

Global Mental Health Peer Network

Unapologetically, Experts By Experience



Annual Report 2021-2022



GLOBAL
MENTAL
HEALTH
PEER NETWORK



GLOBAL MENTAL HEALTH PEER NETWORK

Global Office, Paarl,
Western Cape, South Africa



gmhpn@gmhpn.org



www.gmhpn.org

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We focus on what will
make the most difference

Focus Areas

Empowerment

Lived Experience
Engagement

Awareness
and Advocacy

Human Rights

Research

Global Mental Health Peer Network

Legal Status

Non-Profit Organisation (NPO 212-449) registered in SA
Public Benefit Organisation (PBO 930065563) registered in SA
Equivalency Certification (US public charity)

Our work is supported by

Foundation to Promote
Open Society (FPOS)



supported by
ember

Who we are ...

GMHPN is an organisation that **values the voices and experiences of people with lived experience of mental health conditions** and whose platform creates a safe communication environment for individuals to share their experiences, opinions and recommendations on mental health. It provides for a **global network of peer led leadership and advancement in individual's advocacy journey and/or career path**. It embodies **ideals of empowerment, enablement and development** from local advocacy efforts towards global advocacy efforts in changing the status quo of mental health around the world. It advocates for the **meaningful and authentic inclusion and participation** of persons with lived experience in all matters related to mental health, by which they are directly affected.

GMHPN is **exclusively and completely represented by persons living with mental health conditions**, whose expertise is invaluable. Collectively, and across 6 world regions, our organisation and its members work towards the common goal of uniting perspectives and recommendations from our members. Our **expertise bring about practical recommendations** which derive from our own lived experiences in mental health. We aim to improve mental health and human rights literacy, transform policies and practices, and with the main objective of destigmatising mental health and reducing discrimination against persons living with mental health conditions.

GMHPN **fills the gap that exists in global mental health reform, policy and practice**, in that its members provide the most **honest and forthcoming opinions and recommendations on themes trending across the world** as far as mental health is concerned. People with lived experience are experts by their own right stemming from their personal journeys in navigating mental health systems, care and treatment towards recovery. GMHPN is the only global organisation that truly reflects a global lived experience movement.



The Global Mental Health Peer Network is proudly constituted by

100%

Experts by Experience across all structures.

As an international organisation for and run by persons with lived experience, it holds a wealth of expertise among its lived experience representatives within the organisation.

GMHPN - a global network of peer led leadership and advancement in lived experience advocacy



Organisational Structure

-■ Board of Management
-■ Global Office
-■ Regional Coordinators
-■ Regional Executive Committee
-■ Country Leadership Committee
-■ Mentors

.....■ **In-House Teams:** *Research; Peer Support*

.....■ **Sub-Committees:** *Youth; Women Empowerment; LGBTQ; Stigma; Education; Human Rights; Peer Support; Suicide Prevention*

.....■ **Honorary Members**

Our experiences matter

Many of us have extensive experience of the debilitating impact of social and economic exclusion and human rights violations – many of us can speak of being ostracised, marginalised, segregated and discriminated against, and how we have struggled to access appropriate mental healthcare and support that could help address our specific and unique needs towards recovery.

Our lived experiences and past struggles have made us more resilient to have lived through adversity and made us more determined to be actively involved in creating a world where we all can thrive, not just survive.

Our perspectives matter



GMHPN strongly supports and advocates for a **person-centered and recovery approach** to mental health care and services - it is challenging the paradigm of medical traditions and institutional care models that have subjected individuals with mental health conditions to severe human rights violations, developed structures of societal segregation, and denied the inherent human dignity and voice of persons with mental health conditions.

The GMHPN is built on the premise of an **integrated and holistic response** to mental health care and services that **incorporates medical, social and human rights models** - this approach critically emphasizes the multidimensional aspects of mental health conditions and societal challenges that cannot be addressed in isolation as a medical problem.

People with lived experience of mental health conditions must be acknowledged as **equal partners** and thus power imbalances need to be restored and establish **recognition of the value of our contributions** to the socio-economic status of every nation.

