

Promoting mental health through intersectoral collaboration and community engagement

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ABSTRACT

The promotion of mental health requires coordinated, intersectoral strategies that extend beyond the boundaries of health care systems. This work highlights initiatives developed through collaboration with nongovernmental organisations, health care facilities, research centres, and government agencies. Core activities include mental health screening, psychological consultation, psychological wellbeing seminars and structured referral services. Particular attention is directed toward providing psychosocial support for vulnerable populations, including survivors of torture, indigenous communities, and school-aged children, with interventions designed to be contextually relevant and culturally appropriate. A multimodal approach has been implemented, integrating psychoeducation, brief consultations, and interactive workshops and seminars to enhance awareness, resilience, and help-seeking behaviour. Furthermore, mental health advocacy in sport has been advanced through contributions to the classification of athletes with intellectual impairments and the training of new classifiers, thereby promoting both fairness in competition and athlete wellbeing. Within clinical settings, collaboration with multidisciplinary teams has strengthened the integration of psychosocial perspectives into pain management and psycho-oncology case management, where advisory roles support comprehensive care delivery. Parallel engagement with research centres has facilitated the generation of evidence to inform programme development and refine intervention strategies. Through these intersectoral initiatives, the overarching aim has been to advance mental health advocacy, broaden access to psychosocial support, and foster sustainable community engagement. This presentation will share experiences, challenges, and lessons learned in building networks that place mental health at the centre of holistic wellbeing.

Keywords: Mental Health Promotion, Psychological Wellbeing, Intersectional Collaboration, Vulnerable Population, Multidisciplinary