

# A CALLING IN MENTAL HEALTH

## The detour was the direction

**Class of '20**



**SAMEERA SETHI**

Here's a power-puffed journey of this alumna who navigated Covid lockdowns, hospital stays, remote university life, long crisis-support shifts, big moves, deep learning, and friendships that survived every timezone.

Currently based in London, Sameera works with a women's aid charity supporting vulnerable women facing abuse, trauma, exploitation, substance misuse and mental health challenges. Her work helps them rebuild lives with dignity, through coordination, care and deep listening - reminding us of the power of empathy.

## The Psychology Spark

Sameera's interest in psychology began in Grade 10, when shadowing a clinical psychologist made something click. By Grade 11, Psychology felt like a natural choice, driven by her curiosity about vulnerability and resilience. After school, she studied B.Sc. Honours Psychology at the University of St Andrews. Covid restrictions, isolation, a health scare and remote learning made the journey difficult, but also deeply formative. In her words, "The detour turned out to be part of the direction."

## The First Break

After graduating, she joined Mind, a mental health charity in Yorkshire, for her first 'big girl job.' - as she puts it. Intense shifts, crisis support and difficult conversations shaped her early journey. Supporting people through trauma, psychosis, self-harm and abuse prepared her for her current advocacy work in London's domestic abuse sector.

## SBS: Where the Quiet Girl Found Her Voice

Before Scotland, London, psychology and crisis support, there was SBS. She arrived in Grade 9, quiet and unsure. Somewhere between classrooms, corridors, friends, Form Evenings, Jashn and harmless chaos, confidence found her. "SBS is woven into who I am," she says. Manisha Ma'am saw her grow, Kirti Ma'am made her feel seen, and Shikha Ma'am helped her reach her dream university - with nine essay edits, naturally, as all writers should note.

## Her Core Memory? The Friends

Sneaking between sections, borrowing IB friends' laptops for Photobooth, getting them confiscated, final-year photoshoot excitement, and strategically using production friends during Form Evening and Jashn - it was all part of the plot. Then Covid moved the chaos online, and gaming kept them connected. Through hospital days, heartbreaks and life drama, they all stayed.

## From SBS, she carries one powerful lesson:

give people the space to be themselves, because every story deserves to be heard without judgement.

## Her advice for students:

Be kind, say yes before you feel fully ready, and remember that nothing is ever as serious as it feels in the moment.

From a quiet Grade 9 student to supporting women through difficult chapters, her journey reminds us that roadblocks foster, pauses prepare, and at times, the detour is the direction.

