

2023

ANNUAL REPORT

This Annual Report is dedicated to EMBER who has been instrumental to the achievements and growth of GMHPN in this financial year.



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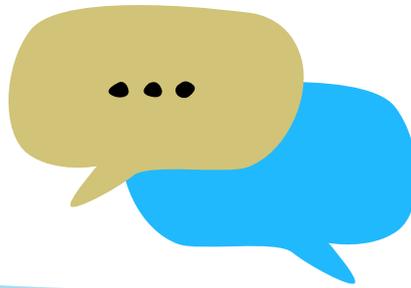
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**GLOBAL
MENTAL
HEALTH**
PEER NETWORK

-  Paarl, South Africa
-  gmhpn@gmhpn.org
-  www.gmhpn.org

A few words ...



Adv Nigel Carpenter (Chairperson)



Up until 5 years ago there was virtually no united and coordinated effort that activated the voices of people with lived experience to play an integral role in global mental health. Fortunately Charlene Sunkel, the founder of GMHPN, and a person with lived experience realised that the need to develop lived experience leadership is critical to set the foundation for meaningful and authentic inclusion of the lived experience community. The GMHPN was only founded 5 years ago and its rapid growth and expansion is a testament to Charlene's foresight. The strong core team she has built around her, Claudia Sartor (Deputy CEO) and Zak Martah (Project Assistant) have ensured the successes reflected in this report. It has been a privilege to be involved in GMHPN and my thanks go out to Charlene, Claudia, Zak and all its members and partners for their time, sacrifices and input into the GMHPN.

Ms Charlene Sunkel (Chief Executive Officer)



The journey has been remarkable over the 5 year existence of the GMHPN, in particular how we witnessed mindset changes occurring in relation to the value of inclusion of experts by experience across sectors. Our advocacy efforts that has highlighted our value as experts by experience has not been in vain.

The GMHPN Experts By Experience Consultancy Services that was relaunched in February 2023, has become the signature of the organisation, and has helped to position lived experience expertise as an undeniable key stakeholder in mental health.

Mrs Claudia Sartor (Deputy Chief Executive Officer)



It has been striking to watch the GMHPN membership grow not only in numbers, but in impact and inclusion. Our annual member impact assessment yields results that we are proud to share with the world. The results confirmed an increase in productivity and impact, empowerment, a sense of belonging and safety within the network. Our members were created as well as were more involved in a range of activities, content and resource development and, advisory and engagement through which they provided input into important mental health topics.

It has been a pleasure to be a part of such an amazing group of individuals.

Global Mental Health Peer Network

Organisational Structure

Board of Management

The **Board of Management** is established in accordance with the South African Non-profit Organisations Act 71 of 1997. Board Members are responsible for insight and oversight of the organisation.

Global Office

The **Global Office** is based in Paarl, South Africa, and responsible for the day-to-day operations; project development, implementation, monitoring and evaluation; sustainability and donor relations; partnership development; and coordinating the structural committees and forums.

The **Country Leadership Committee** consists of diverse lived experience advocates who are united on a platform that is a safe space to express lived experience perspectives and ideas, learn from peers and share own experiences and knowledge, support each other. Regional group activities and meetings are led by Rotating Chairpersons.

Country Leadership

Sub-Committees consist of internal (maximum 5) and external members (maximum 5) who focus on specific issues and enhance diverse voices and perspectives of specific population groups and related topics within the GMHPN.

