



**Meet the
Youth and
Lived
Experience
Advisors**



Youth Advisors



Aishwarya Sai Lakshmi

Youth Coordinator
citiesRISE, India



Jackee Schess

CEO and Founder
Generation Mental Health, USA



Jihad Bnimoussa

Founder
Inspire Corp, Morocco



Manvi Tiwari

Country Executive Committee
Global Mental Health
Peer Network, India



Oriana Ortiz

Opportunity Activator
YMCA Latin America
and Caribbean, Mexico



Puspita Alwi

Co-Founder and CEO
Sehat Jiwa, Indonesia



Sweetbert M. Anselimus

Executive Director
Psychosocial Welfare
Organization, Tanzania



Viet (Mason) Trinh

Program Director
Lighthouse Social
Enterprise, Vietnam



Lived Experience Advisors



Anindya Shabrina
Supervisory Board
Resister Indonesia, Indonesia



Cecilia Fofo
Program Assistant
Basic Needs Ghana, Ghana



Dr. Fizza Yasmeen
Founder and CEO
Shining Star Vocational
Training Institute, Pakistan



Issa Kamara
Chairman
Hagancatwright Organization,
Sierra Leone



Manasi Gupta
Founder and Executive Director
Huesofthemind Foundation, India



Sankhulani Daka
CEO and Co-Founder
Let's Talk Mental Health,
Zambia

Youth Advisor



Meet Aishwarya!

Aishwarya is a youth leader based out of Chennai who has a master's in psychiatric social work and is pursuing a master's in counselling psychology from the University of Madras. She is a physicist turned psychiatric social worker purely out of a passion for mental health who dreams of living in a world where mental health is not limited by stigma and lack of awareness.

Aishwarya Sai Lakshmi

Youth Coordinator
citiesRISE, India

Youth Advisor



Meet Jackee!

Jackee Schess is a lived experience advocate and mental health researcher from New York, USA. Jackee is the Founder and CEO of Generation Mental Health, a youth-led non-profit empowering young people with lived experience of mental ill-health to be mental health advocates, researchers, and innovators.

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Jackee Schess
CEO and Founder
Generation Mental Health
Association, USA

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Jackee Schess
CEO and Founder
Generation Mental Health
Association, USA

Meet Jackee!

She recently completed an MA in Economics and will begin a Ph.D. in Health Policy in Fall 2023, pursuing her research interest in the social and political determinants of mental health and addiction. Jackee currently serves as a Research Assistant at Rutgers University, where she supports data analysis on mental health and substance use projects focusing on understanding disparities and achieving equity.

In addition, she serves on the Lived Experience Council at Healthy Brains Global Initiative, where she co-coordinates the Communications and Advocacy workstream.

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Jihad Bnimoussa
Founder
InspireCorp, Morocco

Meet Jihad!

Jihad is a Moroccan American Psychologist and founder of InspireCorp, a mental health social enterprise in the MENA region specializing in building high-impact mental health prevention programs using a resilience approach. Her work reaches thousands of teachers, social workers, and 8 million youth in Morocco. She is a Stanford AMENDS Fellow and an Atlantic Dialogues Emerging Leader, and has presented her work in UK Parliament, MISK Global Forum, TEDxYouth, and other international forums. Her work has been featured through various press outlets, including BBC radio, Women in Leadership Magazine, Medi1TV, Morocco World News and Hesperess.

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Meet Jihad!

What was the inspiration behind starting InspireCorp?



Jihad Bnimoussa
Founder
InspireCorp, Morocco

Growing up across different cultures and contexts, from Falls Church, Virginia, to Riyadh, Saudi Arabia, to Abu Dhabi in the United Arab Emirates, I found a common human experience in mental health. As humans, we all struggle with our inner world and our minds, regardless of our age or background; this sparked my curiosity for psychology and led me down that path academically. While studying psychology in Istanbul and working with Syrian refugee children, I found that many traditional resources that teach us to rely on one-on-one therapy aren't accessible. Once I moved to Morocco, I learned the extent of these gaps across low to middle-income countries. This inspired me to start my social enterprise to explore alternative pathways for supporting young people's mental health and positive development beyond the traditional therapy model.

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Meet Jihad!

What is the message you hope to convey to others?



Jihad Bnimoussa
Founder
InspireCorp, Morocco

Mental health is often examined within the context of the healthcare system. Yet, it is embedded into all of our other systems as well. I am interested in understanding young people, how they navigate their lives, and how supporting their development can transform education and community support, thus keeping their mental health. Prevention and early intervention in mental health needs to happen in the spaces young people exist in, in digital, educational, and community spaces.

