

Chris O’Sullivan FMHC

Chris leads on workplace mental health for the Mental Health Foundation. His current role combines leading programme and policy activities on workplace mental health with the management of the charity’s corporate partnerships and professional services offer. Based in Scotland, but working across the UK, Chris is no stranger to the challenges of the modern workplace.



As well as mental health and work, Chris’s other areas of interest include technology and mental health, international collaboration, service design, stigma and discrimination, and suicide prevention. Chris is happiest joining dots - curating and communicating mental health topics – in writing, the media or through events. He’s least happy networking in a room of strangers.

In 2011 Chris was selected as a founding member of the Royal Society of Edinburgh Young Academy of Scotland. Chris’s background is in mental health policy, research and campaigns, managing a range of programmes and projects. In previous roles – Chris’s work has included provided high level policy support to the European Commission in developing its approach to mental health with the Scottish Development Centre for Mental Health, developing the first UK workplace anti-stigma campaign as part of the See Me team, and representing disabled students across the UK as NUS Disabled Students officer.

Outside work Chris spends his time being a father of two small people, a documentary photographer, and most recently a baker of sourdough bread.

Twitter: @mentalcapital