Sub-Committees

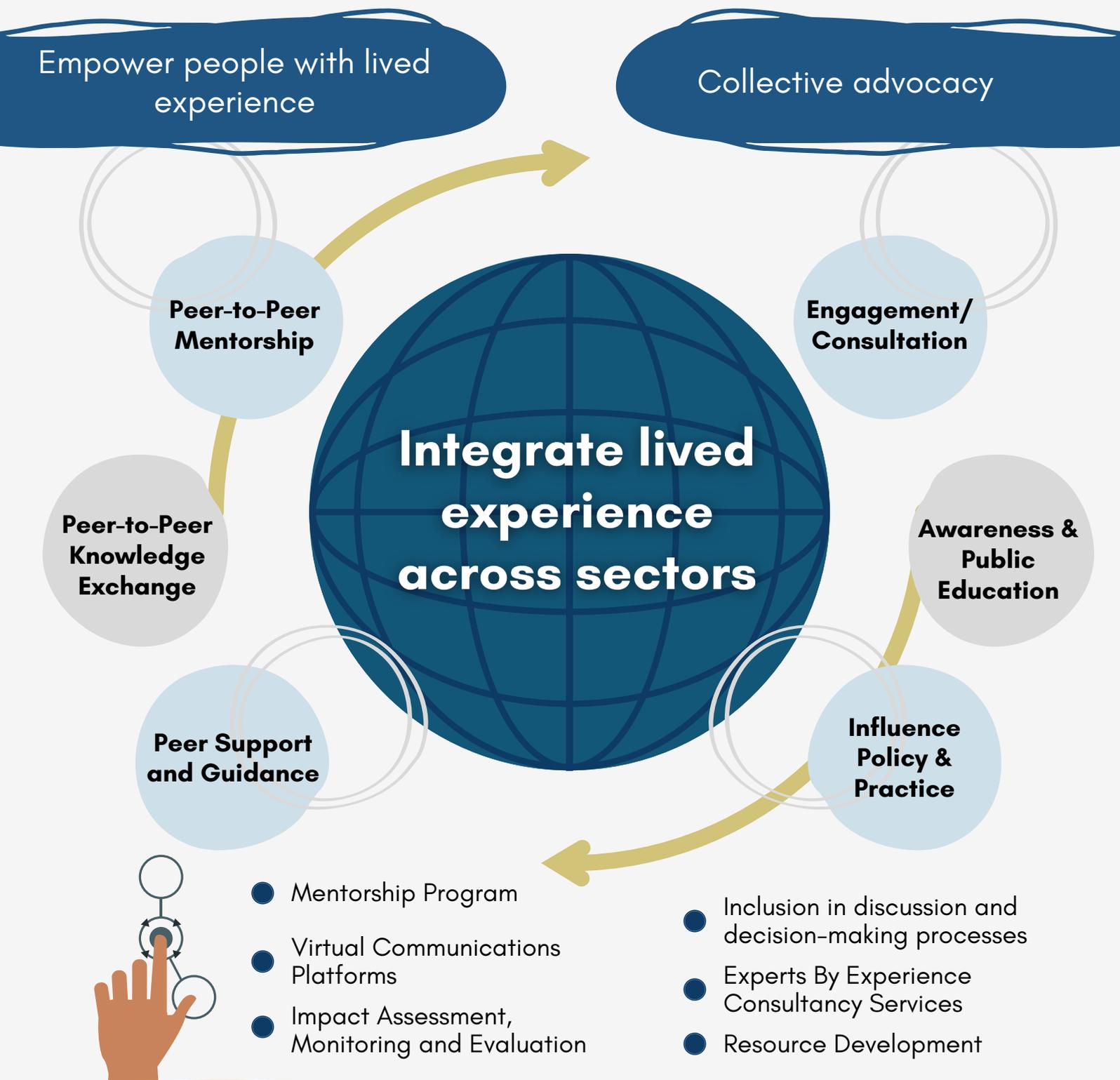
Honorary Membership is awarded to member/s who serve full 2 year term in the Country Leadership Committee and this type of membership is life-long. GMHPN believes retention of members is essential in creating a continued relationship with member/s and GMHPN.

