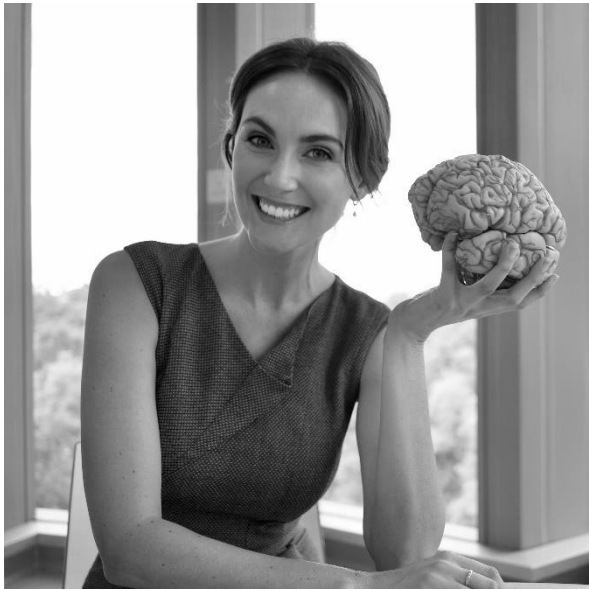


2025 Ready for Practice Day

Monday 3 March 2025



Hayley North

Neuroscientist, Understand Your Brain

Dr Hayley North is a neuroscientist, founder of [Understand Your Brain](#), and a research fellow at Neuroscience Research Australia. She is also a conjoint lecturer at UNSW, with a PhD in neuroscience and a passion for communicating the latest research to help people improve their mental health and wellbeing.

Her laboratory research and publications uncover molecular and genetic changes in mental illness. But it's Hayley's contagious enthusiasm and ability to explain complex topics that has engaged audiences around the world to implement positive and lasting change.



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