor trivializes the experiences of neurodivergent individuals.

[Read More](#)