

# Global Mental Health Peer Network



## 2024 ANNUAL REPORT

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GLOBAL  
MENTAL  
HEALTH  
PEER NETWORK



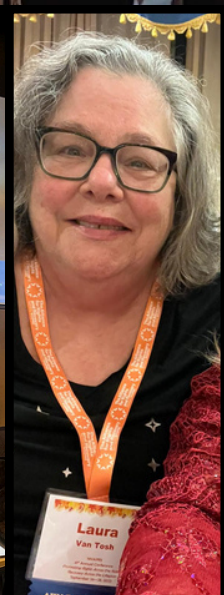
# The team at work













# Global Office Team



Watch our  
Video Reflections:  
*"Our Journey"*



Charlene Sunkel  
FOUNDER/ CEO



Paarl, South Africa



@Charlene



Claudia Sartor  
DEPUTY CEO



Johannesburg, South Africa



@Claudia



Sandra Ferreira  
GLOBAL OFFICER



Johannesburg, South Africa



@Sandra



Edwin Mutura  
COMMUNICATIONS & SERVICES OFFICER



Nairobi, Kenya



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Zak Martah  
PROJECT ASSISTANT



Johannesburg, South Africa



@Zak



# Annual Report Content

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- **Charlene Sunkel (Founder and Chief Executive Officer)**
- **Claudia Sartor (Deputy Chief Executive Officer)**
- **Sandra Ferreira (Global Manager)**

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## Message from our Founder and Chief Executive Officer



Charlene Sunkel

The 2023/2024 financial year brought about exciting new developments that's been evident of the GMHPN's impact and growth.

Earlier in 2023, I was honored to be appointed as Editor-in-Chief of [PLOS Mental Health](#), alongside Dr. Rochelle Burgess. PLOS Mental Health is a newly launched Open Access journal dedicated to mental health research, emphasizing the importance of including lived experience in scientific studies.

On the financial side, we received positive reflections from our auditors, AB Accounting Specialists, noting that *"The financial statements reflect positive results yielding 13.46% more revenue than the previous year prominently due to services rendered. Cash reserves have also increased from R2,08m last year to R2,69m this year which is commendable. Given the FNB investment return being R159 247, this represents a nett return on your cash investment of around 6.6% per year."*

Our improved financial status and organisational growth is largely due to [Ember Mental Health](#) selecting GMHPN for a second term of investment and providing valuable mentorship and guidance. Additionally, [Humentum](#), sponsored by the Open Societies Foundation, gave us the opportunity to enhance our financial sustainability strategies through training and mentorship.

In January 2023, GMHPN was appointed as the new Secretariat for the Movement for Global Mental Health (MGMH), with Godfrey Kagaayi, GMHPN's representative from Uganda, serving as the Principal Coordinator. This is a significant milestone for GMHPN, as the organisation's inception stemmed from MGMH during my tenure as Principal Coordinator and launched at the 5th Global Mental Health Summit held in Johannesburg, South Africa. Now, six years later, GMHPN is proud to host the MGMH Secretariat and planning the [7th Global Mental Health Summit](#) to be hosted in Cape Town, South Africa from 15-17 October 2025.

An exciting new development is underway, through the generous support from [Kokoro](#) and [Vitol Foundation](#), GMHPN is developing an evidence-based model for equitable compensation of lived experience expertise in global mental health, and through this initiative, we aim to establish recognition for the monetary value of lived experience expertise across sectors.

### [More on this project](#)



From Recognition to Realization:  
An evidence-based model for equitable  
compensation of Lived Experience  
expertise in Global Mental Health

### [More on this project](#)



Peer Support Specialists Curricula

Another exciting initiative is our partnership with Harvard University, under its flagship program EMPOWER, which is a digital initiative of the Mental Health For All Lab focusing on building health system capacity for the prevention and care of mental health problems, across the life course, globally. Through this partnership we are co-creating a standardised peer support training curricula.

The past financial year has been remarkable, bringing exciting transformations within the organisation that have allowed us to grow from strength to strength. I am deeply proud of the organisation we have built together, our inspiring and passionate global office team, members, board of management, partners, and supporters. It is only by uniting on this journey that we can create real change.



## Message from our Deputy Chief Executive Officer



As we conclude another financial year, I am thrilled to celebrate the achievements and milestones we have achieved as already mentioned by our CEO's message above. Our Experts by Experience Consultancy Unit yielded positive outcomes, with more global stakeholders committed to receiving service delivery from experts by experience and training, in their workforce and projects. In particular, our involvement in global mental health research, implementation science and capacity building projects has increased significantly. Our involvement remains crucial towards improving outcomes of interventions designed for individuals facing mental health issues.

We are proud to share that over the past year, the donor sector has shown increased willingness to work alongside us in advancing global mental health initiatives and supporting our work. Collaboration is key in moving forward.

We would like to acknowledge our stakeholders for trusting us in providing quality services. GMHPN has also grown in numbers and strength and our lived experience expertise is widely recognised. As we move into the next financial year, we are excited about the opportunities that lie ahead. That said, we too, are determined and committed to continue healthy capacity building and training of our leaders to become agents of change in global mental health advocacy.

The COVID-19 pandemic significantly impacted the field of mental health, both negatively and positively. However, post COVID, we have been requested to attend more in person events and conferences providing a space for networking and creating sustainable partnerships. Through these in-person events, our country leaders were also given the opportunity to meet each other in various parts of the world, ranging from Africa to Europe, Asia and the Americas region. While virtual events have their place, particularly in terms of accessibility, the advantages of face-to-face interactions remain irreplaceable and invaluable, allowing us a platform to work together and having the chance to meet colleagues and peers.

A huge thank you and gratitude to our staff who have shown unwavering loyalty to GMHPN's initiatives and growth. Together, we work better! We could not do what we do without our leader, Charlene Sunkel and our team at GMHPN.



