



THE CYBERSMILE FOUNDATION

PRESS RELEASE

Mental Health, Wellbeing and Equity Expert Dr Barbara Mariposa Joins The Cybersmile Foundation Advisory Panel

London, UK, March 1st, 2022 – The Cybersmile Foundation have announced renowned mental health and wellbeing expert, spokesperson and author Dr Barbara Mariposa as the newest addition to the charity’s panel of internal experts.

As a medical doctor with a background in psychiatry and public health, Dr Barbara, whose books include *The Mindfulness Playbook*, *The Kindness Habit*, and *Leading with Presence* works internationally to follow a life-long enquiry into the interdependence of body, emotion, mind and environment. The new Cybersmile panel member works to dismantle all forms of discrimination and inequity while learning and spreading the tools of personal growth and wellbeing to create environments and systems that do justice to our shared humanity.

Launched in 2017, the charity’s advisory panel includes a range of world-renowned thought leaders in areas such as research, internet safety, mental health, parenting, gaming, sports and personal wellbeing. The international panel members play a key role in the development and facilitation of the organisation’s education programs, support services, research projects and awareness campaigns.

“Everybody at Cybersmile is honoured to welcome Dr Barbara to our expert advisory panel. Her depth of experience and understanding in tackling such important issues as racism, discrimination, inequity and mental health will help Cybersmile continue our crucial mission towards a truly inclusive internet where everybody has equal opportunity to learn, communicate, express themselves and socialise without fear,” said Dan Raisbeck, Co-Founder of The Cybersmile Foundation.

Recently, Dr Barbara has been working in the corporate sector to eradicate stigma around mental illness - bringing the “how to do it” of mental and emotional wellbeing into the

workplace, uniting multiple understandings of what it is to be human and underpinning all of this in science.

“It’s a privilege to be invited on to Cybersmile’s advisory board whose work to counteract online bullying is something I wholeheartedly endorse. Social media platforms are an integral part of our daily lives now. By educating people on the safe usage of these platforms Cybersmile is not just actively working to minimise and stamp out the potential for harm that misuse of these platforms can have, but is also spreading a vital universal message of kindness, mutual understanding and empathy,” said Dr Barbara Mariposa.

The Cybersmile Foundation and Dr Barbara recently launched their #CreateAKinderInternet campaign in partnership with Instagram which educated and encouraged young people to treat others online with kindness and respect. The campaign featured a number of inspiring content creators such as Dr Alex George, Megan Jayne Crabbe and Nikki Lilly.

ABOUT THE CYBERSMILE FOUNDATION

The Cybersmile Foundation is a multi-award-winning non-profit organization committed to digital wellbeing and tackling all forms of bullying and abuse online. They work to promote kindness, diversity and inclusion by building a safer, more positive digital community and encouraging people to realize their full potential without the fear of ridicule and abuse. Through education and the promotion of positive digital citizenship, The Cybersmile Foundation reduces incidents of cyberbullying and provides professional help and support services to children and adults around the world.

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