

Gregor Henderson, National Lead for Mental Health and Wellbeing, Public Health England (PHE)



Gregor Henderson is the National Lead for Mental Health and Wellbeing with Public Health England (PHE), a national agency responsible for protecting and improving the public's health and reducing health inequalities. Gregor leads a national team on public mental health, a community's programme and oversees work on wellbeing. Previously, he was an adviser to the Department of Health for 2 years, following his leadership of a national public mental health programme for the National Mental Health Development Unit in England from 2008 to 2012. From 2003-2008, Gregor was the Director of the Scottish Government's innovative and internationally renowned National Programme for Improving Mental Health and Wellbeing. Previously the Director of the Scottish Development Centre for Mental Health, a Senior Fellow at the Institute of Psychiatry, King's College London.

Gregor is on the Board of the Wellbeing What Works Centre, and is the Chair of the Research Advisory Group for the Place2 Be, a national children's mental health charity providing services in schools. Gregor is also an active member of the International initiative for Mental Health Leadership (IIMHL)

Gregor believes in combining policy, research, practice, communities and people's lived experiences to help transform the way people and communities think and act about mental health and wellbeing. Gregor writes on mental health and wellbeing and lectures across the UK, Europe and internationally.