## Message from our Global Manager



The 2023/2024 year has been a milestone year not only for the GMHPN as an organisation but in my personal capacity, I have been privileged enough to join the Global Office as the Global Manager as of July 2023. Having joined the Country Leadership Committee (CLC) in 2020, my promotion through the ranks is why I believe I am a product of the vision of the GMHPN – empowerment and developing lived experience leadership. Some of my highlights over the past year include representing the GMHPN at Chile's Mental Health Seminar in 2023; World Health Organisation (WHO) Pre-service Education in Mental, Brain & Behavioural Health: scaling up and implementation of WHO guidelines in Shanghai, China in March 2024; advisory board member for WHO CPQ project and most notably to my role, overseeing and being a support to our CLC members.

Within the last year we have launched a number of new initiatives within the GMHPN for our members. Our Peer-to-Peer (P2P) Mentorship support programme has been established to support new incoming members settle within the GMHPN. In addition, we have developed an In-House Peer Support Programme called "The Benchwarmers" – intended at providing support, guidance, and encouragement to our team members who may be facing challenges with their mental and emotional well-being. Our Youth Agents for change (Y4C) group was established to highlight the importance of involving young people with lived experience in all facets of advocacy. Activities that our members contribute to have also expanded to include a number of new possibilities which is aimed at increasing engagement opportunities for our members and to further elevate advocacy efforts.

From July 2023 to December 2023, our analysis shows an overall member engagement of 67% (high to moderate engagement). These analytics are based on attendance to workshops and regional meetings; involvement in global initiatives such as webinars, position statements and information resources as well as networking on our communication channels. From January 2024 to March 2024, the percentage has increased to 77% (high to moderate engagement). This is a positive reflection of our work and the input and passion of our membership. Member engagement is not merely an operational necessity but a strategic advantage. By focusing on the well-being and satisfaction of our members, we can continue to build a committed and motivated membership that drives our mission forward and enhances our capacity to be agents for change as individuals and an organisation as a whole. It is my honour to head up this division and to be a proud member of the GMHPN.



# Operational Development and Sustainability

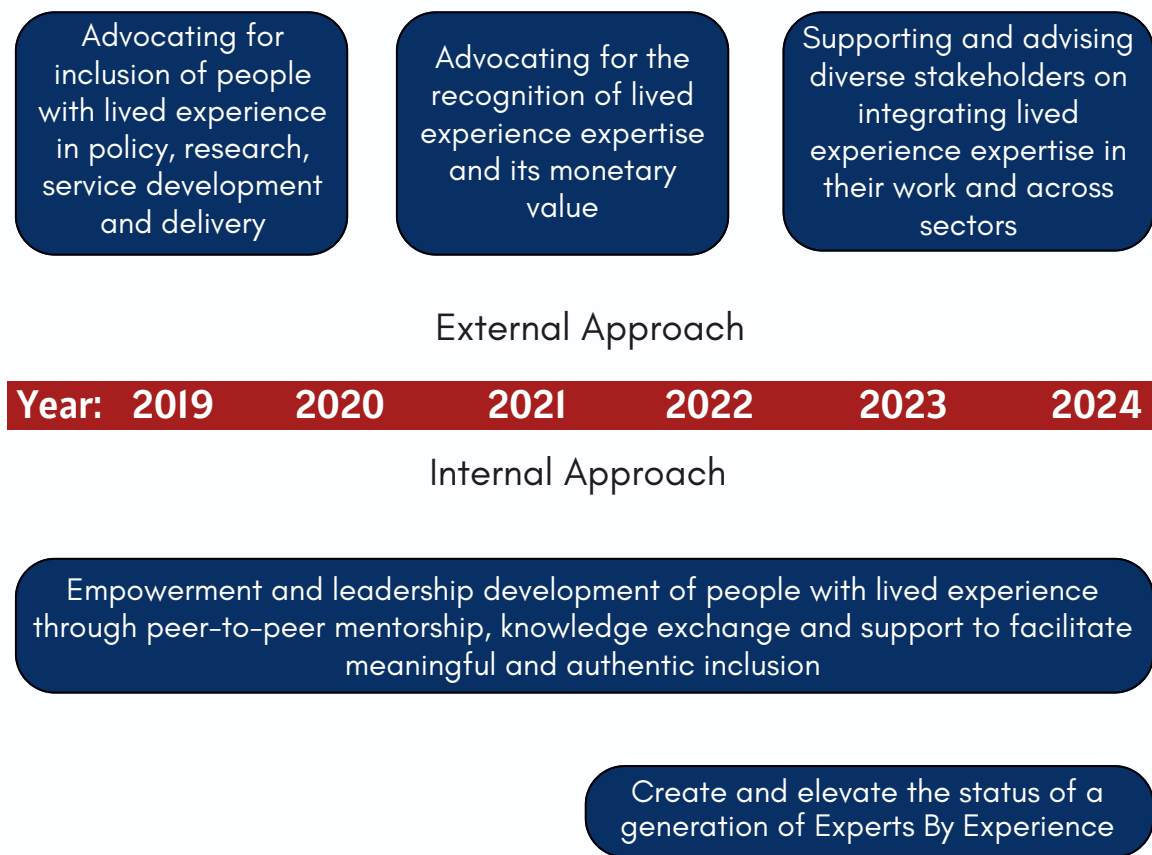
## • Strategic Development

GMHPN is characterised by a commitment to ongoing learning and adaptation. The organisation continuously evaluates its strategies, learns from its experiences, and adapts to changing needs and circumstances.

Our members are involved in providing insights and solutions to ensure that the organisation is able to maximise its efforts to continuously improve and achieve greater impact on members and the communities we work in.

Managing a large group of people from diverse backgrounds requires a team that sees beyond people's differences and sees the potential and value of each individual. To truly harness the best in every person there cannot be any power-imbalances within any structure of the organisation despite anyone's title within the organisation. Therefore, we are a community, where every individual is valued and together we have the ability to influence the future.