Reflections

Founder/CEO

Every year brings us to another level of achievement and being part of this, has been the most rewarding experience. We have however faced certain barriers that influenced access to funding to help keep us ahead of the continuous growth of the organisation, but despite these obstacles, our determination, dedication and passion for our work have kept us on a path that only moves forward. I am proud of the entire GMHPN team who have gone above and beyond commitment to keep the GMHPN alive and thriving as a lived experience community who values humanity and who strive towards creating a world where every human being's dignity is placed central to every plan and every action. Once again, we express our sincere gratitude to our funder (Open Society Foundations), our mentor (Ember), our partners and supporters, our Board of Management, our staff members, committee members, volunteers and our families who have walked right beside us on this journey of building a global lived experience organisation, run by and for people who experienced the impact of mental health problems.



Charlene Sunkel

Deputy CEO

It has been a year filled with both highs and lows and there is no point in denying that the lows caused mental and physical distress amongst us all. The COVID19 pandemic affected not only individual's health but also the economic and operational wellbeing of NPO's, NGO's and PBO's such as ourselves. We unfortunately report losing members during the pandemic and it also became seemingly difficult to seek financial aid to support our continued efforts towards improved mental health care, service delivery and recovery, worldwide. That said, April 2021 brought about an enormous increase in GMHPN lived experience leaders and a rapid growth in representation, confirming the need to upscale our operational structures. We reviewed existing policies and structures and aligned them accordingly to the organisation's needs and outputs. We put in place new roles and committees which to date has proven to be efficient and created effective risk management. I sincerely wish that the next year continues to unfold and bring about more positive change. I cannot emphasise enough how proud I am of GMHPN's work, its global lived experience presence and particularly the impact its had on its members and the public alike.



Claudia Sartor

Highlights

Governance

The GMHPN appointed a **new member to its Board of Management**, Ms Jani Van Der Westhuizen, who has expertise in the performing arts.

We appointed **new auditors**, AB Accounting Specialists, who is a **youth lead professional accounting firm** based in Kwazulu Natal, South Africa. AB Accounting Specialists are managing our PAYE and UIF, taxes and expenses records.

Sustainability

The GMHPN was selected as one of the nine partners of **Ember cohort 2022** out of 167 applicants worldwide. We are looking forward to strengthening our capacity and skills within the organisation through this partnership to take GMHPN to another level of success and inspire greater change globally.

We received a **tie-off grant** from Foundation to Promote Open Society (FPOS) that secured another year of operations (until 2024).

Our **Experts By Experience Consultancy Services** are up and running, offering our unique perspectives and expertise.

"GMHPN are experts at bringing in the perspective of lived experience, and helped us to think about the impact we could have on shifting the public debate on mental health in society." ~ Unilever

Operations

The GMHPN has put several **mechanisms** in place to **protect the reputation and sustainability** of the organisation.

We developed **policies and guiding documents**, that include:

- Branding Policy
- Ethical Code of Conduct
- Policy Document for Lived Experience Engagement - Remuneration

The **protection** of our members' **wellbeing and continued empowerment** is of utmost priority and therefore we keep engaging our members to remain informed on their specific needs and challenges.

To **support** our members, we have in place:

- WhatsApp groups serve as peer support
- Provision for Leave of Absence
- Buddy System
- Guidelines for effective engagement for stakeholders to limit potential stress on members who participate in initiatives.

We equip our members to **actively and meaningfully** fulfil their respective roles in the organisation and enable the development of leadership potential, through:

- Orientation sessions
- Mentorship program
- Ensure international engagement opportunities for all members
- Activities of GMHPN are developed based on topics identified by members.

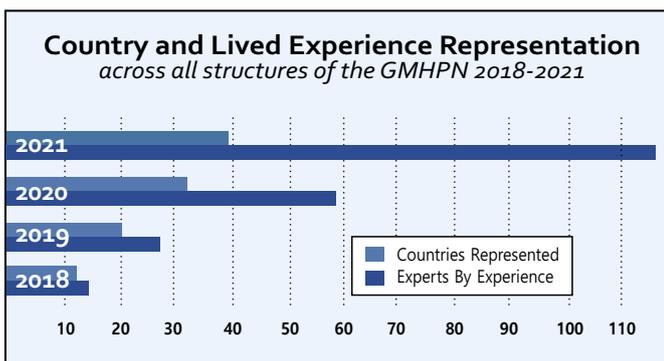
Highlights

Overall Profile

We ensure diversity of our Experts By Experience, with **63% women** and **37% men**; **51% youth**; **44% Black**, **18% Asian**, **3% Coloured**, and **35% White**. The organisation's **disability status is 100%**.