Technology, and especially artificial intelligence and augmented reality, presents a singular opportunity to rethink and reimagine our education systems and our forms of community support. We must approach these topics multidisciplinary and integrated because young people experience them as one whole.

You can find Jihad at jihadb.com or [@jihadbnimoussa](https://www.instagram.com/jihadbnimoussa) on Instagram.

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Manvi Tiwari

Country Executive Committee
Global Mental Health Peer
Network, India

Meet Manvi!

Manvi Tiwari is a mental health activist and lived experience expert. She serves as the Country Executive of India at the Global Mental Health Peer Network (GMHPN). As a person with lived experience of mental health conditions herself, she actively works to advance the engagement and leadership of people with lived/living experience of mental health conditions or distress in mental health research, policy-making, and other spaces to make them individual-centric.

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Meet Manvi!

She is part of Generation Unlimited India's Young People's Action Team at UNICEF. Manvi strongly advocates for and works to introduce intersectionality in global approaches to mental health and wellbeing. She also sits on the advisory board for Economist Impact and McPin's Common Metrics in Mental Health Programme. Manvi is also currently studying Media and Communication at the University of Mumbai.

Manvi Tiwari

Country Executive Committee
Global Mental Health Peer
Network, India

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Oriana Ortiz

Opportunity Activator
YMCA Latin America and
Caribbean, Mexico

Meet Oriana!

My name is Oriana del Sol Ortiz Parrao. I was born in 1999, in a small city in Mexico, near the border with Belize. I am the third daughter of four.

Since I can remember, I want to contribute to create a more sustainable, equitable and just world. I feel committed to contributing with my work, knowledge, and voice to create a better world for all. I was involved in several volunteer and advocacy activities in high school and college, and now I work for an NGO.

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Meet Oriana!



Oriana Ortiz

Opportunity Activator
YMCA Latin America and
Caribbean, Mexico

I studied International Relations, and I graduated summa cum laude in 2020. Parallel to my BA studies, I took a Diploma program in leadership. Currently, I am studying for a Master's Degree in Governance and Globalization with a focus on global governance.

I started working with YMCA Latin America and Caribbean (YMCA LAC) as an intern in 2020, and in 2021, I became part of their professional team as Opportunity Activator. One of my first activities was co-developing the YMCA LAC Regional Mental Health program. During the last two years, I have been involved in the program's structure and the creation of the program's manual and the co-supervision of the implementation of the YMCA LAC regional health program in 4 countries in the region.

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Meet Oriana!



Oriana Ortiz

Opportunity Activator
YMCA Latin America and
Caribbean, Mexico

I feel passionate about Mental Health because of my background. I am not a psychologist. However, I have been surrounded by mental health specialists all my life. My two big sisters are Psychologists, the eldest is ten years older than me, and the other is six years older, so they have guided my little sister and me to be aware of the importance of Mental Health. My family has been battling for many decades with depression and anxiety. I have battled with General Anxiety Disorder since I was a child. This is why I feel so committed to this cause, and I am grateful that I can contribute my work and experience to it.

In my free time, I teach high school classes in a marginalized part of Cancun, where most students live in poverty and experience familial violence and drug and alcohol abuse. My work with them is more than teaching history or English; we also discuss mental health issues and women's and child's rights. Above all, I work with them on their self-love and confidence. My mom is a professor there, so I got involved in that work for her. For me, education is key to making sustainable changes.

Youth Advisor

Meet Puspita!

Hello, my name is Puspi.



Puspita Alwi

Co-Founder & Executive Director
Sehat Jiwa, Indonesia

When did you first realize that mental health was a real problem? You are not alone if you answer that it was during the COVID-19 pandemic. However, for me, it happened nine years ago when I was a victim of bullying, which eventually led to my hospitalization twice due to an unknown illness, during which I clung to life only through IVs and was unable to eat or drink anything for three weeks. At the time, I did not realize that my body was reacting to my fear of not being accepted in my circle of friends. I felt even further behind when I returned as if the world had moved on without me.

Unfortunately, this is a common experience for the 15 million adolescents in Indonesia who struggle with mental health conditions from a young age. Regrettably, most of them are not even aware of their situation.

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Youth Advisor

Meet Puspita!



Puspita Alwi
Co-Founder
& Executive Director
Sehat Jiwa, Indonesia

As a counsellor for survivors of gender-based violence against women and children, I have noticed a similar pattern. Many survivors do not know how to cope with sadness, anger, or hopelessness or how to seek help.