### Methodology of GMHPN: An Evolutionary Approach





- **Human resources:**

We are proud to report that our Global Office team has increased operational capacity; we have appointed a full-time Communications and Services Officer to help support the growing Experts By Experience Consultancy Services unit, and our Global Manager, who has been appointed on a part-time contract basis, will be assume a full-time position as of July 2024 as we expand our Peer-to-Peer Mentorship, Education, Empowerment and Development unit and the Benchwarmers – Peer Support unit.



*August 2023, the Global Office Team met in Paarl, for a 3-day strategic planning workshop with 1 day dedicated to a wellness outing to Clay Cafe.*

**Supported by Ember Mental Health**



**What made 2023/2024 the BEST of all, was the opportunities that offered the Global Office team and members to meet in-person, in different places, at various events.**







- **Operational Restructuring:**

We consider one of our strengths to be our adaptability, always ready and able to change as our journey aligns with the needs of our lived experience community. We strive to do this effectively, efficiently, transparently, and in a way that enhances the impact of our work.

Therefore, we have created 7 units of operations in GMHPN with dedicated staff members as leads of these units.

The Units have been carefully crafted to optimise efficiency, enhance productivity, and achieve high-quality outcomes that resonate with our overarching vision and objectives.

## Our Units:

### Special Projects

GMHPN's SP Unit is dedicated to undertaking initiatives with the potential for significant impact on mental health and that are able to elevate the integration of people with lived experience of mental health conditions in policy and practice. Focused on strategic endeavors, this unit navigates specific projects to make a substantial and lasting difference in the global mental health landscape.

### SP Unit



## **EbE Unit**

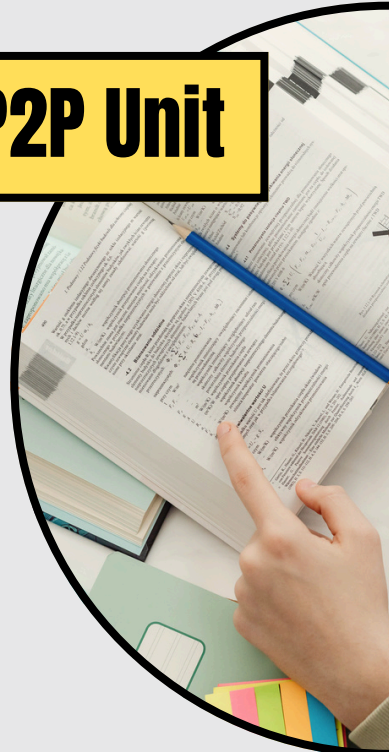
### **Expert By Experience Consultancy Services**

We unlock the power of lived experience expertise through our EbE Unit, through partnering with all sectors in society to elevate mental health and well-being, and making a meaningful impact in reshaping policies and practices, in collaboration with our members, for a brighter, more compassionate future.

### **Peer-to-Peer Mentorship, Education, Empowerment and Development**

## **P2P Unit**

The P2P Unit at GMHPN is dedicated to nurturing and empowering individuals with lived experience of mental health conditions, providing them with a robust platform for growth and leadership in global mental health advocacy. Through mentorship programs, educational initiatives, and skill development opportunities, this unit aims to equip individuals with the knowledge and tools necessary to emerge as influential leaders in mental health advocacy on a global scale. By fostering a supportive and enriching environment, the unit strives to build a cadre of empowered advocates who contribute significantly to reshaping mental health narratives and policies worldwide.



## **PS Unit**

### **Benchwarmers - Peer Support**

GMHPN's PS Unit is a cornerstone of our commitment to fostering mental health and wellbeing within our community. Through peer-to-peer support, this unit offers a safe and empathetic space for members to share their experiences, challenges, and triumphs in navigating the complexities of mental health. With a focus on solidarity and understanding, our PS Unit plays a pivotal role in creating a supportive network within GMHPN, where individuals uplift and empower each other. Together, we strengthen the bonds of our community, promoting resilience and fostering a culture of compassion and shared understanding.







## C&A Unit

### Communications & Awareness

The GMHPN's C&A Unit serves as a powerful conduit, amplifying the voices of individuals with lived experience in the public domain. Through strategic communication initiatives, we strive to bring the authentic experiences of people with mental health conditions to the forefront, fostering awareness and understanding that drives positive change in the mental health landscape.

### Organisational Development & Sustainability



## OD&S Unit

The GMHPN's OD&S Unit is dedicated to fostering transparency, consistent growth, sustainability, and innovation. With a commitment to upholding our global reputation, we strive to stay abreast of emerging developments and evidence, ensuring that our organization evolves in alignment with the ever-changing landscape of mental health.



## YA4C Unit

### Young Agents 4 Change

GMHPN's YA4C Unit recognizes the pivotal role of young people as catalysts for transformation in mental health. Our unit is dedicated to empowering, developing, and supporting these young change agents, ensuring they have a significant voice in both global and local discussions and decision-making platforms. We believe in fostering the next generation of leaders who will contribute to positive shifts in mental health paradigms.

## • Governance:

Through mentorship and guidance from Ember Mental Health and Humentum, we were able to complete a process of drafted operational and financial policies, including a Safeguarding Policy, Mental Health and Wellness Policy, Financial Management Policy, Ethical Fundraising Policy, Income and Unrestricted Funds Policy, Reserves Policy, Central Support Cost Policy and Guidelines. This formally establishes our commitment to remain transparent, ethical, responsible and to protect the interests of our GMHPN community.

Emerged through the mentorship and guidance of Ember Mental Health, we were furthermore able to reflect on our journey since inception and review our current relevance in terms of GMHPN's vision and mission. This prompted transformation within GMHPN and led to revising our vision and mission statements and amendment of our Constitution to ensure increased involvement and continuous empowerment opportunities for our members, in particular our governance structure. For the very first time, GMHPN has appointed GMHPN honorary members within its Board of Management.

