



Global Mental Health Peer Network



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LIVED EXPERIENCE SHOULD GUIDE MENTAL HEALTH POLICY



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GMHPN Deputy CEO manuscript featured on The Naked Scientist - Podcast

Our Deputy CEO, Claudia Sartor, wrote a manuscript earlier this year. It was selected by Cambridge Prisms to be part of their - The Naked Scientist Podcast. The value of people with lived experience in mental health and the monetary value of our expertise was the key focus of the podcast.

[Listen to the podcast](#)



Mental Health Recovery Movements & Definitions in EU Countries

The GMHPN Europe team region, chaired by Julieann Cullen, hosted a webinar aimed at highlighting the importance of recognizing the difference between "being in recovery" from a lived experience perspective versus medical definitions of recovery. We thank all presenters for their invaluable input and expertise

[Watch the webinar](#)



Destigmatisation & Inclusivity in Community/Workplace Mental Health.

As a follow-up to our webinar on WMHD, our Asia/Oceania region hosted an important discussion on stigma & inclusivity in mental health. Evidence shows that the most effective way to end stigma & discrimination in mental health is to involve people with lived experience in all facets of mental health. Thank you to our wonderful Asia/Oceania region for your powerful contributions.

[Watch the Webinar](#)



Therapy Now - Officially Launched

Our Country Leadership Committee member, Elza Berk from South Africa has officially launched a program-**Therapy Now** for those struggling with addiction and needing treatment. They have counselors available to assist with harm reduction as well as abstinence programs - both individual, family and group counseling.

[Link to their website](#)

Lived Experience Perspective - Laura Van Tosh

Our Country Leadership Committee Member, Laura Van Tosh, from America shared her lived experience in a webinar by The National Academies of Sciences, Engineering, and Medicine, named Strategies to Improve Access to Behavioral Health Care Services through Medicare and Medicaid. Laura continues to be a trailblazer and an avid voice for importance of peer involvement in all areas of mental health legislation.



[Watch the webinar](#)



The Mass Shooting in Maine Made Me Defensive About My Mental Illness

Our Honorary Member, Michele Capots, from America wrote an article titled **The Mass Shooting in Maine Made Me Defensive About My Mental Illness** which was published on Newsweek. Michele speaks candidly and bravely about what the weight of carrying a mental health diagnosis means and how the media play an important role in destigmatizing the narrative.

[Click for more info](#)



Our Social Media Officer shares his lived experience

Our Social Media Officer and Country Leadership Committee member, Edwin Mburu, from Kenya was featured on **Now that I am Older** YouTube channel sharing his lived experience with Substance Use Disorder and ADHD. Edwin candidly shares how social drinking later escalated and spiraled out of control to addiction and how he is using his lived experience to influence mental health globally.

[Watch here](#)