



Meet Our UN Representatives: Sheryl Garriques-Lloyd

Sheryl Garriques-Lloyd lives by the mantra, “there’s no good health without good mental health.” For more than ten years, she has been actively involved in mental health education, promotion, and advocacy. Her passion began during her years as a psychiatric nurse. She maintains a very active presence across social media and virtual and physical platforms on what she terms her “life’s mission” through her brand, *A Mentally Healthy You*. Her journey has included the opportunity to lead, collaborate, and contribute across organizations and activities, including the International Council of Nurses, specifically regarding mental health nursing. In addition to other publications, she currently awaits the final publication of her first co-edited textbook, titled *The Routledge International Handbook of Mental Health Disorders in the Caribbean and African Regions*. Though Sheryl has additional training in psychiatric nursing, her work, research, and impact are geared towards mental health and not mental illness.

Sheryl also wears multiple hats and takes pleasure in serving. She prides herself on being a mentor to teenage mothers, young women in STEM, and aspiring nurse leaders. She also has extensive service contributions across nursing, non-nursing, community-based, and corporate organizations. She was recognized as Sigma’s Dorothy Ford Buschmann Outstanding New Member in 2021 and Outstanding Faculty Advisor for the UWI Nursing Students’ Association in 2025. She currently serves as company secretary and one of several directors of the Farquharson Institute of Public Affairs. She holds a BSc in Nursing, an MSc in Nursing Education with additional certifications in Psychiatric Nursing, Mental Wellbeing for Healthcare Professionals, and Global Mental Health. She is completing her PhD in Mental Health from Lancaster University. Sheryl currently lectures at The UWI School of Nursing, Mona in Kingston, Jamaica.