

Ahmad Abojaradeh

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 Social Justice worldwide. Life in My Days connects individuals from over 150 countries and has operations in the United States, Turkey, Malaysia, and Jordan. Life in My Days specializes in starting these difficult conversations, empowering community members, and creating spaces of Belonging. He is also a Social Justice and Mental Health advocate, sharing his personal experiences about Mental Illness and Oppression worldwide, and supporting organizations in creating more accessible and safe spaces. He has worked with dozens of communities worldwide, working on the individual, community, organizational, and policy levels. His work has been featured on Healthline, The Mighty, This is My Brave, Communications Rebel, Muslimgirl, and many local publications in the communities he works in. He is also a Peer Support Specialist, supporting individuals from around the world, specializing in working with individuals displaced by war, torture and complex childhood trauma, living with Mental Illness and/or Disability, and individuals living with suicidality.