

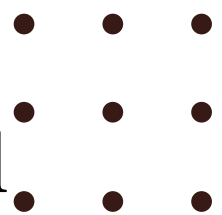


SACMHA



Health & Social Care

Gambinga Gambinga



Equity Officer - Race & Mental Health

I am a community support worker, which means, among other things, I engage with, and listen to service users with the goal of supporting and assisting them to manage and increase their independence.

A large part of my role includes helping some transition into the community from secure unit settings and avoid readmission.

As someone who lives with bipolar, depression and is a former service user, my lived experience, gives me insight into the people I work with. Upholding one of SACMHA's values, I to treat everyone with respect and dignity, I treat people as human beings not a diagnosis, condition or situation.

Being a qualified nurse and having worked in mental health hospitals, the experience I gained allows me to do my job in a professional yet compassionate manner.

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