



# SOPHIA BADHAN

AGE: 18 years old FROM: England - West Midlands

“Social action has given me a reason to keep fighting to get better. I have a strong drive and purpose in life now.”

When I was 15, I was hospitalised for seven months due to anorexia nervosa. My eating disorder went largely undetected for three years because of a lack of understanding.

One of my main motivations in recovery was to be well enough to raise awareness of eating disorders and tackle the stigma against mental health problems.

Although I was still struggling myself, I began giving presentations in school assemblies and holding workshops. I was determined to prevent others from experiencing what I did and to help as many people as I could.

I'm now an advocate for positive mental health and a member of the Think 4 Brum Youthboard. We're passionate about mental health, and we give other young people a voice in decisions made by Birmingham and Solihull Mental Health Trust.

Through Think 4 Brum, I've spoken at a national conference

in front of 300 medical professionals about the importance of involving young people in decisions about their care. I also promoted #TeenTalk - roleplays that use role-reversal to encourage health professionals to reflect on their interactions with young people.

Additionally, I deliver workshops for Year 7 pupils at my school called 'Self-Care Isn't Selfish', which I designed myself. I was appointed as my school's first ever Wellbeing Prefect due to my work and I also lead a team of 15 staff and students as part of The Diana Award's Anti-Bullying Ambassador Programme.

In my spare time, I volunteer at my local foodbank.

In the future, I hope to design a programme to promote positive mental health in schools for children of all ages. I'd love to live in a world free of mental health discrimination, where young people and adults can seek the help for their mental health that they both need and deserve.

## ORGANISATIONS I'VE WORKED WITH

THE DIANA AWARD, KING EDWARD VI HANDSWORTH SCHOOL FOR GIRLS, THINK 4 BRUM & BIRMINGHAM AND SOLIHULL MENTAL HEALTH FOUNDATION TRUST, THE TRUSSELL TRUST FOODBANK (ERDINGTON BAPTIST CHURCH)

## CHARACTER STRENGTHS

LEADERSHIP, CONFIDENCE, RESILIENCE, PERSEVERANCE AND DETERMINATION, GRATITUDE, HUMILITY OR MODESTY