Honorary Members

Global Mental Health Peer Network

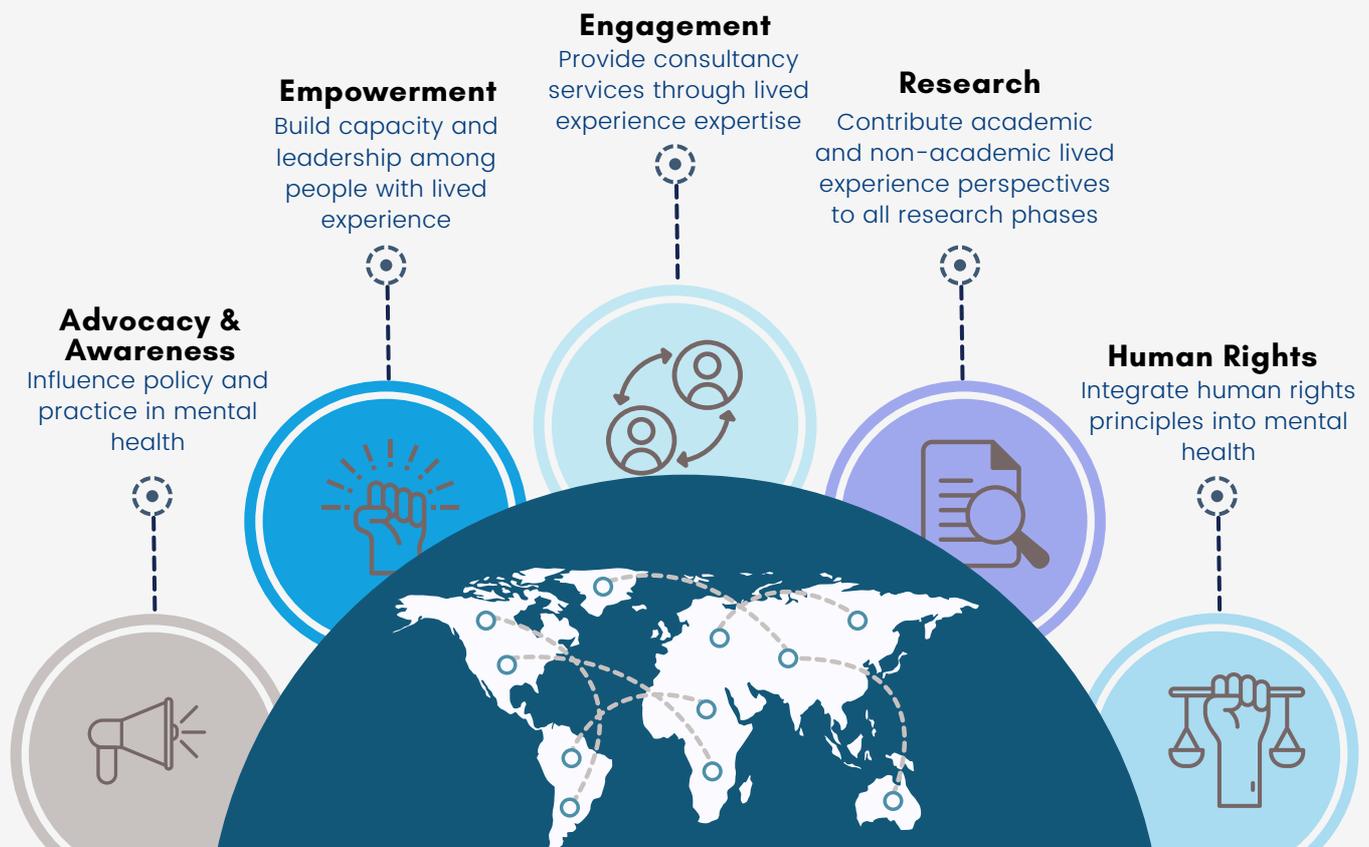
Our core activities

The Global Mental Health Peer Network (GMHPN) is an international organisation that builds capacity among people with lived experience of a mental health condition through empowerment, peer-to-peer mentorship, knowledge exchange and peer support.



Global Mental Health Peer Network

Our expertise



Partnerships

We have work and collaborated with various stakeholders, including international agencies, organisations, research and academic institutions, and private and public sectors.

