



Stuart Gilmour (Girumoa)

Stuart (Girumoa) is a mental health speaker and educator with 20 + years of experience supporting people to navigate anxiety, stress, depression, trauma, and emotional overload.

He spent nine years as a Mental Health Educator with Positive Steps in Dundee, where he was the primary developer of the organisation's Health & Wellbeing programme and lead facilitator. He also co-developed and facilitated the Seniors Training and Empowerment Programme and carried out mental health advocacy work with people experiencing homelessness.

Earlier in his career, Stuart supported children and young people with additional needs through after-school and summer support work with Falkirk Council, experience that helped shape his understanding of communication, inclusion, and emotional regulation under pressure.

Alongside his education and advocacy work, Stuart worked within palliative care in an auxiliary nursing role at Strathcarron Hospice and previously served as UK Representative for To Write Love on Her Arms (TWLOHA). He holds degree-level qualifications with academic research focused on responses to self-harm, alongside a Level 3 Award in Education and Training.

Stuart combines professional training, academic study, and lived experience to deliver talks with honesty, warmth, and practical clarity. Having navigated his own experiences of clinical depression and loss — and supporting a close family member through long-term trauma recovery — his work is grounded in four guiding principles: Truth, Reason, Encouragement, and Empathy.

His sessions focus on clear thinking under pressure, emotional resilience, and sustainable ways of responding to stress — without blame, jargon, or over-promising.

Alongside his mental health work, Stuart has a long background in music and the arts, including work as a promoter, punk musician, and electronic music producer. This informs a delivery style that is culturally aware, engaging, and accessible to people who don't connect with traditional wellbeing approaches.

If you're looking for a speaker who is authentic, trauma-aware, and relatable, Stuart brings depth, credibility, and grounded insight to every session.



Credentials & Experience

- 20+ years of experience in mental health education and advocacy
- Former Mental Health Educator, Positive Steps (Dundee) – 9 years
- Primary developer of the Health & Wellbeing programme; group lead facilitator
- Co-developer and facilitator, Seniors Training & Empowerment Programme
- Former UK Representative, To Write Love on Her Arms (TWLOHA)
- Degree-level academic research focused on responses to self-harm
- Level 3 Award in Education and Training