

Founders' Choice Award

OUTSTANDING SERVICE
TO MENTAL HEALTH

Winner

**Emily Hamilton,
VP Strategic Change, RS Group**



This discretionary award is given to an individual or organisation that the Founders of This Can Happen feel deserves recognition for their work in promoting excellence in mental health

There was no doubt in giving Emily Hamilton the Founders' Award. She has been working tirelessly to champion the transgender community and mental health. This award recognises her work in fighting stigma and her own mental health challenges, as well as her advocacy for the transgender community.

We first came across Emily a few years ago and she made an instant impression on us. Her energy and passion and the way she shares her own story of mental health struggles so bravely, have made her a focal point for advocacy and educating others. Emily takes the time to explain her journey and her story to colleagues and community alike to ensure there is understanding of the issues she has faced and that others will also be going through. Anyone who has spoken with her will find a warm and eloquent woman who can articulate the most personal of stories. And when she has finished you come away with a clearer understanding not only of transgender needs, but also of why we must all support her to help others.

Emily's colleagues from around the world at RS Group have all described her in the same way. They admire her passion and enthusiasm for speaking up and challenging "norms" whilst also considering her a friend. We are thrilled to award this year's Founders' Choice Award to Emily Hamilton. ■



Emily Hamilton takes the time to explain her journey

Her energy, passion and the way she shares her own story of mental health struggles so bravely have made her a focal point for advocacy