



#RMNH2025
SRI LANKA

JOIN US IN SRI LANKA



27-28 February 2025



Galle Face Hotel, Colombo, Sri Lanka

**2nd International Rethinking
Mental Health Care Conference**

**NAVIGATING
NEW CHALLENGES
AND INNOVATIONS IN
THE DIGITAL AGE**

◆ www.rethinkingmnh.org



The conference will convene mental health leaders, practitioners, and policymakers to address the urgent global need for accessible, effective, and innovative mental health services.

Together, we will spotlight evidence-based, human rights-oriented approaches and explore transformative practices, reforms, and initiatives that are reshaping mental health care in a rapidly changing world.

KEY TOPICS:

- Expand mental health literacy to enhance public awareness,
- Foster early intervention,
- Reduce stigma across diverse communities,
- Increase access to low-intensity psychological interventions,
- Explore the transformative potential of e-mental health solutions.

The conference emphasizes the involvement of individuals with lived experience of mental health challenges, ensuring that their perspectives shape the development of more compassionate, responsive, and inclusive care systems.

Organizers:



Partners:



www.rethinkingmnh.org



PROGRAM



REGISTRATION



ABSTRACT
SUBMISSION



Among our several dozen speakers:



SONALI DERANIYAGALA (Sri Lanka), author of the memoir “Wave” describing how during the Tsunami of 2004 she lost her husband, two sons, her parents and a best friend’s mother and subsequently tried to commit suicide several times before managing to begin a new life.



TASDIK DIP (Australia) designs digital mental health interventions to reduce depressive symptoms among adults attending primary health care facilities in e.g. Bangladesh.



VANDANA GOPIKUMAR (India) is co-founder of The Banyan and a visionary advocate for homeless individuals with mental health issues. Since 1993, she has pioneered an inclusive approach to institutional care and created innovative models for those in need.



APARNA JOSHI (India) is a psychologist and psychotherapist with twenty-five years of experience in mental health intervention, research, training and innovation, working as an Assistant Professor at the School of Human Ecology, Tata Institute of Social Sciences (TISS) since 2010



FARAH SHIRAZ (Denmark) is the Chief Scientific Officer at Khora, based in Copenhagen, Denmark. She has a PhD in Psychology and over 20 years of applied experience within the mental health sector globally, in research and in a clinical context. She has a leading role in the developing products that use innovative software to aid therapy for people who suffer from auditory hallucinations, specifically, patients with schizophrenia who are hearing malevolent voices.



ANTO AGUS SUGIANTO (Indonesia). A former chaining victim turned global mental health activist, Anto brings powerful lived experience to his advocacy. Since 2010, he has been a prominent advocate for mental health, collaborating with various non-profit organizations to support those with lived experience and raise awareness about mental health rights worldwide.