

## LEADERSHIP IN MENTAL HEALTH

- ↳ Founder of The Men's Depression Education Network ([TheMensDEN.ca](http://TheMensDEN.ca)).
- ↳ Initiator of the annual **Men's Mental Health Awareness Day in Canada**.
- ↳ Speaker 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.
- ↳ Ranked # 5 of **Top 100 Mental Health Influencers** on Twitter.



Michael Dixon, Deputy Mayor Bob Monette and Claude Lurette help proclaim Men's Mental Health Awareness Day 2016 in Ottawa.

## 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  
Mental Health  
Keynote Speaker:*

J.-F.  
Claude

## Lived Experience:

## For A Mental Health Speaker With A Difference

**Jean-François Claude** takes his audiences on a journey of discovery, from his fall into the depths of double depression, his struggles with shame and stigma, and his ensuing travels on the road to recovery.

Learning to live with generalized anxiety and chronic depression, J.-F. has turned personal adversity into public advocacy, developing a growing reputation as an inspiring mental health speaker whose story helps break the silence and reduce the shame around mental illness.

A certified Mental Health First Aider, J.-F. shows personal courage and conviction in getting the mental health conversation started with a simple message: let's step out of the shadows and share our struggles so that we can truly begin to stamp out stigma and help the suffering get better, sooner.

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!](#)**

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