Our geographic representation extends to all 6 world regions and are inclusive of **11% low-income** countries, **29% lower-middle income**, **30% upper-middle income**, and **30% high-income** countries.

The GMHPN's reach has seen a **growth rate of 200%** over the past year.



Mentorship

We have appointed **7 Mentors** who are providing mentorship to our newly appointed members of the Country Leadership Committee on specific needs of the Mentees.

Both **Mentors and Mentees evaluate their interactions and effectiveness** of the mentorship program through online feedback, and assessed by the Global Office. This allows for making continuous improvements to the program.

Leadership

In June 2021, we appointed our **new members of the Regional Executive Committee**, after an election process. The new leadership has proved to be dynamic and executed a number of activities within the various regions in collaboration with the Country Leadership Committee. The activities ranged from hosting webinars, drafting position papers, and developing information materials for social media campaigning.

We have appointed **65 new members** to the Country Leadership Committee in 2021, and expanded our global footprint to **39 countries**.

3 new Sub-Committees have been established in 2021:

- **Education:** *Focusing on mental health in the education system.*
- **Women Empowerment:** *Focussing on women's mental health.*
- **Human Rights:** *Focusing on identifying human rights issues across all sectors of society that impacts on recovery.*

2 additional Sub-Committees will be launched in 2022:

- **Peer Support:** *Focusing specifically on Peer Support Work/Specialists and to amplify our advocacy initiatives to establish Peer Support Work in the mental health workforce.*
- **Stigma:** *Focusing on stigma in mental health that results in discrimination.*

Highlights

Achievements

Our CEO, Charlene Sunkel, was one of the recipients of the **2021 Pardes Humanitarian Prize in Mental Health**.

Our representative from India, Manvi Tiwari, won the **Individual Storytelling Award 2022 from the InsideOut Awards**.

Impact Assessment

We've conducted an **Impact Assessment** with our members, to determine whether the organisation is fully aligned with its vision, mission and objectives; where and how we can improve; and what members proposed as focus areas for 2022.

The results indicated that overall, through the GMHPN, our members:

- *Felt like part of a global family*
- *Became more empowered*
- *Improved knowledge of mental health and human rights*
- *Had opportunities to participate in local and/or global initiatives and events*
- *Helped to make an impact on others with mental health conditions in their country/community*
- *Are respected and/or seen as a role model in their community*
- *Are proud to be associated with GMHPN*

"GMHPN feels like a family to me, but most importantly I like the way the Global Office listens and values everyone's opinions and ideas."

Members across all 6 world regions identified top focus areas for 2022 - the **top 8 areas in order of priority** to take forward collectively by the GMHPN, include:

- **Human Rights and Policy Reform**
- **Stigma and Discrimination**
- **Suicide Prevention and Awareness**
- **Research and Research Training**
- **Peer Support**
- **COVID Impact on Mental Health**
- **Gender-Based and Domestic Violence**
- **Youth Mental Health**

The **3 top focus areas specific to each region** include:

- **Africa** - Stigma and Discrimination, Peer Support, COVID Impact on Mental Health
- **Americas** - Social Determinants of Mental Health, Human Rights and Policy Reform, Peer Support
- **Europe** - COVID Impact on Mental Health, Trauma, Suicide Prevention and Awareness
- **Eastern Mediterranean** - Stigma and Discrimination, Human Rights and Policy Reform, MHPSS Services
- **South East Asia** - Alternatives/Coercion in Mental Health, Research and Research Training, Youth Mental Health
- **Western Pacific** - Human Rights and Policy Reform, Vulnerable/minority Groups, Alternatives/Coercion in Mental Health

Highlights

Restructuring

The organisation grew exponentially and evolved over time, therefore restructuring was necessary - the following **key changes** are implemented:

Change Recruitment Strategy/ Requirements

- We are refocusing and targeting those who are in initial stages of their advocacy journey (who could benefit from empowerment to advance their advocacy journey) and those who are retired (but would like to continue advocacy work on their own pace).
- Our Regional Executive Committee are involved in the application review process.
- Opening applications only once a year, instead of quarterly.

Revised Structure and Defined Roles and Responsibilities

- Dividing the Africa Region into two Sub-Regions, to reduce the size of the group.
- Appointing Regional Co-Leads with equal power and responsibilities, instead of a "Lead" and "Deputy".
- Creating a monitoring and evaluation mechanism through new "Regional Coordinators" positions.
- Changing "Country Executive Committee" to "Country Leadership Committee" for a clearer definition.