Stakeholder partnerships is key - we have established formal partnerships with international organisations working in the mental health domain to bring lived experience voices into global conversations and initiatives. The GMHPN has had a promising year and we would like to give thanks to all our partners for being part of our growth and impact.

A special thank you goes out to **Ember Mental Health** for their continued support and mentorship. We would like to express our sincere gratitude to the team at Ember for trusting us and believing in us and the work that we do. We have no doubt grown in confidence as a result of their invaluable mentorship. It has been a pleasure to work alongside such a wonderful team of experts and great human beings.



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International Initiative
for Mental Health
Leadership

kokoro



MGMH
Movement for Global Mental Health

RECOVERY



Global Mental Health Peer Network

Our People - Photo Project



Global Mental Health Peer Network

Our People - Photo Project

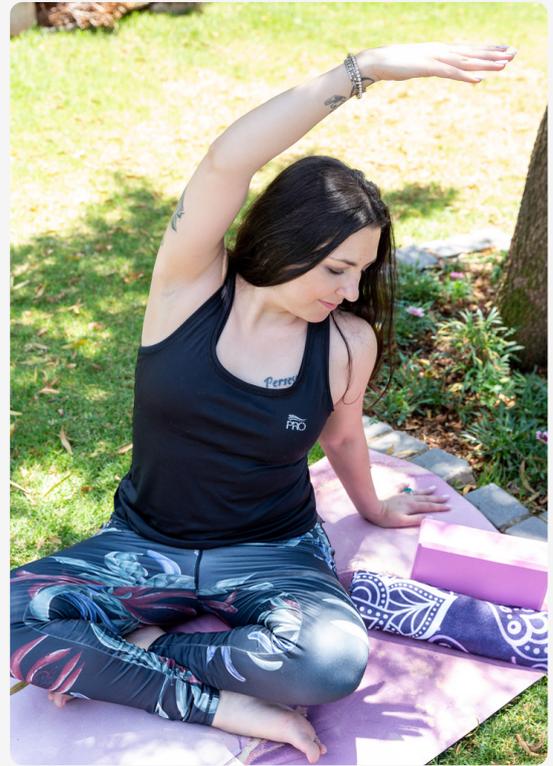


Photo Project supported by



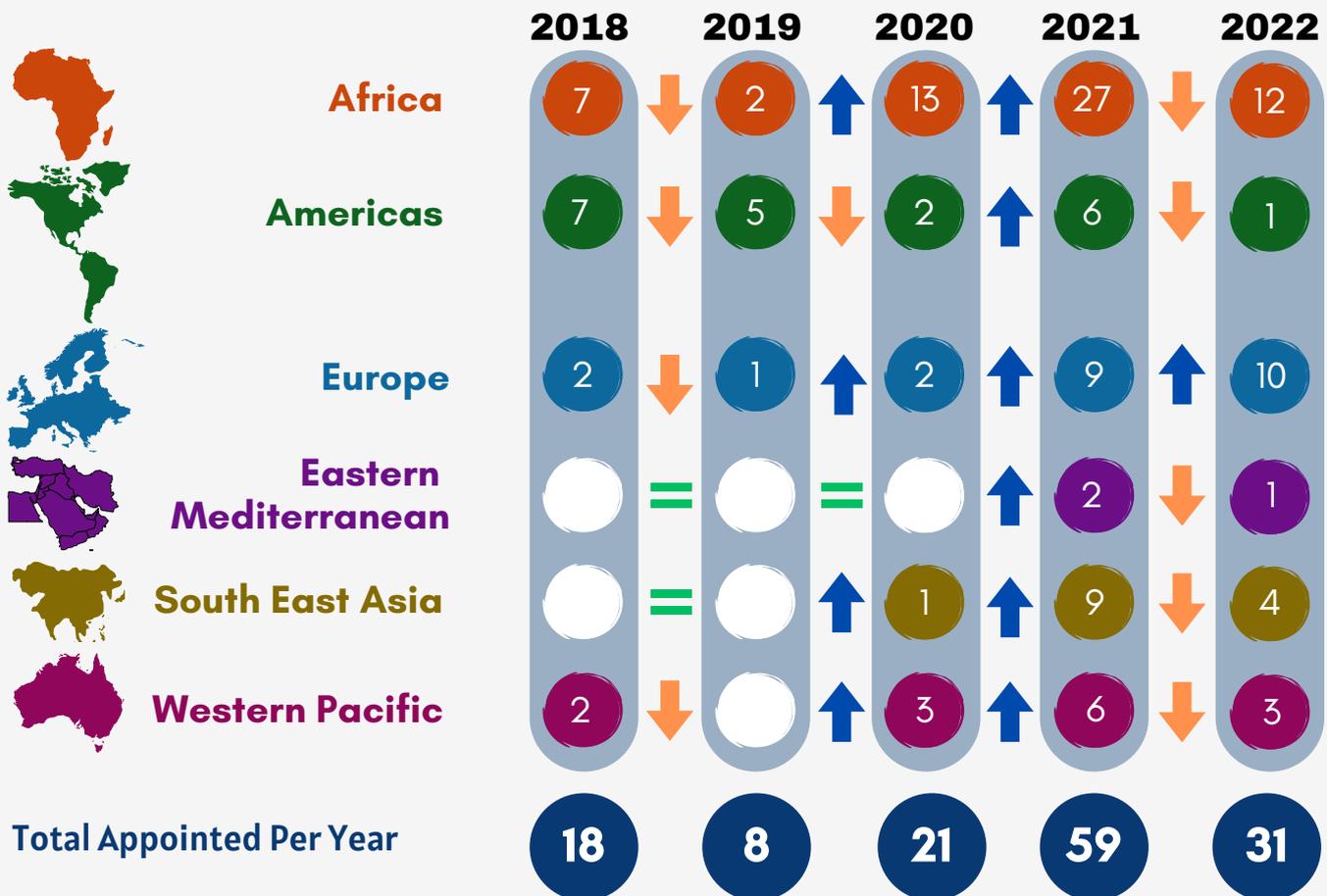
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Global Mental Health Peer Network