The clauses of our Constitution that reflects these changes, include:

- 5.1 ... *A minimum of 50% of the Board composition must be members from the Organisation's Country Leadership Committee or Honorary Members (beneficiaries of the Organisation), and*
- 5.8 *The Country Leadership Committee and Honorary Members may submit recommendations to the Chief Executive Officer or Deputy Chief Executive Officer who will present the submissions for consideration and decision to the Board.*

We extend a warm welcome to our new Board Members for 2024-2026, elected from our Honorary Membership: Basma Tolba (Egypt); Anto Sugianto (Indonesia); Rebecca Cherop (Uganda); Laura Van Tosh (United States of America); and Karina Stjernegaard (Denmark).



We also take this opportunity to thank our outgoing Board Members for their commitment over the past 6 years, and a special thank you to our chairperson, Nigel Carpenter for his commitment and support since the inception of GMHPN. We also have the pleasure to continue working with Jani Van Der Westhuizen (member) and Charmaine Higgs (treasurer) for their final term in office in the Board of Management.



## • Financial Overview

### Donor Dependency Ratio

The below results demonstrate that the GMHPN's restricted funds received accounted for a small percentage, making the GMHPN donor dependency low. Our low donor dependency ratio is a positive sign as 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:	2021/2022	2022/2023	2023/2024
	33%	39%	34%

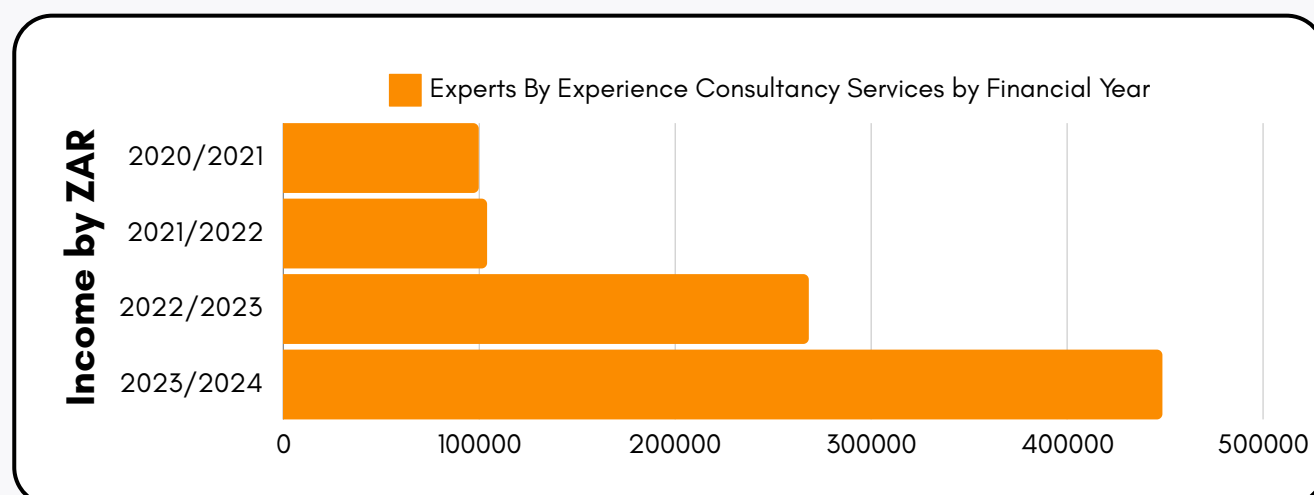
### Survival Ratio

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:	2021/2022	2022/2023	2023/2024
	419 days	212 days	212 days

### Experts By Experience Consultancy Services - Income Generation

Our Experts By Experience Services has resulted in a remarkable increase towards income generation. We delivered **104 services packages**, receiving a total income of **R448,646** however at the closing of the financial year, an estimate of **R350,000 were still outstanding**. Our financial sustainability strategy for the next 5 years sets aside 10% from our Experts By Experience Services income towards building up reserves.



## Special Projects

The Global Mental Health Peer Network initiated 2 special projects, one short-term and the other long-term. Both projects aim to harness the voices of people with lived experience to facilitate meaningful change globally in mental health and development.

- **From Recognition to Realization: An evidence-based model for equitable compensation of Lived Experience expertise in Global Mental Health**



*Unapologetically,  
Experts By Experience*



**2024**

**Project**

**From Recognition to Realization:**  
An evidence-based model for equitable  
compensation of Lived Experience expertise  
in Global Mental Health

Supported by: **kokoro** and Vitrol Foundation

Collaborating with Health Economics experts, the Global Mental Health Peer Network (GMHPN) is leading an initiative to accelerate progress in the **equitable compensation of lived experience expertise in global mental health**, with funding support generously provided by Kokoro and Vitrol Foundation.

To achieve this objective, an inclusive, mixed-methods approach is being employed to develop a fair, appropriate, and evidence-based model to guide global remuneration practices for lived experience expertise across various stakeholders and sectors involved in mental health. This model aims to consider the diversity of contexts, complexities, and expertise required for the authentic engagement of experts by experience in mental health advocacy, policy, planning, legislation, practice, and research.



[Click here to learn more](#)

- **Countdown Global Mental Health 2030: Tracking Progress of Indicators in Global Mental Health - Assessing Experiences of Policies and Practices**

The Global Mental Health Peer Network in partnership with Stellenbosch University, as part of a **coalition of key global stakeholders for the Countdown Global Mental Health 2030 initiative**, will be conducting annual online surveys to understand the experiences and perspectives of 1) individuals with lived experience of a mental health condition 2) family/carers and 3) mental health professionals. Countdown Global Mental Health aims to inform action: to **campaign**, to **advocate**, to **communicate** and to **change** policy and practice so that everyone, everywhere is able to exercise their right to the highest attainable level of mental health.

GMHPN and Stellenbosch University aims to launch the first survey by mid June 2024, followed by the development of a comprehensive report based on the survey results.



