

LEADERSHIP IN MENTAL HEALTH

- Founder of The Men's Depression Education Network (TheMensDEN.ca).
- Initiator and organizer of the City of Ottawa's annual **Men's Mental Health Awareness Day**.
- Speaker and volunteer with Partners for Mental Health's **Not Myself Today** workplace mental health campaign.
- Certified in **Mental Health First Aid**, developed by the Mental Health Commission of Canada.
- **Canada School of Public Service** Collaborator on mental health & workplace wellness curriculum.
- Recipient of a **2016 Inspiration Award** from The Royal Ottawa Foundation for Mental Health.



Mayor Jim Watson and Councillor Bob Monette proclaim Men's Mental Health Awareness Day.

TESTIMONIALS

*"Your presentation was a **huge hit!** People were talking about it long after you'd gone. [...] You were **really engaging, personable**, and added just the **right touch of humour** to an otherwise serious issue."*

– Josie M.

*"You were **fantastic!** Your story touched **everyone**, and it helped to bring about a greater awareness for this very important area. [...] I have heard nothing but great responses and praises – from senior management, managers/supervisors, and employees alike – for the opportunity to hear you speak."*

– Christine M.



Communicator. Campaigner. Consumer.

Meet Your Event Team's Next Keynote Speaker on Mental Health.



Jean-François
CLAUDE

Lived Experience: For A Mental Health Speaker With A Difference

Jean-François Claude is a fluently bilingual communications leader with over 25 years of progressive career growth and management experience in the areas of public affairs, strategic policy and corporate planning.

Diagnosed with chronic anxiety and depression in his early 40s, Jean-François has turned personal adversity into public advocacy for mental health, developing a growing reputation as an engaging public speaker on lived experience of mental illness and its stigma.

A certified Mental Health First Aider, Jean-François has the courage and conviction to get the conversation on mental health started... to foster a better understanding of mental health conditions and an appreciation for the struggles 1 in 5 Canadians face every year.

If you are making mental health literacy your mission for your next industry conference, corporate retreat or workplace wellness event, look no further:

[Book Jean-François today!](#)

2317 Glandriel Crescent Orléans ON K4A 4S8
Tel.: 613-293-7887 Email: jfclaude@sympatico.ca

