

Influential Women Spotlights Adeola Folorunso: Advancing Mental Health Equity Through Advocacy And Community-Based Care

CORONA, CA, UNITED STATES, August 19, 2026 /EINPresswire.com/ -- Nigerian-Canadian Global Health Advocate and Registered Nurse Brings More Than 16 Years of Clinical and Public Health Experience to Maternal Mental Health, Neurodiversity, and Humanitarian Service

Adeola Folorunso is a Nigerian-Canadian global health advocate, registered nurse, and humanitarian leader whose career has been shaped by a commitment to improving health outcomes and creating meaningful change in communities. With more than 16 years of clinical and public health experience across Nigeria, Canada, and the United States, Adeola has developed a multidisciplinary career centered on mental health awareness, maternal health, preventive care, neurodiversity, and health equity.



As the Founder of Matermental, a nonprofit organization dedicated to advancing mental health awareness and equitable, culturally responsive care for women, men, and children, Adeola works at the intersection of healthcare, advocacy for culturally sensitive health policy, education, and community engagement. Her approach combines clinical knowledge with practical community-based interventions designed to address health challenges while ensuring that underserved populations have greater access to information, prevention, and support.

Adeola has become particularly passionate about maternal mental health and neurodivergent

inclusion. Throughout her career, she has helped lead initiatives addressing postpartum depression, autism awareness, substance use prevention, and the broader mental health needs of vulnerable communities. Her work has included postpartum depression summits, autism-focused outreach programs, and substance use prevention projects supported by international grants.

One of her notable initiatives involved co-developing a digital mental health platform that enables women to screen for postpartum depression and access early support privately. By incorporating digital tools into healthcare outreach, the initiative reflects Adeola's belief that innovation can help reduce barriers to care and encourage individuals to seek assistance earlier.

Her humanitarian work extends beyond mental health. Adeola has participated in programs providing dental care for children with special needs, as well as nutrition and rehabilitation services for vulnerable populations in underserved communities. These initiatives reflect her holistic perspective on healthcare—one that recognizes that physical health, mental well-being, social circumstances, and community support are interconnected.

Adeola's academic and professional credentials further reflect her commitment to lifelong learning and multidisciplinary leadership. She holds a Bachelor of Science in Nursing with distinction, master's degrees in Health Administration (Distinction) and International Public Health, and an MBA. She is also a Fellow of the Royal Society for Public Health, a Fellow of the Academy of Public Health, and a Certified Health Executive with the Canadian College of Health Leaders in Ottawa. In addition, she serves as a United Nations Ambassador for Peace and has established herself as an internationally recognized voice in health equity and leadership. Her expertise has propelled her onto stages at high-profile events with reputable institutions like Johns Hopkins Bloomberg School of Public Health, Johns Hopkins Center for Global Health, and Johns Hopkins Center for Global Women's Health & Gender Equity. Adeola was recognized by Marquis Who's Who in America for her impactful activities.

For Adeola, however, professional accomplishments are secondary to the people whose lives her work affects. She attributes her success to the lives she has been able to impact, explaining that hearing someone say her actions made a meaningful difference brings her a profound sense of fulfillment. Her education and professional journey have consistently been guided by a desire to serve humanity through holistic health and contribute to the communities around her.

For Adeola, true success is measured by positive change and by knowing that her presence at the right time helped improve someone's circumstances.

Mentorship has also played a significant role in her development. Adeola considers understanding the power and value of mentorship, combined with ongoing professional development, among the most important lessons of her career. Her mentors have helped guide her growth, strengthen her professional capabilities, and broaden her perspective, reinforcing

her belief that meaningful career development does not happen in isolation.

She encourages young women entering healthcare and public health to believe in themselves while resisting the pressure to rush their journeys. According to Adeola, taking time for self-reflection allows individuals to better understand their strengths, weaknesses, opportunities, and challenges.

In an increasingly fast-paced professional environment shaped by artificial intelligence and rapid innovation, she believes it is particularly important to remain grounded and continue developing critical-thinking skills rather than simply trying to move faster. She encourages young women to embrace mentorship from both sides—being willing to learn from others while eventually becoming mentors themselves.

Adeola also emphasizes persistence. She encourages emerging professionals to keep asking questions, trust the process, and understand that seeking help is not a weakness but a strength. In her view, no one succeeds entirely alone, and the relationships built throughout a career can become some of its most valuable sources of knowledge and support.

Within global health, Adeola recognizes several pressing challenges, including the persistent stigma surrounding mental health, particularly in parts of Africa, increasing adolescent substance use, and limited diversity within leadership. At the same time, she sees significant opportunities to address these issues through collaboration, community-based prevention, digital healthcare tools, and global partnerships.

She believes that connecting organizations, professionals, communities, and technology can create more sustainable approaches to healthcare delivery. Expanding access to culturally responsive resources and meeting people within their communities can help reduce barriers that prevent individuals from receiving the support they need.

At the heart of Adeola's professional and personal philosophy are humanitarian impact, collaboration, mentorship, and service. She also places considerable importance on trusting the process and allowing growth and outcomes to develop with intention, patience, and purpose.

Through Matermental, public speaking, humanitarian initiatives, and international collaborations, Adeola Folorunso continues to advocate for a healthcare environment in which mental health is treated with greater understanding, neurodivergent individuals are included, and vulnerable populations receive meaningful support.

Learn More about Adeola Folorunso:

Through her Influential Women profile, <https://influentialwomen.com/connect/adeola-folorunso> or through her website, <https://matermental.com/>

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