Continuous Empowerment and Education

- Develop online courses on various topics, starting with Advocacy 101.

Rebranding

We created a complete "**new look**" for the organisation, including a new logo, slogan and revamped website. Our members were involved in the process.

Social Media Reach

 facebook	50,000
 twitter	175,000
 Instagram	1,000
 LinkedIn	40,000
 YouTube	5,000

Website Reach

The [website](#) has been revamped and officially launched in July 2021. We receive an average of **10,000 visits** daily.

Newsletter Reach

The GMHPN's monthly newsletter contains activities of the GMHPN and its members, informative content and global news. The newsletter is co-produced by 2 volunteers, Annemarie Botes and Sandra Ferreira.

The newsletter is targeted at the lived experience community and the broader public. The newsletter directly reaches over **3000** people globally.

Highlights

Partnerships

The GMHPN has established **5 new formal partnerships**:

- **IPPS Recovery** (Portugal)
- **EUCOMS** (Netherlands)
- **IIMHL** (United States)
- **RECONNECT** (United Arab Emirates)
- **Ember** (United Kingdom)

Representation

The GMHPN joined **4 new boards, committees and working groups**, with representation on:

- **Countdown for Mental Health Project** - Advisory Group
- **Georgia Mental Health Plan** - International Expert Commission
- **World Health Organisation** - Development Group for Schizophrenia
- **World Health Organisation mhGAP** - Global Development Group



Collaborations

The GMHPN **collaborated** with organisations and initiatives, (position statements, narratives and webinars), including:

- **Mental Health Europe** - Mental Health Advocacy Platform released a statement calling for a European Strategy for Mental Health that takes an intersectional approach and can meet everyone's diverse needs, GMHPN joined this initiative as a signatory.
- **World Federation for Mental Health** - Co-authored a position paper around the theme of "Mental Health in an Unequal World" and with the specific focus on the African Continent, where members of our Africa Region contributed lived experience narratives.
- **WHO/OHCHR** - Consultation session for technical expert meeting on draft mental health law guidance document.
- **UK All-Party Parliamentary Group on Global Health** - Follow up review of how health workers roles will change globally over the next 15 to 20 years.
- **Orygen Global** - Consulted on and participated in a webinar on understanding challenges of communities' mental health in LMIC.
- **WHO** - Our members provided lived experience narratives for the new World Mental Health Report.

Highlights

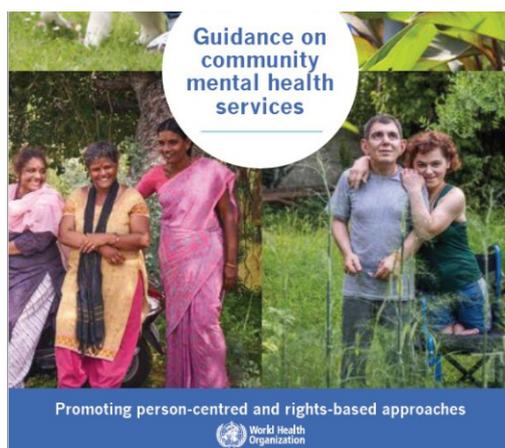
We were **involved in the development and review** of guidance and technical resources, reports and strategic documents, including:

World Health Organization

We reviewed and provided lived experience perspectives to the **WHO Guidance and Technical Packages on Community Mental Health Services**, which was launched on 10 June 2021.

We also participated in workshops to provide inputs into the selection of **Packages of Interventions for Rehabilitation**, for Schizophrenia.

We have been involved in the Global Development Group to provide lived experience perspectives into the **mhGAP** review.

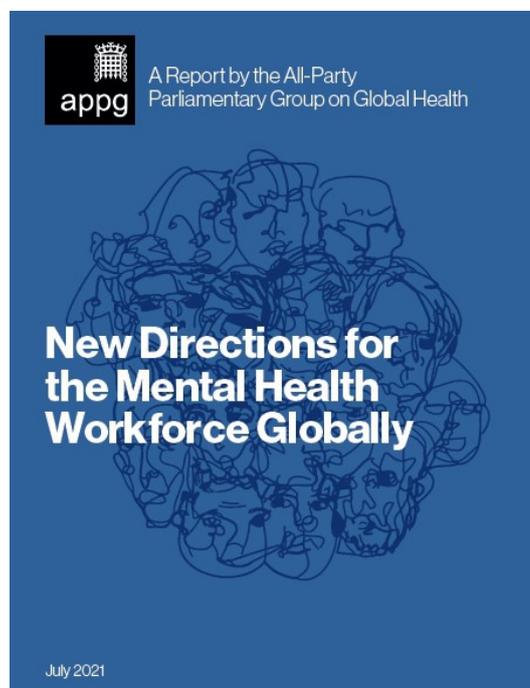


CBM Global

We provided insights into peer support towards the development of CBM's **Community Mental Health Good Practice Guide: Peer Support**.

