

## Hannah Lewis FMHC

Hannah is a mental health research and policy specialist, with extensive lived experience of mental illness.

After studying BA Politics and French (University of Leeds) and MSc Cultural and Global Perspectives in Mental Health Care (Queen Mary, University of London), Hannah began her career in the field of mental health by campaigning with national programme Time to Change and then interning in the research and policy team at the Mental Health Foundation.

Now a Senior Policy and Practice Officer for Rethink Mental Illness, where she was previously a Project Officer for the charity's flagship Children and Young People's Project, Hannah facilitates coproduction to bridge the gap between mental health research, policy and practice, co-ordinating a number of projects around health inequalities and social determinants of health. Hannah has also worked in one of the charity's services for families and carers of people with a mental illness in East London, and was here able to see first-hand how collaboration between religious leaders and mental health professionals can result in better outcomes for people experiencing mental distress.

Her primary research interest is prevention among children and young people, specifically with regards to body dissatisfaction and eating disorders. Fundamentally, she believes in harnessing the diverse insights of those with lived experience of mental distress in order to contribute to future innovation in the field.