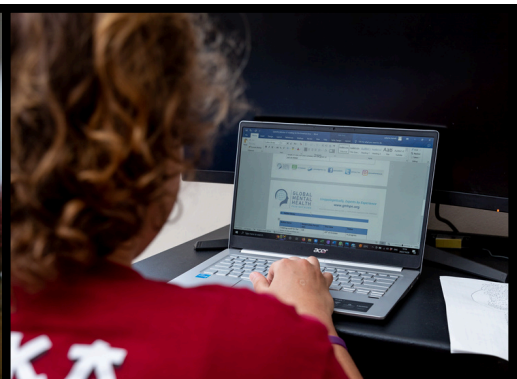
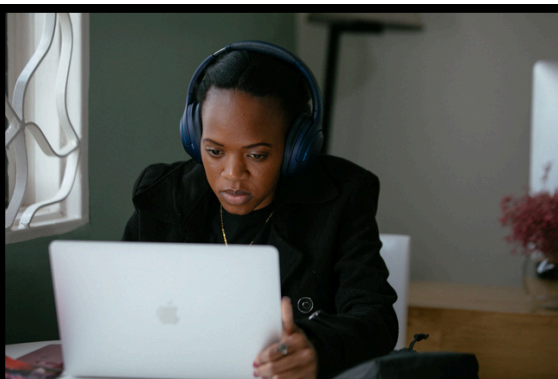
[Click here to learn more](#)



## Experts By Experience Consultancy Services

- **Experts By Experience - Towards Service Delivery**

When GMHPN emerged in 2018 it had a primary focus on advocating for the inclusion of lived experience perspectives in mental health discourse. Initially, the network aimed to amplify the voices of individuals with lived experience and promote their active involvement in decision-making processes. Over time, however, the GMHPN evolved its advocacy efforts to emphasize not only the experiential value but also the monetary worth of lived experience expertise in mental health initiatives. Recognizing the invaluable contributions of individuals with lived experience, the network shifted its focus towards advocating for fair remuneration and recognition of their expertise. Today, the GMHPN serves as a vital resource for stakeholders seeking guidance on how to effectively and authentically integrate lived experience perspectives into mental health policies, programmes, and practices.



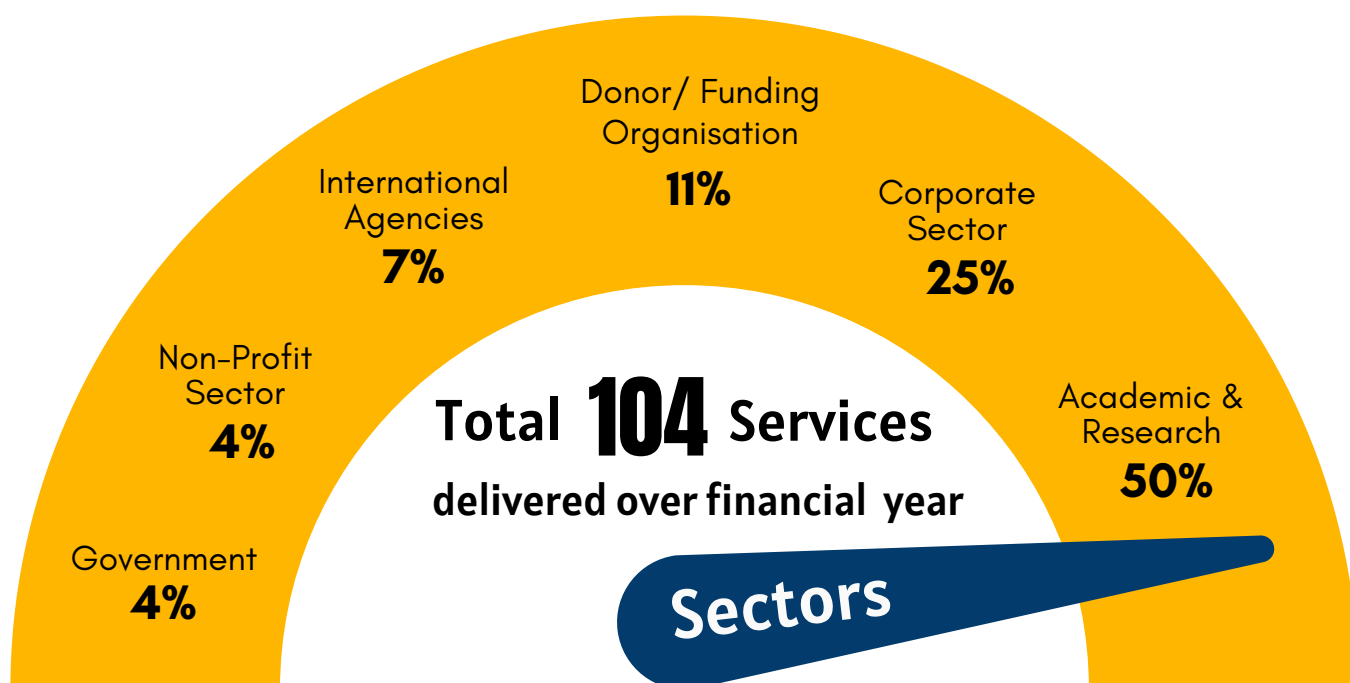
We have worked and collaborated with a range of stakeholders globally, including: international non-profit and civil society organisations; donors and philanthropic entities; academic and research institutions; large scale research projects; large international companies and private sector institutions; governments; international agencies and specialised agencies. These collaborations focused on our lived experience expertise, through which our members had been actively involved.

The majority of our work with stakeholders and partners are conducted under the auspices of our Experts By Experience Consultancy Services, which involves coordinating and facilitating lived experience engagements into policy, service development and research projects, hosting mental health related workshops and lectures, and supporting the development of international reports and strategic plans for mental health and human rights.



