

Steve Gilbert FMHC

Steve has extensive personal experiences of mental illness, including periods of depression, suicide attempts, and hospitalisation. He has a diagnosis of Bipolar Disorder and Complex PTSD- the result of psychological abuse in his early years through to adulthood.

Steve is the regional Service User Representative for the Royal College of Psychiatry.

Appointed to the West Midlands Combined Authority Mental Health Commission he worked alongside the Rt Hon Norman Lamb MP to develop the Thrive West Midlands programme, a region-wide approach to mental health transformation. He also led the key line of enquiry for people who enter the criminal justice system, identifying the prison release process as a key opportunity for enhanced support for people with multiple unmet needs.

Steve is an Associate Trainer with 'Connecting with People', and delivers suicide mitigation training. His personal experience, coupled with his professional skillset, make him an effective trainer, increasing empathy, reducing stigma and enhancing participants' ability to compassionately respond to someone who has suicidal thoughts.

Steve is a Trustee for Mind (National) and the Association of Mental Health Providers.

Steve was appointed as a Vice Chair for the Independent Mental Health Act Review led by Sir Simon Wesley, supporting the chair in making recommendations to the Government. Steve chaired the Service User and Carer group, and co-chaired the black African Caribbean working group.

Steve is a well-respected speaker, having presented at national and international conferences on the subjects of black mental health, suicide prevention and living experience leadership.

