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Tamara Hinz is a child and adolescent psychiatrist and assistant professor in the College of Medicine at the University of Saskatchewan. In addition to busy clinical and academic roles, she is a passionate advocate for youth with mental health struggles and other marginalized populations. She frequently serves as a voice in conventional and social media to provide public education and advocacy on a variety of health topics. In 2021, she was the recipient of the Provincial Department Head’s Award in recognition of exemplary advocacy and leadership in academic/clinical psychiatry. She is currently working on a CIHR-funded project as a co-principal investigator looking at mental health impacts of COVID on Saskatchewan children and youth.