



Mainstreaming Global Mental Health **Monday 15th November 2021 12-2.30pm GMT**

Free online international knowledge exchange event hosted by the UK Global Challenges Research Fund Seed-Funded Challenge Cluster

INTRODUCTION (10 mins): MAINSTREAMING GLOBAL MENTAL HEALTH

Anna Madill, University of Leeds, UK

Our ambition is to trigger a step-change in how the research community thinks about where, how and by whom mental health in low and middle income countries can be impacted. We believe there is untapped potential for global researchers to impact mental health whilst delivering their core (non-mental health) project aims, and that this can be done without significant resource implications. This event conveys the foundations of our work, where we have got to in our 18 month seed-funded project, and provides an opportunity for attendees to respond, and to offer, and find, mentoring opportunities.

SESSION 1: Foundational Mental Health Projects (50 mins)

FILM FOR MENTAL HEALTH

Diana Setiyawati, Center for Public Mental Health, Universitas Gadjah Mada, Indonesia & **Erminia Colucci**, Middlesex University, UK

MENTAL HEALTH LITERACY IN URBAN & RURAL KERALA, INDIA USING APPLIED THEATRE METHODOLOGY

Raghu Raghavan & **Brian Brown**, De Montfort University, UK

USING PHOTOS & IMAGES TO SUPPORT COMMUNICATION OF DIFFICULT EXPERIENCES

Sangeeta Goswami, MIND India & **Rebecca Graber**, University of Brighton, UK

Q&A

SESSION 2: OVERVIEW OF PROJECT OUTCOMES (20 mins)

Poornima Bhola, NIMHANS, India & **Anna Madill**, University of Leeds, UK

Q&A

BREAK (15 mins)

SESSION 3: Embedding Mental Health Beyond Sustainable Development Goal 3 (35 mins)

BUILDING RESILIENCE THROUGH HERITAGE

Karina Croucher & **Adrian Evans**, University of Bradford, UK

ARTS-BASED PRACTICES & MENTAL HEALTH

Paul Cooke, University of Leeds, UK

Q&A

SESSION 4: REFLECTIONS (20 mins)

INTERVIEW WITH MENTEES: MAINSTREAMING MENTAL HEALTH

Netalie Shloim & **Una Higgins**, University of Leeds, UK & **Yao Zhao**, Independent Scholar

CLOSE

Anna Madill, University of Leeds, UK

Register for this free online event: <https://leeds.onlinesurveys.ac.uk/mainstreaming-global-mental-health-event-registration-and-2> **Live Spanish translation.**

Zoom link for the event (Passcode: SLE%3h):

<https://universityofleeds.zoom.us/j/86087119204pwd=WmFFQlExQW1OSnovdXJlamlhWQm94Zz09>

Mainstreaming Global Mental Health

MONDAY 15 NOVEMBER, 12:00-14:30 GMT



Featured Panelists:



To register, visit: <https://leeds.onlinesurveys.ac.uk/mainstreaming-global-mental-health-event-registration-and-2>

Partner Organisation Representatives	
	<p>Dr Poornima Bhola (Partner Organisation Representative) Department of Clinical Psychology, National Institute of Mental Health & Neurosciences, India poornimabhola@gmail.com Poornima currently works as Professor at the Department of Clinical Psychology, National Institute of Mental Health and Neuro Sciences. Her key research interests include: youth mental health and suicidality, psychotherapist training and development/ethics, and personality dimensions and disorders. She is a member of the Mental Health Innovation Network.</p>
	<p>Dr Sangeeta Goswami (Partner Organisation Representative) MIND India, Northeast India sangeetamind@gmail.com Sangeeta is a founder member and President of MIND India, an organisation working for positive mental health and research. She is an independent consultant and trainer in young people's mental health, supporting women who face violence, counselling skills, life skills, social behaviour change, communication, entrepreneurship development, and personal effectiveness programmes.</p>
	<p>Dr Diana Setiyawati (Partner Organisation Representative) Center for Public Mental Health, Universitas Gadjah Mada, Indonesia diana@ugm.ac.id Diana's areas of research interest cover public mental health, family well-being, school-based mental health, psychologist in primary healthcare, and CBT. Her current research includes using collaborative visual research methods to understand experiences of mental illness, coercion and restraint.</p>
Mentees	
	<p>Una Higgins (Mentee) School of Psychology, University of Leeds psudh@leeds.ac.uk Una is in the second year of her PhD in the School of Psychology at the University of Leeds, She is researching prevention in adolescent mental health. Specifically she is co-adapting and testing a mindfulness intervention with Indian adolescents aged 13-15 years with our partner MIND India. Prior to starting her PhD Una worked in the Humanitarian sector in Child Protection and Mental Health and Psychosocial Support (MHPSS).</p>
	<p>Dr Netalie Shloim (Mentee) School of Healthcare, University of Leeds n.shloim@leeds.ac.uk Netalie has a BSc in Theatre, MA in Psychodrama, and PhD in Nutrition and Obesity, as well as training in the psychotherapy of infants, adolescents, and adults. In 2019 Netalie attended a meeting of the Royal Academy of Engineering in Madagascar on Zero Hunger. An inspiring moment was learning from local women how rearing chicken empowered them and was associated with a more positive perception of motherhood.</p>

