

Hannah Sturland FMHC

Hannah is a writer, speaker and mental health champion. She has significant lived experience of mental ill-health which she wrote about in her bestselling book *100 Days: how I saved my life and can help transform yours*. Hannah writes about her experiences with anxiety and how she built recovery from a mental health breakdown, using tools that anyone can practice to find space between the waves of mental ill-health.



Hannah is opening up mental health conversations with her podcast *Between The Waves*, where guests talk about their mental health toolkits and *Change One Thing* recommendations to give listeners accessible, achievable tools to try and support improvements in their mental health.

She is founder of [The Mental Health Community](#) (reg. 1184442) a charity with a vision for effective, accessible mental health support for everyone. The charity are running a project encouraging businesses to support their teams and customers through becoming a Community Headspace, with eLearning on common mental health conditions and communication tools to help businesses:

- Engage better with people
- Spot the signs that people might be unwell
- Signpost them to additional support

Hannah hopes this will encourage people with mental ill-health to reach out into their community for support and reduce the isolation and loneliness that often coincides with being mentally unwell.