Global Mental Health Peer Network

Services by Experts by Experience

www.gmhpn.org

Lived Experience

The **Global Mental Health Peer Network** *is proudly constituted by* ***Experts by Experience****, within all of its structures and sub-structures - from governance, management, operations, advisors, mentors, to regional and country level representation.*

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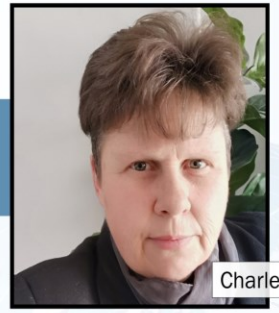
WHO IS THE GMHPN?

The Global Mental Health Peer Network (GMHPN) is an international **mental health Experts by Experience organisation** (hereto referred to as *persons with lived experience*), with its Global Office based in Johannesburg, South Africa.

The GMHPN was formally registered as a Non-Profit Organisation (**NPO 212-449**) under the South African Non-profit Organisations Act 71 of 1997 in July 2018 and in July 2019 registered as a Public Benefit Organisation (**PBO 930065563**) with the South African Revenue Services. In April 2020, the GMHPN received its **Equivalency Determination Certification**, recognised equivalent to a US public charity.

Global Office areas of responsibility and work focus areas

Global Mental Health Peer Network



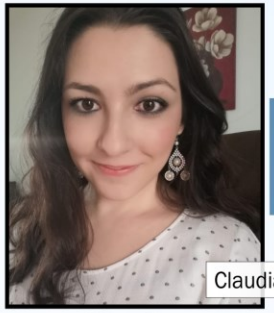
Charlene.Sunkel@gmhpn.org

Charlene Sunkel
Founder/CEO

- *Organisational development*
- *Donor/ funder relations/ funding security*
- *Organisational health checks and progress evaluation*
- *Financial management and administration*
- *Management of Honorary Mentors and Members*
- *Social media - Facebook, Twitter, LinkedIn*
- *Website management, graphic design, video production*
- *Review policies, strategic documents, toolkits, etc*
- *Co-host "Transforming the World Together" talk show*

PRIMARY FOCUS AREAS:

- *Mental health advocacy, human rights, policies*
- *Mental health care and services - transformation*
- *Non-Communicable Diseases (NCDs)*
- *Disability*



Claudia.Sartor@gmhpn.org

Claudia Sartor
Deputy CEO

- *Human Resources*
- *Organisational legal oversight and contractional and referencing documentation*
- *Income generation projects*
- *Manage and develop innovations and global projects*
- *Management of Regional and Country Executive Committee*
- *Social media - Instagram*
- *Host "Transforming the World Together" talk show*

PRIMARY FOCUS AREAS:

- *Workplace mental health and policies*
- *Youth mental health*
- *Mental health and wellness*

Zak.Martah@gmhpn.org

Zak Martah
Project Assistant

- *Development and implementation of commemorative dates/ campaigns*
- *Management of Sub-Committees*
- *Administrative support*
- *Online events technical support*
- *Events organising support*

PRIMARY FOCUS AREAS:

- *Youth Mental Health*
- *Non-Communicable Diseases (NCDs)*
- *Mental health and wellness*

- *Strategic development*
- *Partnerships*
- *International representation, consultancy and public speaking*
- *Research and authorship of commentaries/ position statements*
- *Population specific/ vulnerable groups initiatives*

- *Webinars and online lived experience engagement*
- *Campaign conceptualisation, development and implementation*
- *Project health checks and progress evaluation*

WHO IS THE GMHPN?

Since the GMHPN's establishment in 2018, the focus of its work has involved the building of a sustainable structure to serve two main purposes:

1) **to develop a global leadership of lived experience; and**
2) **to create a sophisticated communication platform where the lived experience community can share their views, opinions, perceptions and experiences.**

As an **international organisation for and run by persons with lived experience** holds a wealth of expertise among its lived experience representatives within the Global Office and Executive Structure.

The organogram on the right lays out the overall **Executive Structure** of the organisation.

GMHPN Executive Structure

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gmhpn@gmhpn.org

The GMHPN will strive towards establishing a well-represented global structure that consider diversity within country settings, and in which the organisation will operate.

The *Regional Executive Committee* are elected by the entire Executive Committee. The Committee consists of Regional Representative Leads and Regional Deputy Representative Leads. Members of the Regional Executive Committee serves a one (1) year term.

The *Country Executive Committee* are appointed through an application process - applications are reviewed by the Global Office who then appoint country representatives. Up to 4 representatives are appointed per country, maximum 5. Members of the Country Executive Committee serves a two (2) year term. Members then have the opportunity to apply for Honorary Mentorship after a full 2 year term is served.

Sub-Committees operate as working groups with its objective to focus on specific issues impacting on the lives of people associated with these specific population groups (youth, LGBTQ and carers/families) and in so doing, enhance diverse voices and perspectives within the GMHPN. Sub-Committees ordinarily consist of no more than 10 members in total, 5 members from the GMHPN Executive Committee and no more than 5 external members (not part of the formal structure). Only external members follow a formal application process to join a specific Sub-Committee of interest.

Honourary Mentors → **The *Honourary Mentors* are there to guide and empower the Regional and Executive Committee Representatives, through their own experiences and skills obtained from having served in that capacity [Executive Committee]. Honourary Mentors serve a term of up to two (2) years and then automatically become Honourary Members.**

Honourary Members → The *Honourary Members* are life long members for those who had been involved in the GMHPN Executive Committee since the inception of the organisation and served their full term in office.