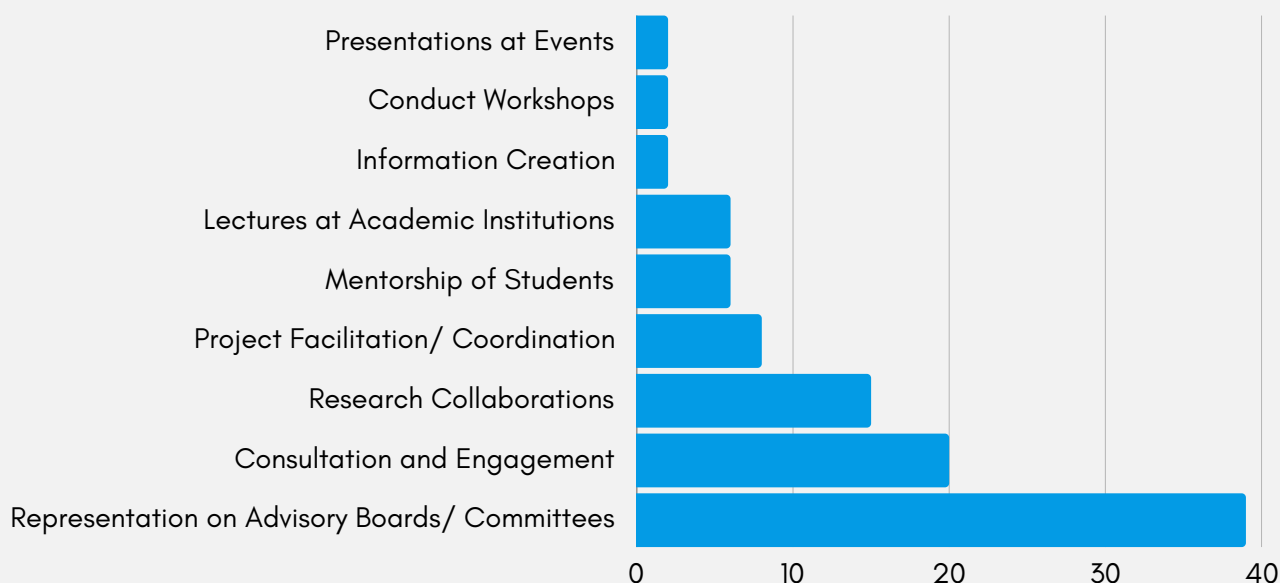
## • Service Delivery Overview

GMHPN's EbE Unit experienced significant growth, from 28 services delivered in the previous financial year to **104** in this financial year. We have received an increase in research related services, that previously had been a much smaller percentage of the services that we delivered in the past.



**81%** of income generated through services were respectively derived from serving on **Advisory Boards and Committees (38%)** and **Consultations and Engagements (43%)**

### % of Types of Services Delivered Across Sectors





# Peer-to-Peer Mentorship, Education, Empowerment and Development



## • Global Representation

Since 2018, GMHPN has seen a significant growth in its membership and global reach - the past 6 years accounted for a **700% growth rate**.

- 49** Countries
- 68%** Low-Middle Income Countries
- 156** Experts By Experience
- 50%** Young People
- 64%** Women



## • Member annual assessment

- 92%** feel like part of a **global family** in the GMHPN
- 80%** have become more **empowered** through the GMHPN
- 84%** **knowledge** and **understanding** of various mental health and human rights related aspects have improved through the GMHPN
- 86%** have learned **new information**/ gained a better understanding of mental health and human rights **from fellow GMHPN peers**
- 78%** have had **opportunities** to participate and/or contribute to local and/or global initiatives, publications and/or events through the GMHPN
- 76%** GMHPN has **helped to make a positive contribution/ impact** in mental health in their country/ community
- 96%** experiences and views are **always respected and appreciated** in the GMHPN
- 84%** have found the GMHPN a **source of peer support**
- 80%** have found the GMHPN as a valuable **instrument for peer-to-peer mentorship and knowledge** exchange
- 92%** are **proud to be associated** with the GMHPN
- 100%** would **recommend GMHPN** to fellow peers



## The best part of GMHPN

### We are much more than just an organisation

"The people! The GMHPN has become my family more than it will ever know."

"Knowing that I'm not alone with a lived mental health experience and having peers who are ready to stop the stigma surrounding Mental Health."

"Not only is The GMHPN family very helpful but also, they are tremendously well-responsive and supportive. Our contributions are valued. I consider this community a safe community for growth. Another point I want to add is that cross cultural perspectives on mental health adds value to our learning curve. It's a key asset for personal development and growth, it definitely gave me a sense of belonging."

### We believe in creating change through people

"Actively involved in being a part of webinars, as well as many opportunities for learning, training and support for events and projects in my country."

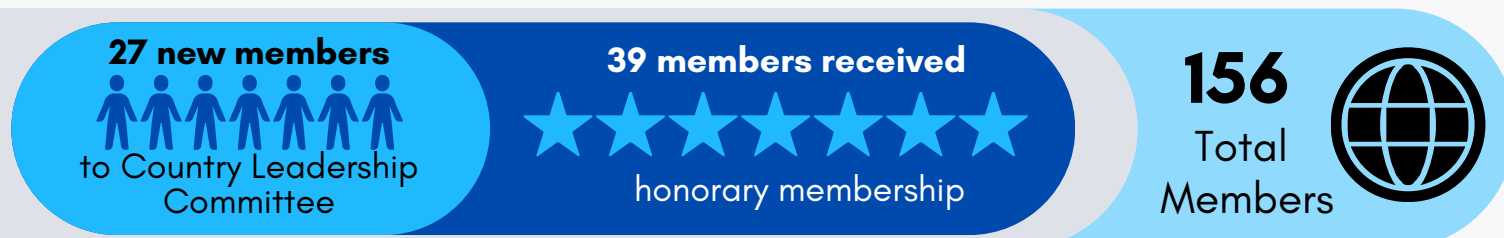
"Being able to share my experiences on a credible ground such as GMHPN. I received opportunities to work on some good projects. Access to voice out my opinions at multiple platforms."

"Opportunities that being in the network have arisen. It has increased my confidence beyond measure. I never thought I would ever be working with the WHO and writing research papers. Being the chairperson for the last term has been an amazing opportunity. I am so happy to be part of the network."



