



Global Mental Health Peer Network



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**INSIDE THIS ISSUE**

- Conferences in Lima and Kenya
- Suicide Prevention - Sharing Stories, Facts and Tips
- Some international news and headlines



**GMHPN Founder and CEO Presents at Peruvian Congress of Psychiatry in Lima**

Our Founder and CEO, Charlene Sunkel, presented at the XXVII Peruvian Congress of Psychiatry 2023 in Lima on "People with lived experience of a mental health condition in service delivery - Perspectives for change" and "Stigma and mental health in people living with mental health conditions".



**GMHPN Deputy CEO Attends Mental Health conference in Kenya**

Claudia Sartor, our Deputy CEO, joined a team from The SMH Foundation, Segal Family Foundation, Fondation d'Harcourt, and more than 30 other mental health organizations for a two-and-a-half-day conference in Kenya. Topics of discussion included sustainability, impact, and well-being. She also sat on a panel, where they discussed impact, monitoring, and evaluating our work.

**Fact Sheet on Suicide and Its Prevention**

Fact Sheet on Suicide and its Prevention is a comprehensive and informative resource created by dedicated individuals within the Global Mental Health Peer Network. It was created by GMHPN CLC members Duncan Nkhoma from Zambia and Laura Grattidge from Australia, with input from the GMHPN Suicide Prevention Sub-Committee.

[Get The Fact Sheet Online in PDF](#)



**Surviving Suicide: Telling our authentic African stories.**

The GMHPN's Northern Africa region will be hosting a webinar in commemoration of suicide prevention month where we will hear from our GMHPN members and their authentic African experiences.

**Date: 8th Sept 2023**  
**Time: 13:00EAT / 12:00 SAST**

**Moderator:** Claire Kyalo, Kenya

**Speakers:** Jaletta Teressa (Ethiopia), Wairimi Karingi (Kenya), Jennifer Dafwat (Nigeria)

## Celebrating International Suicide Prevention Day

### 'SURVIVING SUICIDE: TELLING OUR AUTHENTIC AFRICAN STORIES'

The GMHPN Northern Africa team region hosted a webinar in commemoration of Suicide Prevention month. The speakers were Jeniffer Dafwat (Nigeria), Wairimi Karingi (Kenya), and Jaletta Teressa (Ethiopia). The session was moderated by Claire Kyalo from Kenya. We thank our members for their honesty in sharing their experiences and most importantly, their hope.

[Watch the Webinar](#)

## GMHPN COUNTRY LEADERSHIP COMMITTEE MEMBERS MAKE A CONTRIBUTION IN THE WORLD PSYCHIATRY OFFICIAL JOURNAL

Congratulations to our CLC members, Julieann, Miracle, Gema, Caroline, Esenam, Marc, Muskan, Edwin, Benny, Anto and Jaletta, who contributed to the paper in the World Psychiatry Journal, page 352. The article provides the first bottom-up review of the lived experience of depression, co-written by experts by experience and academics.

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The Seattle Times

Letters To The Editor | Log In | Subscribe

## Behavioral health: The power of peer support

Our CLC member Laura Van Tosh posted an opinion piece in The Seattle Times addressing their article titled - "Mental health needs to go beyond what \$1 billion will do for King County".

"The last line of the editorial - "Time for all hands on deck to help those who often can't help themselves" - ignores the enormous progress made by the peer support movement. Over at least the last five decades, a conservative estimate, peers (people who are in active recovery from mental health conditions and/or substance use disorders) have worked tirelessly to rise from dependence to empowerment"

-Laura Van Tosh & Nancy Dow

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## Behavioral health: The power of peer support

Sep. 15, 2023 at 2:20 pm

By [Letters editor](#)  
The Seattle Times

**It's okay to take a break**

Take care of your mental health.

Unapologetically Experts By Experience

**Peer Support in Mental Health**

We Rise By Lifting Others

Unapologetically Experts By Experience

**Suicide Prevention: Creating Hope Through Action**

BE KIND TO YOUR MIND

Unapologetically Experts By Experience

Meaningful conversation with someone we trust can build resilience and help reduce negative feelings

Unapologetically Experts By Experience

## First ever Africa Climate Summit in Nairobi, Kenya

### The Missing Voices? Disability Inclusion in the Africa Climate Summit 2023

“Gaps exist between policy and practice on climate action in terms of the participation of women with disabilities in both the development and implementation of strategic interventions on climate change and adaptation measures. This gap must be bridged urgently to ensure that women with disabilities are cushioned from the adverse effects of climate change and that they are taking leading roles in mitigating climate change and fostering climate adaptation measures. Recognizing the critical role of women in the management of natural resources, we must strive to realize climate action that is inclusive of women with disabilities.”

-Liz Ombati, Kenya Network of Women and Girls With Disabilities.

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## Statement on 1st Anniversary of Adoption of the Guidelines on Deinstitutionalization

On August 18, 2023, the UN Committee on the Rights of Persons with Disabilities observed the one-year anniversary of the adoption of its Guidelines on Deinstitutionalization, including in emergency situations (CRPD/C/5). The Global Coalition on Deinstitutionalization (‘GC-DI’) includes seven leading international organizations of persons with disabilities and civil society organizations and TCI is also a proud member of this group. Jointly, The GC-DI issued a statement on this occasion.

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## Kenyan Government Launches National Guidelines on Workplace Mental Wellness

Nairobi, Kenya - 14th September 2023 - The Ministry of Health took a significant step today by unveiling the National Guidelines on Workplace Mental Wellness. Acting Director General of Health, Dr. Patrick Amoth, led the launch on behalf of Cabinet Secretary for Health, Nakhumicha S. Wafula in an event held at Mathari Teaching and Referral Hospital.

[Click for more info](#)

[Click for more info](#)

## “BRING THE MOVEMENT TO YOUR AREA”

The Mobilize Recovery Day of Service is a national movement that harnesses the power of the recovery community—including allies, advocates and members. It convenes service projects as an actionable way to uplift one another, inspire civic engagement and give back to the broader community that supported them in their recovery journey.

Mobilize Recovery Day of Service is Saturday, September 30, 2023, marking the culmination of National Recovery Month and coinciding with International Recovery Day.