Member Appointments to the Country Leadership Committee

World Region

Member Appointments Per Year



Region/Country Representation

AFRICA: Botswana, Cameroon, Ethiopia, Ghana, Kenya, Malawi, Namibia, Nigeria, South Africa, South Sudan, Tanzania, Uganda, Zambia, Zimbabwe

AMERICAS: Brazil, Canada, Trinidad & Tobago, United States of America

EASTERN MEDITERRANEAN: Egypt

EUROPE: Belgium, Czech Republic, Denmark, France, Germany, Ireland, Israel, Netherlands, Poland, Portugal, Spain, Ukraine, United Kingdom

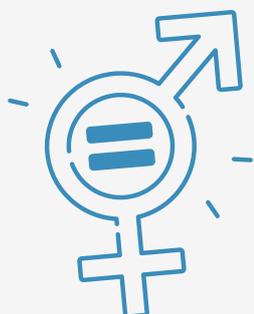
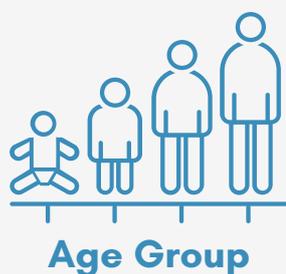
SOUTH EAST ASIA: Bangladesh, India, Indonesia

WESTERN PACIFIC: Australia, China, Hong Kong, New Zealand, Papua New Guinea, Singapore

Global Mental Health Peer Network

Member profile

The GMHPN pride itself for taking equality in every aspect serious and make sure that our global representation reflects equality in gender, sexual identity, ethnicity, age group and demographic. Through our members we have diverse experience and skill sets.



Global Mental Health Peer Network

Member impact assessment

The GMHPN conducts an Impact Assessment biannually to evaluate the impact that GMHPN has on its members in order to identify strengths and weaknesses to enable us to enhance our performance.

