

Universal Peace Federation UK's Second Mental Health Awareness Event

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Universal Peace Federation UK's Second Mental Health Awareness Event (30th January)

Why conversations about depression matter

Did you know that 1 in 4 people in England will experience a mental health challenge each year?

With this reality in mind, Universal Peace Federation UK (UPF) held its Second Mental Health Awareness Event on the 30th January, 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.



recognising early signs of depression, supporting loved ones, and changing the conversation around mental health within our communities.

Documentary screening - lived experience meets professional insight

The programme opened with a UPF introduction video, followed by the exclusive first-time screening of a documentary created and hosted by Hera Kruja, a journalist and Chair of the International Media Association for Peace - UK. The documentary combined powerful lived experiences, expert insights from mental health professionals, and practical guidance on



A patron's testimony - how lived experience builds empathy and hope

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.

conversations, and support pathways

Practical guidance: early signs, helpful

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.

Another key highlight was the contribution of Dr. Saima Niaz, a Consultant Psychiatrist and a 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.

Together, we can achieve more by building understanding, compassion, and hope.



Eva Chan, UPF - UK Director

How you can help - support UPF's wellbeing and community initiatives

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[Interdependence, Mutual Prosperity, and Universal Values](#)