

Nawira Baig

Nawira Baig is driven by her purpose 'to heal and help heal'. Having experienced mental health challenges, Nawira hopes to inspire and empower others in their healing. She believes that it is possible to thrive, and not just survive, with a mental health condition. She currently works as a peer support specialist at the Institute of Mental Health (IMH). Nawira advocates 'recovery for all' — individuals, communities, organisations, and nations. She leads the Publicity & Communications function of the Community of Peer Support Specialists (CPSS) in Singapore, and is a mental health advocate, volunteer and writer. As a Community Health Assessment Team (CHAT) Ambassador, she has contributed to social media campaigns, service development efforts and public outreach initiatives related to mental health. She has also exchanged views on youth mental health with His Royal Highness Prince Harry, along with several other youth mental health advocates in Singapore. Nawira has also contributed to the National Youth Council's Youth Conversations on mental health, as well as local theatre productions, books and publications, and national mental health campaigns such as Beyond the Label. She regularly shares her experiences and expertise at community events, conferences and industry panels. With a background in media and communications, she has written opinion editorials on mental health for Singapore's local newspaper The Straits Times. Nawira is also Editor of *'Holding the Hope - Stories of Recovery & Resilience'*, a book of recovery stories by the Community of Peer Support Specialists. As a Singaporean woman with South Asian and Middle Eastern heritage, Nawira is currently working on developing trauma, gender and culturally informed support services and resources in her country. She recently founded *'Letters to a Girl Like Me'*, a mental health initiative tailored for girls and women to empower them in finding their healing through writing. She is pursuing a BSc in Psychology.