



# Rachael Burns

Child and Adolescent Health Service  
Community Ambassador

## About me

I am Rachael (she/her), an intersectional lived experience advocate working across mental health, disability, neurodiversity, LGBTQIA+ and youth health with a strong focus on prioritising autonomy and rights.

My work across panels and committees, journalism, policy reform, systemic advocacy and community spaces is fuelled by passion and shaped by my own experiences of care and the parts of it I believe can be improved.

I am the founder of Integrity Initiative, a lived experience-led not-for-profit focused on advancing autonomy, dignity, and human rights within mental health conversations and care through interactive workshops, community projects, care packages and accessible informative resources.

## How I want to have an impact

I know what it means to move through spaces without language, power, or safety. I know what it's like to feel broken, labelled and pathologised. I also know how transformative it can be when people are genuinely heard, respected, and included. I want to close the gap between those two experiences. Meaningful change only happens when organisations work alongside the people closest to the challenges they are trying to address – collaboratively, not combatively.

## Why I'm passionate about community representation and inclusive child health services

I do this work because I want to be the advocate I once needed, that so many others still do. Inclusivity, trauma-informed practice, neuro-affirming care, and genuine co-design are not buzzwords, but essential, non-negotiable components of a healthcare system in which every person is recognised as the expert in their own needs and empowered to make their own decisions. Children and young people deserve that most of all. They are rarely the loudest voices in the room, but they are often the ones with the most at stake.



Learn more  
about the CAHS  
Community  
Ambassadors

