

The Second UPF UK Mental Health Event Addresses Depression

Eva Chan
January 30, 2026
Director, UPF-UK



London, United Kingdom - Surveys have shown that 1 in 4 people in England experience a mental health challenge each year. With this reality in mind, UPF-UK held its Second Mental Health Awareness Event on January 30, 2026, focusing on "Dealing with Depression: A Journey of Understanding and Hope." The event aimed to raise awareness, reduce stigma, and create a safe, supportive space for learning, dialogue, and community connection.

The program opened with a UPF introduction video, followed by the exclusive first-time screening of a documentary created and hosted by journalist Ms. Hera Kruja, chair of the International Media Association for Peace (IMAP-UK). The documentary combined powerful lived experiences, expert insights from mental health professionals, and practical guidance on recognizing early signs of depression, supporting loved ones, and changing the conversation around mental health within our communities.



The event welcomed 32 participants, including 12 young people, demonstrating strong intergenerational engagement. The office space was transformed into a warm, professional, and inclusive environment, encouraging open discussion and reflection.

A particularly meaningful moment was when one of UPF's Patrons, Duchess Nivin ElGamal, courageously shared her personal life journey with mental health, speaking openly and honestly about her

experience with depression. Her story deeply resonated with participants and highlighted the power of lived experience in fostering understanding, empathy, and hope.



Another key highlight was the contribution of Dr. Saima Niaz, a consultant psychiatrist and UPF-UK patron, whose interview provided clear, practical guidance, and created a moment of trust when a young participant felt safe enough to seek advice during the session.

The event was recorded and filmed by the JTV director, allowing the learning and impact to be shared more widely for future outreach and awareness initiatives.