## • Membership and Recruitment

Our recruitment strategy has been revised and going forward our calls for applications to join the Country Leadership Committee will only consider young people with lived experience between the ages of 18–24 years. We however will continue to accept solicited application from referrals even if outside of the youth age category.



## • Mentorship Programme

GMHPN enhanced its mentorship programme by implementing peer-to-peer mentorship whereby honorary members, serve as mentors and are assigned to new members. Additionally, we host workshops led by members on topics of interests identified by our members.

**The mentorship programme hosted 5 workshops on various topics, including:**

- Public and Lived Experience Engagement – Empowerment
- Communications: Setting up and conducting Webinars; Social Media Management
- Developing leadership through advocacy in the GMHPN
- The scientific publication process & peer review
- Suicide Prevention and Lived Experience: Creating Hope Through Action

## • “Benchwarmers” Peer Support Programme

The GMHPN recognizes the importance of fostering a supportive environment for all our members. We understand that promoting mental wellness within our own community is essential for maintaining a healthy and effective team.

To fulfil this commitment, we have developed an In-House Peer Support Programme called “The Benchwarmers” – aimed at providing support, guidance, and encouragement to our team members who may be facing challenges with their mental and emotional well-being and/or other life stress.

One of the ways we envision the “Benchwarmers” programme to work is via a system of peer-to-peer support. Our goal is to rely upon the expertise of our own members who are working as either informal or formal peer support workers in their countries and/or communities.



## • Publications & Features

GMHPN representatives contributed their expertise as authors and co-authors to 7 publications, including articles, papers and book chapters; and 1 podcast, between April 2023 to March 2024.



- ***Exploring perspectives of stigma and discrimination among people with lived experience of mental health conditions: a co-produced qualitative study: Exploring perspectives of stigma and discrimination among people with lived experience of mental health conditions: a co-produced qualitative study.*** eClinicalMedicine • Feb 29, 2024



- ***The Routledge International Handbook of Disability and Global Health: Chapter Nineteen – Integrating persons with psychosocial disabilities across sectors: meaningful and authentic inclusion in global mental health.*** Routledge • Dec 21, 2023



- ***Strengthening the call to involve mental health care service users and their families in psychosocial rehabilitation programmes.*** WAPR Bulletin; Psychosocial Rehabilitation and Recovery Worldwide, 51, 20 December 2023



- ***How to stop stigma: implementing The Lancet Commission on ending stigma and discrimination in mental health.*** Lancet Psychiatry. November 2023



- ***Transforming mental health systems globally: Principles and policy recommendations.*** The Lancet. August 2023



- ***GMHPN: A Best Practice Model For Global Mental Health Lived Experience Leadership.*** MHM Magazine (ihpublishing.com), The South African Depression and Anxiety Group Mental Health Matters Magazine, 2023, Vol 10. Page 15



- ***Mental health and lived experience: The value of lived experience expertise in global mental health.*** Cambridge Prisms: Global Mental Health, June 2023



- Naked Scientist: ***Lived Experience Should Guide Mental Health Policy*** (November 2023)





## • International: In-person Participation

27 GMHPN representatives participated in 15 international events, including meetings, workshops and conferences, 3 of which were keynote speakers.









America		<ul style="list-style-type: none"><li>• <b>Child Mind Institute Event</b>, New York City</li><li>• <b>NIMH Research Without Borders</b>, Washington DC</li><li>• <b>gmhConnect Summer Institute Mentorship Networking Program</b>, Chicago</li></ul>
Peru		<ul style="list-style-type: none"><li>• <b>XXVII Peruvian Congress of Psychiatry 2023</b>, Lima</li></ul>
Chile		<ul style="list-style-type: none"><li>• <b>National Mental Health and Legislation Seminar 2023</b>, Santiago</li></ul>
Denmark		<ul style="list-style-type: none"><li>• <b>EU WHO Stigma Engagement</b>, Copenhagen</li></ul>
Austria		<ul style="list-style-type: none"><li>• <b>World Congress of Psychiatry 2023</b>, Vienna</li></ul>
Netherlands		<ul style="list-style-type: none"><li>• <b>FGIP Annual Board Meeting 2023</b>, Amsterdam</li></ul>
Egypt		<ul style="list-style-type: none"><li>• <b>Mental Health and Psychosocial Support in Public Health Emergencies Event</b>, Cairo</li></ul>
Kenya		<ul style="list-style-type: none"><li>• <b>Rising Above Stigma 2023 Mental Health Summit</b>, Nairobi</li><li>• <b>EMBER Sparks Meet-Up Event</b>, Nairobi</li></ul>
South Africa		<ul style="list-style-type: none"><li>• <b>South African 2023 Mental Health Summit</b>, Johannesburg</li><li>• <b>GMHAN Annual Meeting 2023</b>, Cape Town</li></ul>
China		<ul style="list-style-type: none"><li>• <b>WHO Pre-Service Education Workshop 2024</b>, Shanghai</li></ul>

## • Virtual Events & Webinars




GMHPN representatives hosted 11 webinars and participated in 3 external webinars, between April 2023 to March 2024.



### INTERNAL WEBINARS:

-  Recovery Movements and Definitions in EU Countries
-  Destigmatisation & Inclusivity in Community and Workplace Mental Health
-  Mental Health is a Universal Right!
-  Youth's Perspective on Suicide and Suicide Prevention
-  Surviving Suicide: Telling our Authentic African Stories
-  Peer Support Work
-  Birth Trauma and Mental Health
-  Trauma Induced Addiction & Different Treatment Modalities
-  Refugees, Mental Health & Solutions For Future Generations
-  Social Determinants of Mental Health
-  Co-Designing: Young Persons with LE Through The Lens of Intersectionality

### EXTERNAL EVENTS & WEBINARS:




-  GMHPN Founder/CEO, Charlene Sunkel, presented (virtually) at the 2023 **Congress of the Schizophrenia International Research Society** (May 2023)
-  GMHPN Founder/CEO, Charlene Sunkel, conducted a video presented at **Prof/Sir Graham Thornicroft's Festschrift Conference** in London, UK (March 2024)
-  GMHPN Founder/CEO, Charlene Sunkel, participated in a webinar titled **Transforming the Future of Mental Health Care**, hosted by the International Council of Nurses (March 2024)



