



Panelist: Simran Singh

Simran (he/him) is a Peer Support Coach with Headspace's Early Psychosis Program. He first engaged with the program as a young person before transitioning into his current role, with now a completed Certificate IV in Mental Health Peer Work under his belt.

Drawing on his lived experience, he feels privileged to support and walk alongside young people on their recovery journeys. Alongside his peer support work, he contributes as a co-designer on mental health tools, including the MYBRANCHES and SIMPLICITY projects, helping ensure they reflect the voices and needs of young people. Simran is looking forward to sharing his perspective on the role of creative expression in recovery, while bringing both a lived experience and gender-diverse perspective to the discussion.