The best part of GMHPN is "*I have been able to use my years of lived experience and self-directed research to collaborate with others and produce materials on a wide range of mental health topics.*"

"The GMHPN gave me opportunities that I never believed I was capable of. The experience, the confidence they expressed in me and my advocacy, the tremendous ways in which they have helped me grow as an advocate has made me feel more confident about myself. The network's professional support as well as the shared sense of understanding that the family shares are the best parts."

Member feedback ...

Members indicated that the GMHPN has impacted in various domains:

- **proud to be associated with the GMHPN**
- **would recommend the GMHPN to fellow peers**
- **feel like part of a global family in the GMHPN**
- **experiences and views are always respected and appreciated in the GMHPN**
- **more empowered through the GMHPN**
- **improved knowledge of mental health and human rights**
- **opportunities to participate and/or contribute to local and/or global initiatives and events**

The best part of GMHPN is "*Being able to learn from others across the globe and finding solidarity in our quest for equality.*"

"GMHPN has helped me to gain more confidence regarding my lived experience. The conversations in the WhatsApp group, stories being shared and the marvellous work other members are doing just motivates me. Also being reminded that the lived experiences made us experts in this field and how much we should be valued."

Global Mental Health Peer Network Highlights

Our GMHPN team members have had opportunities to be involved in local and global initiatives, contributing their expertise and transferring knowledge, whilst becoming more empowered as mental health advocates.

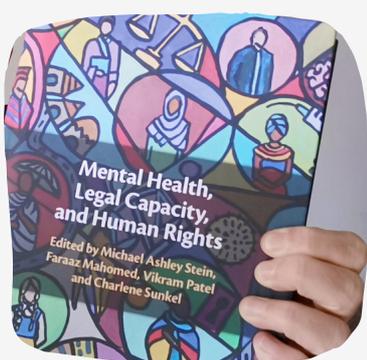
International Conferences & Workshops



- 8 members participated in the **Rethinking Mental Health Care Conference** in Vilnius, Lithuania
- 2 members participated in the **Global Ministerial Mental Health Summit** in Rome, Italy
- 1 member participated in the **Giving Women International Conference** in Geneva, Switzerland
- 1 member participated in the **World Health Summit** in Berlin, Germany
- 1 member participated in workshops on **Advancing multisectoral and life course approaches in mental health research** and on **Researcher capacity building** in Johannesburg, South Africa, hosted by AMS and ASSAf
- 1 member participated in the **22nd World Congress on Psychiatry** in Bangkok, Thailand, hosted by the World Psychiatry Association



Papers & Chapters



- CEO Charlene Sunkel co-chaired the **Lancet Commission on Ending Stigma and Discrimination in Mental Health**, with more than 30 GMHPN members providing perspectives through a global lived experience survey
- 5 members co-authored a chapter in the book "**Mental Health, Legal Capacity, and Human Rights**" and CEO, Charlene Sunkel was one of the co-editors of the book
- CEO Charlene Sunkel co-authored with Dr Mark Ragins a chapter for the Tasman's Psychiatry book on "**The Recovery Model and Other Rehabilitative Approaches**", and included narratives from 8 of our members

Global Mental Health Peer Network Highlights

Our Publications

Due to increased awareness around the importance and value of including people with lived experience into discussions and decision-making processes, we have developed resources to help our stakeholders to enhance effective engagement and consultation with people with lived experience.

REPORT: What is our value?

POLICY: Lived Experience Engagement

GUIDELINES: Lived Experience in Research

GUIDELINES: Lived Experience Engagement in Policy

Our Webinars

Our members initiated discussions around various topics, sharing their **lived experiences and perspectives**:

- What is our value?
- LGBTQI+ and Mental Health
- Peer Support Work: perspectives from France, Denmark, Netherlands and Czech Republic
- Enhancing recovery through strengthening the supportive relationship of family and friends
- Let's talk about ending stigma
- Thriving - Despite Schizophrenia

Workshops

GMHPN hosted **10 mentorship workshops** throughout the year for our members on a range of topics related to mental health and human rights, for the purpose of empowerment.