Most importantly, they do not understand the importance of mental health. My experience working with various vulnerable groups has made me realize that mental health is not just an individual problem but a systemic issue that requires a systemic solution. Mental health is not solely a concern for the healthcare sector but rather a multi-sector issue that requires collaboration to address.

To strengthen individuals, we need to enhance the system. I consider myself fortunate because, despite experiencing bullying, I had a supportive family that was always there for me. They never asked me why my grades were getting worse day by day. They were just there for me. But what about others? Even now, I still feel insecure, especially when I feel judged based on my physical appearance. Still, I realize that I wouldn't be who I am today without all the pain I've experienced in the past.

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Meet Puspita!



Puspita Alwi
Co-Founder
& Executive Director
Sehat Jiwa, Indonesia

The person I am now is the one who developed Sehat Jiwa, starting from my dream after high school that no one should feel like I did. It took me years to understand that feeling hurt is an emotion I can cherish. And that I can choose to bounce back from all those experiences.

I want everyone to know that something as simple as a joke can trigger a wound, and for those who are hurting, I want them to see that they are valuable. It's time to focus on their internal healing process and forgive the wounds that cannot be undone. I hope mental health is seen as an investment.

Like me, there is a significant population of people with no mental illness but struggle with mental health problems. This problem could be a time bomb if they do not have enough knowledge and social support to help them release and solve the problem. The question is, have we equipped youth and their social system with sufficient knowledge and understanding related to mental health?

Youth Advisor



Meet Sweetbert!

Sweetbert is a 26 years old Tanzanian youth currently a member of the Being Youth Advisory Group at Grand Challenges Canada, an Executive Director for the Psychosocial Welfare Organization (PWO) based in Tanzania, and an Assistant Lecturer (Psychology, Inclusive Education and Research Methods) at the University of Dar es Salaam (UDSM) in Tanzania. Sweetbert founded and has been Executive Director (ED) at PWO since 2019.

Sweetbert M. Anselimus

Executive Director
Psychosocial Welfare
Organization, Tanzania

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Youth Advisor

Meet Sweetbert!



As Executive Director, he leads the team at PWO in designing, planning, implementing, monitoring and evaluating projects that address the mental challenges of youths and vulnerable groups in Tanzania. As an academician and mental health activist in Tanzania, he has trained over 5000 students and youths on the psychology of adolescence, mental health, educational psychology, social psychology, and research methods. He worked as a Psychologist at the University of Dar es Salaam Counselling Unit in 2021 and 2022.

In the role, he provided individual and group counselling services to students and staff of the university and coordinated counselling outreaches to vulnerable populations in Dar es Salaam. He also became an intern-
psychologist at USAID Kizazi Kipya Project based in Arusha, Selian Hospital and Pour Your Heart Counselling and Psychotherapy Centre.

Sweetbert M. Anselimus

Executive Director
Psychosocial Welfare
Organization, Tanzania

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Meet Sweetbert!



Sweetbert is very enthusiastic about serving youths and vulnerable populations. Among great things, he co-authored an article titled “Democratizing Development Practices: Envisioning the Future of Student-led Humanitarian Aid” with Ryan Sutherland to motivate and inspire students and youths to take the lead in development practices worldwide.

Sweetbert M. Anselimus

Executive Director
Psychosocial Welfare
Organization, Tanzania

Youth Advisor



Viet (Mason) Minh Trinh

Program Director
Lighthouse Social Enterprise,
Vietnam

Meet Viet (Mason) Trinh!

Viet (Mason) Trinh (he/him/his) is a distinguished young advocate and researcher focusing on LGBTIQ+ mental health and sexual health in the Asia Pacific region. He serves as Program Director at Lighthouse Social Enterprise, a leading civil-led society organization in LGBTIQ+ rights and health in Vietnam. His work adopts a person-centred approach, encompassing community engagement and outreach, capacity building, intervention design and delivery, and health policy lobbying. He is the current Chair of the LGBTIQ+ Mental Health Network in Vietnam.

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Meet Viet (Mason) Trinh!



Mason works in close partnership with United Global Mental Health, the U.S. CDC, Global Fund, the President's Emergency Plan for AIDS Relief, and the Vietnam Administration of HIV/AIDS Control - Ministry of Health to advocate for the integration of mental health support into HIV/AIDS services relevant to young key populations and LGBTIQ+ youth. With interests in internalized stigma, intersectional identities, and integration services, he has amassed close to 15 regional and international presentations and peer-review scientific research publications.

Viet (Mason) Minh Trinh

Program Director

**Lighthouse Social Enterprise,
Vietnam**



Lived Experience Advisor



Meet Anindya!

