

Ahmad Abojaradeh is the Founder and Executive Director of Life in My Days, a Global Non-Profit paving the way for starting difficult conversations around Mental Health and Disabilities, Abuse and Trauma, and Justice worldwide by supporting individuals and communities on their journeys for self-actualization.

Life in My Days connects individuals from over 150 countries and has operations in the United States, and Jordan. Life in My Days specializes in starting these difficult conversations, empowering community members, and creating spaces of Belonging. They are also a Social Justice and Mental Health advocate, sharing their personal experiences about Mental Illness and Oppression worldwide, and supporting organizations in creating more accessible and safe spaces. They have worked with dozens of communities worldwide, working on the individual, community, organizational, and policy levels. Their work has been featured on Healthline, The Mighty, This is My Brave, Communications Rebel, Muslimgirl, and many local publications in the communities they work in.

They are also a Peer Support Specialist, supporting individuals from around the world, specializing in working with individuals displaced by war, torture and complex childhood trauma, individuals experiencing houselessness, and individuals at risk of dying from suicide. Ahmad is a non-binary/trans, disabled, Muslim, queer, Palestinian Refugee of the World and living with multiple mental health challenges who is passionate about centering lived experience and transforming systems.