	<p>Dr Yao Zhao (Mentee) Formerly, School of Psychology, University of Leeds zephyr27227@gmail.com Dr Yao Zhao is a graduate PhD from the School of Psychology at the University of Leeds where she was also awarded an MSc in Psychological Approaches in Health. Yao is a Chinese national, is fluent in English, and currently living in Leeds. She is seeking a full-time academic post and has an interest in global online youth culture, well-being and creativity of young people, and cultural differences between Sinophone and Anglophone regions.</p>
<p>Investigators</p>	
	<p>Professor Brian Brown (Co-Investigator) Applied Social Sciences, De Montfort University brown@dmu.ac.uk The core of Brown's work has focused on the interpretation of human experience across a variety of different disciplines, exploring how this may be understood with a view to improving practice and with regard to theoretical development in the social sciences.</p>
	<p>Dr Erminia Colucci (Co-Investigator) Department of Psychology, Middlesex University London E.Colucci@mdx.ac.uk Erminia's main area of research is in Cultural and Global Mental Health and Applied Cross-Cultural Psychology with a focus on LMIC and immigrant and refugee populations. Her key interests include first-hand stories of people with lived-experience of 'mental illness' and suicidal behaviour. Dr Colucci uses arts-based and visual methods, particularly photography and ethnographic film-documentary, in her research, teaching and advocacy activities.</p>
	<p>Professor Paul Cooke (Co-Investigator) School of Languages, Cultures and Societies, University of Leeds P.Cooke@leeds.ac.uk Paul is currently involved in a number of GCRF projects, including a number as PI that explore the use of participatory arts for development. As a filmmaker, he has produced a number of participatory documentaries with groups of young people in many countries including Germany, South Africa, the UK, Lebanon and Cambodia.</p>
	<p>Dr Karina Croucher (Co-Investigator) School of Archaeological and Forensic Sciences, University of Bradford K.Croucher@bradford.ac.uk Karina's research interests include inter-disciplinary approaches to understanding the past and the role of the past today. Some of her current research focuses on the role cultural heritage plays in identity, social cohesion and in providing a sense of place for displaced and host communities.</p>
	<p>Dr Adrian Evans (Co-Investigator) School of Archaeological and Forensic Sciences, University of Bradford A.A.Evans@bradford.ac.uk Adrian's current work focuses on the use of digital heritage as a tool in societal and economic growth and is working with displaced communities to test the use of digital heritage to build resilience.</p>
	<p>Dr Rebecca Graber (Co-Investigator) School of Applied Social Sciences, University of Brighton R.Graber@brighton.ac.uk Rebecca's work centres on how peer relationships can contribute to the development of psychological resilience in the face of complex challenges to mental health and wellbeing, with a particular orientation to lived experience. Her research aims to identify, understand and promote the contributions of informal social relationships and practices, especially as these arise in resistance to, or as consequence of, broad social risks (such as austerity, poverty, stigma, discrimination, colonial legacy, and prevalence of harmful substances).</p>
	<p>Professor Anna Madill (Principal Investigator) School of Psychology, University of Leeds a.j.madill@leeds.ac.uk Anna's research is broadly in the field of 'well-being,' gender and sexuality. She specializes in qualitative methods with a particular interest in visual approaches. As well as the GCRF Challenge Cluster seed-funded project on Mainstreaming Mental Health, she is PI on 'The Big Picture' which is exploring young people's resilience in the face of addictive substances in Assam, India.</p>
	<p>Professor Raghu Raghavan (Co-Investigator) School of Nursing and Midwifery, De Montfort University rghavan@dmu.ac.uk Raghu has a clinical background in health psychology and nursing, with expertise in participatory research and co-production. His current research consists of exploring the conceptualisation of dementia in minority ethnic communities; faith, belief systems and mental health recovery; mental health literacy and research participation from diverse ethnic communities – in the UK and in India.</p>