



The Mental Health and Wellbeing Awards 2024



Inspirational Story Entry Form

Inspirational story (over 18) - lived experience – an individual who has overcome their own mental health difficulties

Ms Stacey Llewellyn

Provide a short summary (max 150 words) of the individual and their contribution for use if they are shortlisted.

Stacey's story is inspirational because despite having experienced serious Mental Health problems and having lost the care of both of her children, she has come round and rise. Stacey has given voice via her two books to the amazing world of emotion of thoughts and feelings that she has inside herself and that she has chosen to share, with the rest of the world, to give, as the title of her last book : "A Ray of Hope", to everyone who has battled like her. Moreover, Stacey is currently volunteer as a PEER Mentor in support of young adult suffering with Psychosis who are trying to reduce/stop their cannabis use. She takes

part in a weekly PEER group and shares the experience of her journey towards cannabis abstinence.

Stacey, despite, her struggle with mental health problems continues, continues to inspire many young women and man of Afro Caribbean descent like herself, to realise that it is never too late to change your life round even when you have experienced adversity, trauma, drug use and severe mental health problem.

Introduce the context or background of their story in the space below

In my role as a Consultant Psychiatrist working in Southeast London, I have known Stacey now for 9, since her first contact with Mental Health services years. It is because of my knowledge of how difficult her journey has been through mental health that I chose to nominate her.

Stacey has suffered from very severe mental health problems but she has never given up on herself and courageously and generously has committed to share her experience through her books and in her role of PEER mentor.

Describe in the space below their mental health or well-being story.

As a consequence of mental health problems, which I will not share in details to protect her privacy, Stacey had to give up her children, who are no longer with her and with whom she has no contact. Stacey has been hospital; she has been admitted under the Section of Mental Health Act. She almost lost her life before her latest admission, now 5 years ago, because she was so unwell that she did not realise that her flat was on fire because of a lit-up cigarette, which fell on the rug.

Her last episode of depression was so severe that she lost her speech for one year. When she began to recover and moved to her new flat , she started writing books to give voice to her thoughts and emotions.

Indeed, her first book, *“Lucy and her adventures in the enchanted forest”* now published, is a wonderful book for children where she puts together the love for children, she can see but also her creativity and her wish for a happy world full of colour and love and magic.

Her second book “ A Ray of Hope”, describes her recovery journey still ongoing and the importance of never giving up.

Describe in the space below how this story is inspirational (e.g. that they have had a massive impact on others or policy).

As mentioned above, Stacey's story is inspirational because despite having experienced serious Mental Health problems and having lost the care of both of her children, she has come round and rise. Moreover, in her current volunteering role as a PEER Mentor she supports young adults suffering with Psychosis who are trying to reduce/stop their cannabis use.

Stacey, despite, her struggle with mental health problems continues, has committed to inspire many young women and men of Afro Caribbean descent like herself, to realise that it is never too late to change your life round even when you have experienced adversity, trauma, drug use and severe mental health problem.

What do other people say about this person?

Stacey attends as a PEER Mentor the weekly PEER group of the Cannabis Clinic for Psychosis, I lead. She respectfully and generously shares her experience of her journey away from cannabis, giving advice and suggestions on how she progressed, relapsed but ultimately succeeded. Stacey recently recorded a video which describes, using images, graphic and music, to engage young adults like herself in starting their recovery path.

Other PEERs have responded to her video as follows: “ Stacey is a great role model for young Black British women, she reminds us all, that we can make it, rise above the challenges of life and start again”

“ Stacey inspired me to be more healthy and start looking my mind and my body too; she is so cool, I want to be like her”

“I bought her book for my daughter and when we read it together, I am grateful that we are still together. Stacey’s story reminds me that my daughter is a great motivation to stay well and continue my recovery”