# Love Island's Mimii Ngulube Advocates for Mental Health Support and Diversity Awareness



**Love Island Contestant Mimii Ngulube Emphasizes Importance of Mental Health Support**

Mimii Ngulube, a 24-year-old mental health nurse, has been announced as one of the 12 contestants for the upcoming season of Love Island, the popular ITV2 reality series. Due to enter the villa next week, Ngulube discussed the benefits of her mental health training and addressed criticisms regarding the show's lack of diversity.

Love Island has faced scrutiny for its impact on contestants' mental well-being, with several former participants like Samira Mighty and Zara McDermott disclosing their struggles with self-esteem and depression after the show. In response to past tragedies, including the suicides of Sophie Gradon and Mike Thalassitis, ITV has instituted comprehensive support measures. These include psychological assessments, therapy sessions, social media training, financial advice, and post-show contact for up to 14 months.

Ngulube acknowledged she might act as a support for her fellow contestants, leveraging her background as a mental health nurse. She also shared her intention to utilize the available aftercare, emphasizing its effectiveness based on her professional training.

Regarding the show's diversity issue, Ngulube noted recent improvements but expressed uncertainty about the forthcoming season's diversity. Of the 12 contestants, only three come from non-white backgrounds, a regression compared to the previous season.

Ngulube's inclusion in the villa highlights the show's ongoing focus on mental health support and diversity, integral aspects of its evolving duty of care.