

Sarah Hughes FMHC

Sarah Hughes is Chief Executive of the Centre for Mental Health. She has worked in mental health for 27 years. Having initially trained as a social worker, Sarah has managed a range of innovative community and secure services. She also led the research and evaluation of the pioneering First Night in Custody project in Holloway Prison which saw the roll out of these principles across the prison estate supported by the Cabinet Office.

In recent years, Sarah has led Mind in Cambridgeshire (among other organisations) which is known for values led practice and high impact campaigns including Stop Suicide and StressLess.

Sarah is also undertaking a professional doctorate with the Tavistock and Portman Centre studying Women, Resilience and Leadership. She writes a blog and has written many guest pieces for various platforms.

Sarah is passionate about the mental health of the nation and believes it is possible to achieve parity of esteem by drawing on the amazing work already being undertaken across the country.

