



Healios

“I’m now healthier and happier than I ever imagined I could be” - Cardiff nurse opens up about how her mental health struggles as a teenager inspire her to help others

A Cardiff woman has shared her inspiring journey from spending time in hospital as a teenager battling an eating disorder to helping young people overcome their own challenges as a qualified mental health nurse.

Katie Hopkins has opened up about her experience to mark Mental Health Awareness Week (March 15-21) as she uses her lived experience day-to-day working for digital mental health specialist Healios as a Child and Adolescent Mental Health Services (CAMHS) Clinician.

Through her role at Healios, the 28-year-old, originally from Hertfordshire, in England, provides mental health assessments and treatment interventions to young people with a variety of different mental health needs such as anxiety, mood disorders, self harm and suicidal ideation, eating disorders and neurodiversities.

During her training with the NHS, Katie worked on elderly mental health and adult inpatient wards, before qualifying as a mental health nurse six years ago and working in an adult mental health inpatient unit both as a staff nurse and deputy manager.

She also worked in a CAMHS community eating disorder team before continuing her passion for supporting children with mental health challenges at Healios, where she has worked for the past year.

For Katie, her career really is a vocation that she’s hugely dedicated to and she spoke about the challenges she’s overcome to get to where she is today as she hopes to inspire others in a similar position.

She said: “I have lived experience of struggling with anorexia and bulimia as well as periods of self harm and depression. It took me a long time to recover from my eating disorder and I ended up in hospital whilst I was a teenager, but I’m now healthier and happier than I ever imagined I could be.

“After my own experiences of struggling with my mental health, I wanted to use my experiences in a positive way to help other people and instil hope and show them that anything is possible even in the darkest days.

“Through my own experiences I can understand what it’s like to be on the receiving end of getting help from health professionals, and how scary and challenging this can sometimes be.

“I think it’s important to show people that whatever struggles you may have had with your mental health, this does not define you as a person although it may feel like it at the time, particularly as a young person, and you can go on to achieve anything that you wish to do so.

“I also think that it’s made me into a better clinician through my approach and ability to relate to others. You’ll always remember the people that were kind, treated you with respect and made you feel safe in a time of need.”

Katie added that she finds her role at Healios hugely fulfilling and that while challenging, she enjoys the rewards of helping young people on their journey to rehabilitation.

She said: “I find watching young people make progress each week and achieve things that they didn’t think they would be able to do really rewarding.”

Healios adopts a digital-first clinical approach, and has redefined the way mental health, autism and ADHD services are delivered to children, young people and families in the UK since it was founded in 2013. It has the largest clinical workforce specialising in children’s mental health, autism and ADHD services outside the NHS.

It offers a combination of self-management apps alongside online video sessions – including clinical assessments and a range of psychological interventions such as cognitive behavioural therapy – to children and young people with a broad set of complex needs covering conditions such as anxiety, depression, eating disorders, autism and ADHD.

Rich Andrews, Healios Founder and CEO, said: “It’s so inspiring to hear stories such as Katie’s and it’s a wonderful reflection of our passionate, dedicated and skilled workforce. It also highlights the importance of the work they do to create better outcomes for the children, young people and families they interact with on a daily basis.”

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Notes to editors

About Healios

Healios is the leading digital provider of specialist mental health, autism and ADHD services for children and young people in the UK aged 25 and under. Healios is reimagining the care experience by optimally combining an expert multidisciplinary care team with evidence-based, family-centred approaches and great technology.

Proudly working in partnership with 62% of the UK’s NHS children and adolescent mental health services, Healios is the largest private digital provider of specialist mental health and

neurodevelopmental assessment, diagnosis and intervention services for children and young people, supporting over 40,000 patients.