All Party Parliamentary Group On Global Health

Through participation as an expert witness at the All Party Parliamentary Group in the UK, we had the opportunity to promote lived experience perspectives, and the subsequent report on **New Directions for the Mental Health Workforce Globally**.



Ethiopian Government

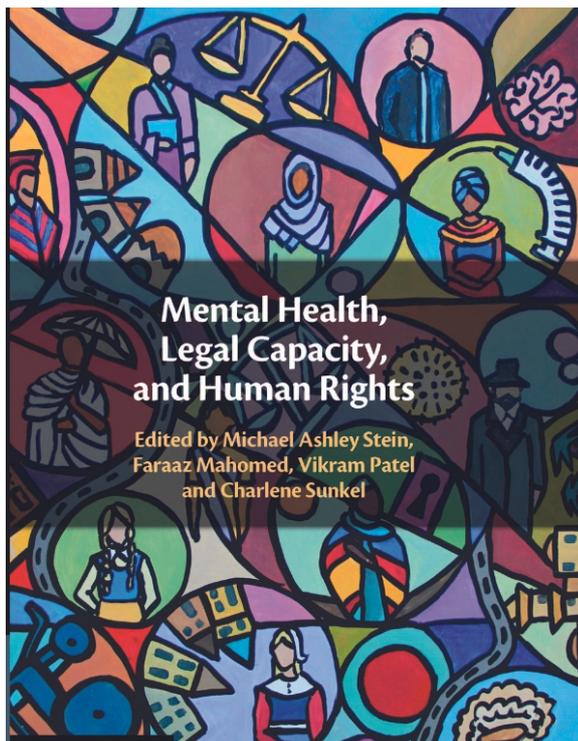
The Ethiopian government has launched the **National Mental Health Strategic Plan** on 13 July 2021 which sets out a roadmap for the next 5 years. Mental Health Service Users Association in Ethiopia represented by Eleni Misganaw, who is one of the GMHPN Mentors, were involved in the drafting and reviewing process, with other stakeholders.

Highlights

Features



Our CEO featured in *The Tycoon Magazine* as one of the top business women on 2021.



Publications

The GMHPN authored/ co-authored more than **6 publications**, and include:

- "COVID-19 mental health impact and responses in low-income and middle-income countries: reimagining global mental health" *Lancet Psychiatry*
- "Reducing stigma and discrimination associated with COVID-19: early stage pandemic rapid review and practical recommendations" *Epidemiology and Psychiatric Sciences*
- "Perspectives: involving persons with lived experience of mental health conditions in service delivery, development and leadership" *BJPsych Bulletin*
- "Mental Health, Legal Capacity, and Human Rights" *Cambridge University Press*
- "The path to global equity in mental health care in the context of COVID-19" *The Lancet*
- "Opportunities and challenges: a case for formal peer support work in mental health in a South African context" *Taylor Francis*

Our CEO, Charlene Sunkel, co-chaired the **Lancet Commission on Ending Stigma and Discrimination in Mental Health**, with Prof Sir Graham Thornicroft, due to be launched in October 2022. Members of GMHPN participated in and helped to disseminate an online survey that collected lived experiences related to stigma and discrimination, with narratives included in the Commission report.

Highlights

Webinars

We hosted **8 webinars** in collaboration with our Regional and Country Executive Committees:

- The World is Waiting to Hear Your Story (April 2021)
- Stigma and the Impact on Mental Health (May 2021)
- Holistic Healing in Mental Health (June 2021)
- Role of Lived Experience in Research (August 2021)
- Invisible Wounds - Suicide Prevention (September 2021)
- Shifting the Focus to ADHD (September 2021)
- World Mental Health Day (October 2021)
- South East Asia - World Mental Health Day (October 2021)
- Africa - Change the 'Beat' of GBV February 2022

Our webinars are usually **live streamed** to our Facebook page. These webinars reached over of **10,000** views.