Anindya Shabrina is a lawyer and human rights defender who combines strong writing and public campaigning skills to create campaigns and advocate for litigation and non-litigation in human rights cases that compel people to act. RESISTER INDONESIA represents several groups of marginalized people (women, LGBTIQ+ people, and minorities) who face mental health issues and struggle to find affordable mental health care.

Anindya Shabrina

Supervisory Board

Resister Indonesia, Indonesia



Lived Experience Advisor



Meet Cecilia!

Cecilia Fofa is a young lady with lived experience of bipolar affective disorder and a mental health advocate trained in early childhood development. She began her mental health advocacy career in 2018, a year after she was diagnosed with a mental health condition.

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Cecilia Fofa

Program Assistant
Basic Needs Ghana, Ghana



Lived Experience Advisor



Meet Cecilia!

BasicNeedsGhana is a Non-Governmental Organization focusing on mental health and development, aiming to improve the lives of persons with mental health conditions and epilepsy through collaborations, capacity building, community-based mental health care, sustainable livelihood, as well as research and policy influence.

Cecilia Fofa

Program Assistant

Basic Needs Ghana, Ghana

Lived Experience Advisor

Meet Dr. Yasmeen!



Dr. Fizza Yasmeen
Founder and CEO
Shining Star Vocational
Training Institute, Pakistan

Dr. Yasmeen is the Founder and CEO of Shining Star Vocational Training Institute for vulnerable women of marginalized communities aiming to use skill training to prevent psychosocial disabilities. Previously, she was also CEO of Basic Needs Pakistan, which mobilized 300,000 people for mental well-being through a women's economic empowerment project for women with psychosocial disabilities. 1,200 women with psychosocial disabilities successfully started generating income, boosting their self-esteem and giving them independence. As a psychiatrist, Dr. Yasmeen has hands-on experience working with several mental health institutes as a leader, working with underserved communities, primary care centers and clinics. Dr. Yasmeen is also a WHO Mental Health Gap Trainer and an Australian Mental Health First Aid trainer.



Lived Experience Advisor



Meet Issa!

Issa Kamara is a youth activist and democracy ambassador. He is the chairman of Hagancatwright organization and has served in that capacity for more than eight years. Hagancatwright organization raises awareness about mental health and illicit drugs like Kush in Sierra Leone. The organization works with youth living in slums who engage in high-risk substance use.

Issa Kamara

Chairman

Hagancatwright Organization,
Sierra Leone



Lived Experience Advisor



Meet Manasi!

Manasi Gupta is a social entrepreneur and an engineer by profession. She is the founder of Huesofthemind Foundation, a UN SDSN member nonprofit organization to provide mental health services and has impacted 50,000+ beneficiaries with its initiatives. She is a mental health advocate and wants to make mental health resources more accessible, affordable, and available.

Manasi Gupta

Founder

Huesofthemind Foundation,
India

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Lived Experience Advisor



Meet Manasi!

Huesofthemind Foundation is a youth-led nonprofit initiative created to provide a safe space for everyone in need; it started in 2019 to facilitate conversations around mental health issues to build a community of empathetic people. Over the last three years, their team has grown to 150+ members. Their beneficiaries have termed the spaces 'life changing', which has helped impact 50,000+ beneficiaries.

Manasi Gupta

Founder

Huesofthemind Foundation,
India



Lived Experience Advisor



Meet Sankhulani!

Sankhulani Daka is the CEO and Co-Founder of Let's Talk Mental Health (LTMH). His passion for mental health stems from his past struggles with his mental health. From being bullied and experiencing anxiety, depression and suicidal thoughts. As someone who understands the effects of mental illness, he hopes to bring healing to people who have been through a traumatic/stressful experience.

Sankhulani Daka

CEO and Co-Founder

**Let's Talk Mental Health (LTMH),
Zambia**

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Sankhulani Daka

CEO and Co-Founder

**Let's Talk Mental Health (LTMH),
Zambia**

Meet Sankhulani!

Let's Talk Mental Health (LTMH) was built on the solid foundation to help anyone going through mental health struggles without regard to who they are or where they are from as long as they need the help. The organization was founded in November 2018. Two people from different parts of the world united for one purpose and one purpose only, to end mental health stigma and make mental health services readily accessible.

The organization services young people through an online platform that has helped thousands of people and reached millions worldwide, with members in Bangladesh, Colombia, Dubai, India, the Philippines, the U.S.A, Spain, South Africa, Zambia and Zimbabwe.