

**Commissioner Niharika Hiremath**

National Youth Mental Health Advocate | Graduate Psych Student | Commissioner at the NMHC | CALD Youth Peer Support Worker

Ms Niharika Hiremath is an Indian-Australian woman with a lived experience of clinical depression and anxiety and has herself been through the mental health care system in Australia. Her recovery led her to find her passion; working to understand and reduce stigma, especially in ethnically diverse communities. She has seen the impact that quality mental health support can have firsthand, and is committed to improving wellbeing outcomes for all Australians alike. Currently studying a Masters of Social Work, she is a graduate in Biomedical Sciences, Commerce and Psychology allowing her to bring a broad range of perspectives. She has held various roles as a youth mental health representative, including on the headspace's Youth National Reference Group (hYNRG) and as a CALD Peer Support Worker. She currently holds roles with the Youth Participation team at headspace's National Office, as an Advocate with the Australian Youth Advocates for Mental Health (AYAMH) program and is a Mental Health Commissioner with the National Mental Health Commission.