



During the next five years I plan to strengthen Mensana so that it will serve all Jamaican families affected by mental illnesses. Coady's formal leadership training will help me to accomplish this.

Dawn Marie Roper

Chairperson

Mensana Jamaica, Jamaica

I am quite involved with support group meetings and members' development activities. We hold two monthly group meetings to provide spaces for sharing information, experiences and advice. Another important area is advocacy and public awareness. Through public forums, media appearances, workshops, conferences and participation in national technical working groups and advisory committees, Mensana advocates for improved national mental health services and builds awareness to end stigma and discrimination.

Mensana is a mental health support, public education and advocacy group formed in 1997. Mensana provides practical and moral support to families living with mental illnesses to help them to cope. We also provide public education to reduce stigma and discrimination, while advocating for improved mental health services in Jamaica. Mensana is a registered, voluntary organization and is a part of Jamaica's civil society response for mental health. Mensana means 'healthy mind.'

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