In September 2022, GMHPN hosted a pre-conference (Rethinking Mental Health Care) **workshop with Lithuanian service users** about best practices in empowerment and engaging people with lived experience. A **position statement** was drafted and presented to the Lithuanian Ministry of Health.



GLOBAL
MENTAL
HEALTH
PEER NETWORK

Unapologetically,
Experts By Experience

CONSULT

ENGAGEMENT AND CONSULTATION

GUIDELINES

C

Create an engaging, safe and supportive space to enable quality contributions



O

Obtain diverse representation of persons with lived experience to enhance equality and inclusion



N

No to power imbalances, paternalistic approaches, tokenism, discrimination and stigmatization



S

Sustain a mutually respected partnership



U

Uphold the principles of effective engagement and consultation



L

Leverage lived experience expertise through meaningful and authentic inclusion



T

Transform policy and practice that is an accurate reflection of lived experience voices



WWW.GMHPN.ORG

Global Mental Health Peer Network Highlights



The Global Office team worked with Ember Mental Health through its mentorship to revamp our website. The impact is evident from the below statistics.

Website traffic showed an average of **4250 new visits per year**, visits overall has increased with 200% since the website was revamped. The **top 3 pages most visited** was the home page, "**Our Services**" and "**Our Publications**" pages.



Social MEDIA



LinkedIn followers: total 2004, **110%** increase.

Followers industries: Business Development **17.1%**; Education **7.8%**;
Community and Social Services **6.6%**; Healthcare Services **5.8%**; Research
5.8%; Administrative **5.4%**; Media and Communication **4.7%**; Consulting **4.3%**;
Marketing **2.7%**; Information Technology **1.9%**.



Facebook followers: total 2746, **75%** increase.

Followers - top 10 countries: South Africa; United States; Kenya; United Kingdom; Botswana; Australia; India; Canada; Ethiopia; Bangladesh.

Followers - gender: men **33.2%** and women **66.8%**; majority **63%** between 18-44 years of age.



Twitter followers: total 3678, **180%** increase.



Instagram followers: total 403, **100%** increase.



Global Mental Health Peer Network Highlights

Achievements and Recognitions

CONGRATULATIONS 

to our members who received special recognitions for their work in mental health.

Glenn Roil:

- NL Human Rights Awards Champion for Mental Health from the Government of NL's Human Rights Commission
- Lionel Aldridge Champions Award from the National Alliance on Mental Illness



Angelica Mkorongo:

- Outstanding work in Mental Health Advocacy from Zim Community News Awards

Jenny Smith:

- Mental Health Foundation of Australia NSW Volunteer of the Year Award
- Rotary Inspirational Women's Award Finalist

Mujtaba Hussain:

- Certificate One-Year Online Mental Health Training Program



Global Mental Health Peer Network

Experts By Experience Consultancy Services

GMHPN established its **Experts By Experience Consultancy Services** in 2020 and was relaunched in February 2023, following a global shift in recognition of the value of people with lived experience of a mental health condition (also referred to as experts by experience), in having an integral role in global mental health and transformation of its systems. This created an opportunity for the GMHPN to ensure that people with lived experience are empowered to meaningfully and authentically deliver consultancy services to various stakeholders in the global mental health domain.

Our services placed an emphasis on the monetary value of our expertise which initially this was met with difficulties as stakeholders often perceive lived experience inclusion as non-compensated roles. However, the GMHPN focused its efforts on advocating for "equal pay for equal work" and to call for recognition of the monetary value of our expertise, not only our experiential value. Systematically we have gained support on this, which is noticeable from the increase in income generation through our Experts By Experience Consultancy Services.



Our expertise brings about practical solutions 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 eliminate stigma and 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 solutions 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 and collective journeys in navigating mental health systems, care and treatment towards recovery.

