



**21st CENTURY WOMEN'S
ENTREPRENEURSHIP, LEADERSHIP,
POSITIVE PSYCHOLOGY & MENTAL
HEALTH SUMMIT**
(EDITION 7)

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UNLOCKING RESILIENCE: PRACTICAL MENTAL HEALTH STRATEGIES FOR WOMEN TO THRIVE IN THIS FAST PACED SOCIETY

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Biography

Perpetua Nkiruka Igwebuike graduated with a First class Honours in Nursing at the University of Maiduguri, Nigeria. She later obtained an MSc in International Public Health from Liverpool John Moores University, UK. She equally bagged a certificate in Health Management from the University of Washington, USA. Perpetua currently specializes in Mental Health Nursing, and works as a mental Health Practitioner at the Forensic and secure services Psychiatry in the NHS, UK. She has built her expertise in public health, through determination and resilience, and worked in diverse capacities in some international non-governmental organizations, including Medecins San Frontiers (MSF) and CARE international. She is passionate about creating awareness about mental health problems and substance misuse, and believes that awareness creation helps build capacity in its prevention. She is equally fascinated by the idea of mentoring and empowering young women and girls in the area of mental health issues, and constantly advocates for mental health promotion and prevention among them, especially those in the global south. Perpetua is guided by the belief that huge impact can be made in the fight against mental health issues through self awareness.