



## Karen Hume

**International Mental Health Consultant  
International Leadership Exchange on Workforce Mental Health**

Karen Hume, MPA is an international mental health consultant, currently serving as a member of the Houston Business Coalition on Health and Wellness Committee, the Mental Health Commission of Canada's Workforce Advisory Group, the American Heart Association's Scientific Steering Committee on Workforce Mental Health, and the Asia-Pacific Economic Cooperation (APEC), a multilateral Mental Health Task Force aligned with the International Initiative on Mental Health Leadership and the World Health Organization's Comprehensive Mental Health Action Plan 2013-2020.

Before joining the International Leadership Exchange on Workforce Mental Health, Karen served as an expert panelist and workplace program advisor for Mental Health America of Greater Houston, as well as co-developed the Workplace Toolkit, an evidence-based workplace mental health intervention, in partnership with the University of Glasgow, UK.

Karen brings a strong collaborative and strategic approach to mental health gained through her 25 years of experience in strategic services, psychosocial programming and disaster recovery advisory roles. She continues to focus on best practice research and evaluation, program development, and implementation. She is a certified advisor of the first Psychological Health and Safety Standard in the Workplace and has contributed to published whitepapers, commentaries and statement articles on health and wellness promotion.

Karen also proudly serves as a non-profit mental health consultant providing practical guidance, tools and resources to help with the early intervention and management of workforce mental health.