"Global Mental Health Peer Network provided an excellent 90 minute workshop for our staff to encourage more open discussions about mental health in the workplace. Our facilitators were incredibly open about their lived experience, helping to set the tone for staff, and also contextualised the training to be relevant to our specific location, which was extremely useful. They also provided us with a list of suggested actions to help advise our future work in this area." ~ Purpose Union

Global Mental Health Peer Network

Experts By Experience Consultancy Services

Over the past financial year, we have delivered **23 service packages** that involved a total of **83** of our members in the overall service delivery of these packages.



**International
Agencies**

6 Expert Advisory Services, involving the contribution of lived experience perspectives and narratives to reports, training materials, guidelines and minimum standards of services. **23 GMHPN members** were involved, across **all world regions**.



**Corporate
Sector**

2 Service contracts, involving workshops on mental health and wellbeing, with participation from **4 GMHPN members** from Africa and Western Pacific Regions.



**Academic &
Research**

8 Service contracts involving research, guest lecturing and sessions on recovery stories. **35 GMHPN members** from Africa, the Americas, Europe, South-East Asia and Western Pacific Regions participated in the services.



**Non-Profit
Sector**

5 Services contracts involving sessions on mental health and wellness, and recovery stories. **19 GMHPN members** from Africa, Americas, Europe, South-East Asia and Western Pacific Regions participated in the services.



Government

2 Service contract involving experts' consultation to law regulations, with **2 GMHPN representatives**.

Global Mental Health Peer Network

Financial Overview

Donor Dependency Ratio

Our donor dependency ratio has decreased which is a positive sign as our efforts by establishing our Experts By Experience consultancy Services have directed us toward self-sustainability. We aim to achieve complete financial sustainability within the next 5 years.

Financial Year:

2020/2021	2021/2022	2022/2023
86%	84%	79%

Survival Ratio

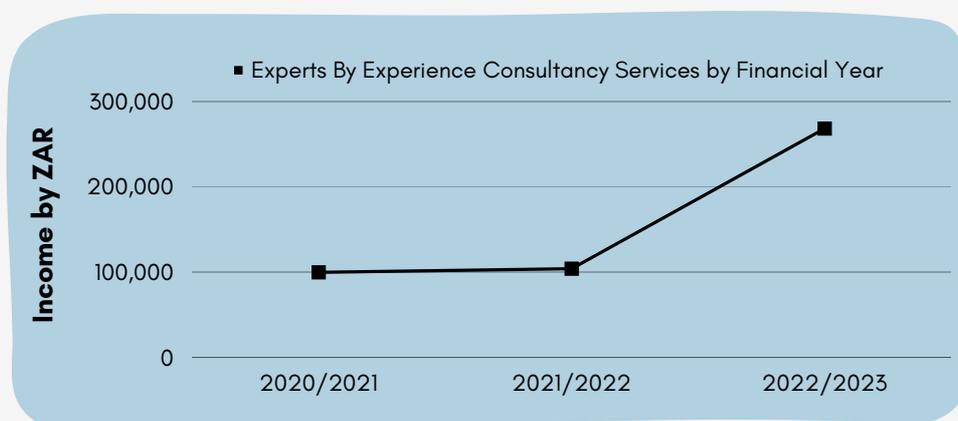
Our survival ratio over the past 3 years ensured that we could survive for more than 1 year. This financial year showed a survival rate of close to 2 years. Our Experts By Experience Consultancy Services have contributed towards building up revenue.

Financial Year:

2020/2021	2021/2022	2022/2023
679 days	435 days	644 days

Experts By Experience Consultancy Services - Income Generation

Our Experts By Experience Services has resulted in a remarkable increase towards income generation. We delivered 23 services packages of which 15 were paid and 8 unpaid. All the corporate, academic and research institutions paid for services.



*** Audited Financial Statements available upon request



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[http://](http://www.gmhpn.org)  www.gmhpn.org