The GMHPN Executive Structure is designed to develop new global lived experience leadership and create a sophisticated platform for diverse lived experience voices to be at the forefront of change. Empowerment is built into the structure and experienced representatives become teachers and mentors to the newly appointed lived experience representatives.

OUR SERVICES BY EXPERTS BY EXPERIENCE

Workplace Virtual Workshops

Global Mental Health Peer Network offers ***virtual workshops*** for private companies and organisations on a range of mental health topics, tailored to the client's specific needs.

The workshops are **conducted by persons with mental health lived experience** with expertise in the field of mental health, and the specific areas of the topics.

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What do we have to offer?

- **Virtual workshops** on a range of topics including:
  - Impact of COVID on mental health
  - Thriving at work - mental health and wellness
  - Lived experiences: schizophrenia, bipolar mood disorder, depression, anxiety
- Workplace **mental health policy** review/ development - making sure employees voices are reflected (through consultation)
- Establish workplace **peer support groups**, that are also informative
- Develop/design **information materials**

What make our workshops unique?

- Our presenters **all have lived experience** with mental health conditions
- We include **diverse perspectives** from different country contexts, allowing opportunity to learn from initiatives beyond borders
- We engage with your employees to **allow them to be at the centre** of transforming the workplace into a mentally healthy space where they are able to thrive

Contact us for more information and a quotation:
gmhpn@gmhpn.org

We **are globally connected** in the field of mental health which provides for a valuable source of ***real experiences***, ***unique perspectives***, global ***information*** and ***innovative thinking***. Our services are available to a range of public and private sectors – promoting, educating, informing, guiding, and creating of partnerships to **drive positive change**.

The key sectors that we work with:

- *Corporate/ Workplace;*
- *Organisations;*
- *Universities/ Schools/ Private Education Institutions;*
- *Medical/ Health*
- *Policy-Makers/ Decision-Makers;*
- *Research;*
- *Media/ Advertising*

OUR SERVICES BY EXPERTS BY EXPERIENCE

Workshops	• Hosting of workshops are conducted virtually through our Zoom platform (unless otherwise requested) • Workshops are usually between 1 and 2 hours long • Topics include but are not limited to: The impact of COVID-19 on mental health; Thriving at the workplace - mental health and wellness; lived experience : schizophrenia, bipolar mood disorder, depression, anxiety . All our workshops are tailored to meet our client's requirements • Workshops are interactive and allow for employees to engage with us and their peers and management on the topics discussed • Lead presenters are from South Africa and we also include additional presenters from other countries, all with lived experience with mental health conditions, to participate and who are working in the mental health space
Policy/ Guidelines/ Toolkits	• We have expertise and knowledge of legal aspects, human rights, reasonable accommodations for persons with mental health conditions, mental health and well-being, and practical and innovative solutions from lived experience perspectives to enhance workplace mental health policies/ guidelines/ toolkits/ mental health messaging • We conduct focus groups and/or surveys with employees or relevant individuals to ensure that their needs are reasonably incorporated into policies, guidelines, toolkits and other relevant materials/ documents
Peer Support	• We set up peer support groups (virtual) for employees/ students, coordinate and facilitate the groups up to 3 months or until the group are equipped to continue further on their own post our involvement with you • The support groups are informative - providing information on topics identified by the group
Information	• We have in-house graphic designing services and develop electronic information materials (flyers, posters) on mental health and well-being related topics, specific to the target audiences with the client's own branding and communication information, to disseminate to employees/ students/ public

OUR SERVICES – PRICE LIST

ITEM	DESCRIPTION	AMOUNT (Exchange Rate 1 ZAR = 15 USD)	
		ZAR	USD
1) CONSULTATION			
Review/Input	Review documents and provide lived experience expert inputs (up to 20 pages – additional pages fee can be negotiated)	R6300	$420
Engagement	Facilitate, co-facilitate and coordinate lived experience engagement session/ preparation per session	R10800	$720
Consultation	Lived experience expert stipend per session (1-2 hours) per individual	R2175	$145
2) HOSTING MENTAL HEALTH WORKSHOPS/ CORPORATE SERVICES			
Preparation	Workshop preparation flat fee	R1260	$84
Workshop	Virtual workshops of 1.5 hours presented by 3 lived experience experts from at least 2 countries	R10800	$720
Peer Support Groups	Facilitate and coordinate virtual peer support groups for employees per 1-hour session (weekly, 2-weekly, monthly – up to 3 months – after which group members are equipped to continue themselves)	R1800	$120
Policy	Develop/review workplace mental health policy including reasonable accommodation – further guided by employee/ student needs and challenges (as per consultation conducted with employees/ students)	R12600	$840
Assessment	Assess needs and challenges of employees (up to 100) in terms of mental health support requirements in the workplace through focus groups and surveys, analyse data and produce report and recommendations	R12600	$840
Information Materials	Graphic design/develop electronic mental health information materials for employees (posters/ flyers) per topic	R1800	$120
3) PARTICIPATION/ SPEAKING AT EVENTS (IN-PERSON/ VIRTUAL)			
Presentation	GMHPN Expert by Experience presenting/ speaking at events (in-person or virtual/ webinar) *Excluding travel/accommodation costs where applicable for in-person events	R2430	$162

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