# Communications and Awareness

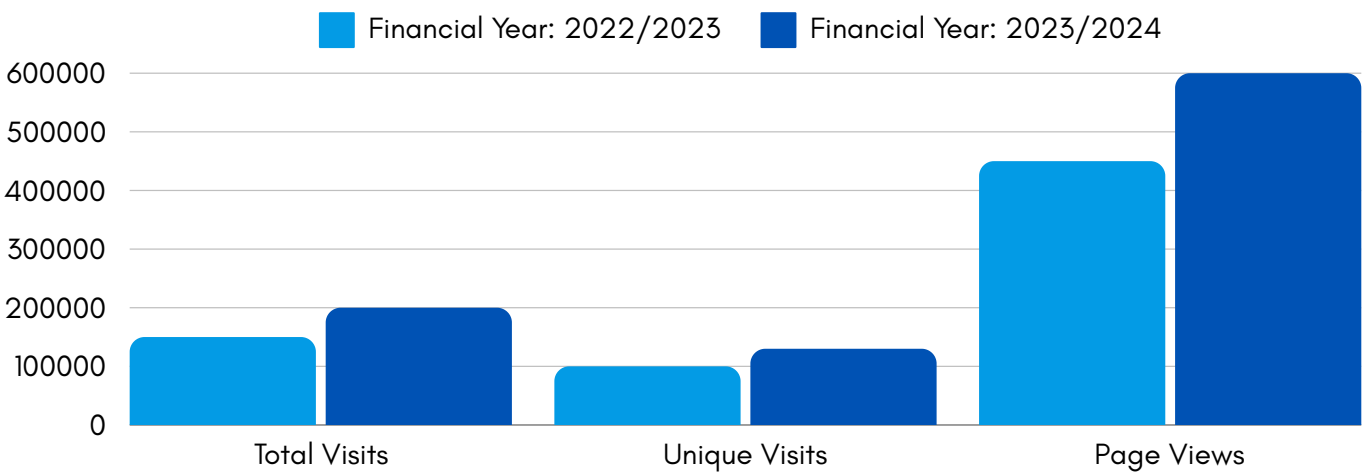
## Social Media Performance

GMHPN social media presence has significantly increased resulting in an **average of 85% increase** in followers across all our social media platforms.

Total followers:		4266		3123		3693
Total posts:		160		265		189
Total post engagements:		99117		45968		118641
Total post shares:		595		260		819

## Website Performance

The GMHPN website has shown strong performance with substantial traffic and user engagement, and has demonstrated significant improvements in key metrics over the past year, reflecting successful strategies in content creation, SEO, and user engagement.



### Website comparative Metric:

- Total Visits increased with 33.3%
- Unique Visits increased with 30%
- Page Views increased with 33.3%
- Average Session Duration increased with 27.3%

### Website Traffic Sources

- Organic Search: 50%
- Direct Traffic: 25%
- Referral Traffic: 15%
- Social Media: 10%

### User Geographical Distribution

- North America: 35%
- Europe: 30%
- Africa: 20%
- Asia: 10%
- Other regions: 5%

### User Age Group:

- 18-24: 25%
- 25-34: 30%
- 35-44: 25%
- 45-54: 10%
- 55-64: 5%
- 65+: 5%

### User Gender:

- Female: 55%
- Male: 40%
- Other: 5%

## In Conclusion

The Global Mental Health Peer Network's (GMHPN) annual report for the 2023/2024 year, showcases significant strides in various focal areas essential to the organisation's mission. The report underscores GMHPN's commitment to organisational development and sustainability, through innovative projects, consultancy services, peer-to-peer mentorship, empowerment, advocacy and awareness. Key highlights of the year reflect the organisation's increasing influence in global mental health through our involvement across various sectors.

Our positive financial outcomes has been bolstered by continued support and mentorship from Ember Mental Health and Humentum, who have been instrumental in refining GMHPN's financial sustainability strategies.

Another notable achievement is GMHPN's appointment as the new Secretariat for the Movement for Global Mental Health (MGMH), marking a significant milestone. In alignment with this new role, GMHPN is set to host the 7th Global Mental Health Summit in Cape Town in 2025, an event anticipated to bring together key stakeholders from around the world.

GMHPN has also embarked on developing an evidence-based model for equitable compensation of lived experience expertise in global mental health. This initiative is part of a broader partnership with Kokoro and Vitol Foundation, further establishing GMHPN as a leader in integrating lived experience into mental health frameworks.

Our report acknowledges substantial growth in stakeholder engagement, membership, and recognition of lived experience expertise. New initiatives, including the Peer-to-Peer Mentorship programme, the Benchwarmers Peer Support programme, and the Youth Agents for Change group, have been launched, enhancing member engagement through workshops, meetings, webinars, and networking events.

Strategic development remains a core priority, with GMHPN emphasising an evolutionary approach to amplify its impact. The organisation is dedicated to empowering individuals with lived experience, fostering leadership development, and ensuring their inclusion in policy-making, research, and service development.

The Global Office team has significantly expanded its operational capacity, facilitated by a strategic planning workshop. This expansion has included an operational restructuring into seven distinct units, each designed to optimise efficiency and deliver high-quality outcomes.

In conclusion, the 2023/2024 annual report of GMHPN highlights a year of remarkable achievements and forward momentum. The organisation continues to evolve and adapt, driven by a steadfast commitment to its mission of improving global mental health through empowerment, inclusion, and strategic innovation. As GMHPN looks ahead, it remains poised to create meaningful and lasting change in the mental health landscape worldwide.



#7thGMHS



# 7th GLOBAL MENTAL HEALTH SUMMIT

15-17 October 2025  
Cape Town, South Africa

## Mental Health and Wellbeing

What has changed? What needs to change?



# SAVE THE DATE



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