World Mental Health Day
Zoom link: <https://bit.ly/WMHD9Oct>

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Raj Mariwala  Director of Mariwala Health Initiative (MHI) Topic: "Why Do We Need Queer Lens in Our Mental Health Services?"	Dr. Wissam Mahasneh  Member of the European Psychiatric Association Topic: A Lost Decade of Human Rights for the Refugees (The Impact of the COVID -19 on Mental Health of the Refugees - Challenges and Solutions)	Agus Sugianto  Executive Committee GMHPN Indonesia. Topic: Advocating human rights against chaining practice and promoting mental health from self-experience perspective.	Kevin Ng (黃協龍)  Chinese Indonesian journalist and columnist Topic: Being Ethnic Minority - Minority Stress and Barriers for Mental Health
Benny Prawira (Host) Country Executive Committee GMHPN Southeast Asia			

ON 9th October 2021
4 P.M Jakarta
02.30 P.M IST
11.00 AM EET
5 P.M Perth

Conferences

We presented at more than **14 international and high-level conferences** (virtual), including:

- NIMH 11th Global Mental Health Research without Borders Conference (US)
- Delicate Mind – A Global Portrait Of Mental Health (UK)
- Impact of Covid-19 on mental health and well-being (SA)
- Anglophone Africa Webinar on the COVID-19 impact on the right to mental health (UN)
- MHA 2021 Annual Conference, From Resiliency to Recovery (US)
- WHO's new guidance on community mental health services: Promong person-centred and rights-based approaches (Switzerland)
- Employee Mental Health and Wellbeing in the Covid-19 Era (SA)
- Peers Empowering Peers Conference (US)
- Mental Health in an Unequal World (WFMH)
- Global Mental Health Summit - Mind Our Rights Now (France)
- World Congress on Psychiatry (Columbia)
- Together Against Stigma Conference (Czech Republic)
- World Health Summit 2021 (Germany)
- IMA MSN World Suicide Prevention (India)

Highlights

Commemoration

Annually we commemorate international awareness days, including, but not limited to:

- **International Women's Day** (March)
- **Nelson Mandela Day** (July)
- **Suicide Prevention Day** (September)
- **World Mental Health Day** (October)
- **International Human Rights Day** (December)

Our Executive Committee are instrumental in conceptualising ideas for the commemorative days and participate in the activities that the Global Office initiate.

Apart from the key days, we identify commemorative days that could link with our focus areas and create key messaging for social media or other activities around these themes.

Project

We established a working group of Experts By Experience from our Executive Committee to investigate personal discoveries that emerged from the COVID-19 pandemic

Social media information materials were developed using **key messages** on: *Coping mechanisms; Self-awareness; and Interpersonal relationships.*

Working group members shared their personal experiences and positive perspectives related to COVID and mental health, for social media.

International Human Rights Day 2021

GMHPN believes that human rights in mental health are fundamental to transform health and mental health systems, to stop and prevent abusive and inhumane practices from inflicting harm.

A mental illness doesn't reduce the humanity of an individual, they deserve maximum respect of their rights. *Kabagambe Wilbrood (Uganda)*

Human rights are critical in mental health, because many mental health care users are vulnerable to abuse from the system which is supposed to protect them. *Hagianu Raluca (Romania)*

We cannot talk about mental health without considering the very rights that make us human. *Kriti Vashisht (United States)*

Mental health is the collective responsibility of communities and a basic human right as everyone deserves equal and equitable access to mental health resources which are currently reserved for the few elite. *Tendai Chisirimunhu Kathemba (South Africa)*

The degree to which fundamental human rights are infringed in anyway, at anytime, and in any place is directly proportional to the realization that good health, including mental health, cannot be achieved. *Larry White (Canada)*

Human rights are everyone's rights, without exception. *Shaun McNeil (New Zealand)*

Living with a mental health condition doesn't strip me of my human rights: respect that please. *Marie Abanga (Cameroon)*

Human rights is not just a word; it's respect and acceptance for everyone. Let's end mental health stigma now. *Godfrey Kagaayi (Uganda)*

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COVID-19 and coping mechanisms

~ Exercise
~ Outdoor Activities
~ Yoga and Meditation
~ Grounding Activities
~ Positive Thoughts
~ Gardening
~ 'Virtual' Socialising
~ Watching Movies
~ Reading
~ Gaming
~ Arts and Crafts
~ Creative Writing
~ Peer Support Groups
~ Caring for Pets
~ Housework

"I can... focus [my] energy on positive advocacy work instead of negativity."
"I plan time outside of home"
"I develop 'good' habits to keep healthy."
"I limit time spent on watching or reading news about COVID - rather spending time on creative activities."

