

Abbie Mitchell

Lived Experience Speaker





Abbie Mitchell is a mental health and suicide awareness advocate and campaigner. She has worked for some of the leading UK mental health charities (Mind, Rethink Mental Illness and Together for Mental Wellbeing) setting up peer support networks and championing lived experience expertise for mental health education. Abbie currently works in youth mental health running the charity Fitzrovia Youth in Action's (FYA) peer mentoring programme in partnership with Mind in Camden and the Tavistock and Portman NHS Foundation Trust working across schools and youth services in London.


Abbie is passionate about the power of 'owning our own narrative' through story telling in helping to reduce the isolation often experienced by those struggling with their mental health and encouraging further understanding around the issues that can arise.

At age 14 Abbie lost her mum to suicide which had a huge impact on her and throughout various parts of her life she has lived with anxiety, depression and disordered eating. Working in the field as a professional and using her own lived experience Abbie has featured in multiple media campaigns about her mental health working with organisations such as Huffington Post, National Mind, Stylist and Time to Change and has been a speaker and panellist for various events as well as being a past Trustee for the Suicide Bereaved Network charity.

Get in touch

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