Hobbies, habits, and outlets are critical to help individuals cope during the pandemic



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"Learning so much about all the fantastic work everyone is doing. It is really impressive."

"The kindness of everyone to help and comfort. The lessons and empowering feeling of being who you are and standing for your rights, different country best experience and methodology."

"I've seen so many inspiring people around the world. And it's inspire me too."

The **BEST** part
of being involved
in the GMHPN

"The connection with peers and to be a witness to the incredible work and journey of each."

"Being empowered and building my network."

"The sense of community and the fact that the challenges we go through are similar despite different geographical locations."

"GMHPN feels like a family to me, but most importantly I like the way the Global office listens and values everyone's opinions and ideas."

"Networking with an amazing, intelligent bunch of people enhanced my connection and involvement in programs I could only ever dream of."

"Being part of a global community of highly respected, experienced and empathetic peers."

"Being part of a global mental health community that knows no race, religion, tribe. The only language we speak is mental health. That is impactful."

"It is empowering to have a platform on a global level to put my ideas into action. As a new researcher and practitioner, I needed a platform to channelize my ideas and GMHPN gives me that. It is proud to represent GMHPN on national and global platform, and network with diverse mental health practitioners. I think it is a strong connection to initiate interdisciplinary work and with locals across the globe."

"Meeting inspiring people and find out a different take on the mental health issues, from people with lived experience."



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"Observing the team in action to help me find my voice, allowing me to better articulate the benefits of my lived experience."

"Resources and support so generously shared across the globe."

"Feeling like part of a strong community and being inspired by all the amazing and courageous people and their stories."

'The empowerment, love and support I get from every single person in the GMHPN family has been the best part. I don't feel alone or unheard anymore.'

"The opportunity to contribute to handbooks and alike, meeting experts by experience from different cultures."

"Being able to meet like-minded friends, tap on various expertise, get advice and various opportunities."

"Being part of family with mental health lived experiences knowing you're not alone and collaborating and networking with like-minded people in mental health spaces."

The **BEST** part
of being involved
in the GMHPN

"Being supported and empowered to be an advocate and a leader."

"The knowledge sharing on different GMHPN social media platforms."

"The sense of community and the fact that the challenges we go through are similar despite different geographical locations."

"Being part of a community of like-minded individuals wherein MH is given the utmost value and it is not stigmatised. People are given a strong platform to be themselves and to speak openly about their struggles and how to help others in their journey. It is a gigantic collaborative effort that I am proud to be part of and I am overwhelmingly happy with where I am not judged negatively because of my MH and I can be open and honest about these aspects."



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Global Office, South Africa



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Our **Experts By Experience Consultants** have diverse expertise in a range of fields to advise and support public and private entities to promote mental health and wellness in the workplace, and support businesses in developing strategies to incorporate mental health and wellness through their services and products.



Global Mental Health Peer Network

Experts By Experience Consultancy Services

Legal Status

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We are unique ...

As **Experts by Experience** we have unique expertise to offer, equally to other experts in their own fields of practice.

What make our **services unique**, is that we involve **ONLY persons with lived experience**, and ensure diverse perspectives within required contexts.

What we offer ...

Our services are **unique** in that we offer services that are delivered by persons with lived experience of mental health conditions - ranging from:

- **Virtual workshops** on a range of mental health related topics
- **Engagement sessions** with people with lived experience
- **Workplace mental health policy** review/ development
- **Establish workplace peer support groups**
- **Training of workplace mental health champions**
- **Develop/design information materials/ toolkits/ video materials**

Why should we prioritise mental health as a precursor for sustainable development?

Mental health conditions contributes to more than **10% of the global disease burden** (healthy years lost to death and illness). **75%** of this is in low- and middle-income countries.

World Economic Forum estimates that mental health conditions will **cost the global economy \$16 trillion in the next 20 years** if not addressed.

Research suggests that an estimate of **12 billion days (50 million years) of work are lost** each year due to common mental health conditions.

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