



Adrian Garcia

Adrian currently holds the title of Commander-in-Chief of the Black Dog campaign with mental health charity SANE. He works with schools, universities, corporates and other public events to eradicate stigma against mental ill-health, as well as educate on specific diagnoses and suicide prevention.

Specialisms: Mental Health, Suicide Prevention.



Shahroo Izadi

Shahroo is a Behavioural Change Specialist and author of The Kindness Method. She has vast experience working in various roles across frontline addiction treatment in clinical, community and prison settings. She has since been dedicated to highlighting what those in long-term recovery from substance misuse can teach the general population about self-awareness and self-management of their mental health and wellbeing. Her 'kindness method' can be applied to anything from illegal drugs, to food to screen time.

Specialisms: Addiction, Social Media



Marsha Mcadam

Marsha has a diagnoses of borderline personality disorder, recurrent depression, fibromyalgia, asthma, chronic fatigue, type 2 diabetes, nonalcoholic fatty liver disease as well as countless other physical conditions. Starting Mentalization-based Therapy in 2010 which was not only life saving but life changing. For the last two years has been leading on a Greater Manchester Personality Disorder Strategy and for has been shadowing numerous Health and Care leaders regionally and nationally and in doing so has built network of working relationships. Whilst also encouraging other patients, carers and friends that their voices are valued and do matter.

Specialisms: Living with chronic illness, BPD, depression. Empowering service users.



Satveer Nijjar

Satveer combines academic theory with her own lived experience of mental ill health, self-harm and suicide to deliver interactive workshops and CPD accredited training for a wide range of professionals, including education and medical staff, Samaritans, residential support workers, police officers and Mental Health First Aid cohorts. Alongside professional training, Satveer delivers PHSE sessions for school pupils, destigmatising mental health and discussing self-harm and suicide sensitively and appropriately.

Specialisms: Self-harm, Suicide.



Jon Salmon

Jon has created an award-winning production studio, which provides live video streaming from some of the world's largest music festivals. He is also co-founded of entertainment agency Byte Entertainment. After losing his father to suicide as a teenager, Jon was later sectioned with stress and depression. For almost 20 years, he told no one. In 2016, after losing a friend to suicide following postnatal depression, he decided to speak out in the most public way (alongside the Duke & Duchess of Cambridge at the launch of the Heads Together campaign). Jon now speaks openly on how awareness and reducing stigma can save lives.

Specialisms: Depression, Suicide.



Hope Virgo

Hope is author of Stand Tall Little Girl and a leading advocate for people with eating disorders. She's also a recognised media spokesperson, having appeared on various news platforms including BBC Newsnight, Good Morning Britain and Sky News. Hope shares her own story of anorexia and recovery to deliver a powerful and inspiring talk.

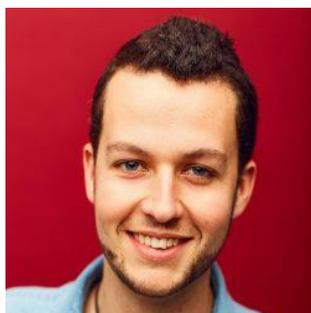
Specialisms: Eating Disorders



Jo Love

Jo Love is an award winning mental health advocate, speaker, writer and podcaster, she uses her platform to break the silence on mental health issues, particularly those faced by Mothers. After spending a large portion of her life silently suffering with depression, OCD (dermatillomania) and anxiety leading to a diagnosis of Postnatal Depression after the birth of her first daughter which led to PTSD, Jo realised she needed to make a change and speak out and help others know it is ok not to be ok.

Specialisms: Depression, OCD, Anxiety, PND, PTSD



Dave Chawner

Dave is the bestselling author of ‘Weight Expectations’, presenter of the Breakfast Show on Panda Radio and an award-winning stand-up comic who has appeared on BBC, ITV and Channel 4. He has also presented a series of documentaries for BBC’s Tomorrow’s World on Body Dysmorphic Disorder. His most recent stand up tour ‘Mental’ sold out at the Edinburgh Fringe.

Specialisms: Eating Disorders



Angela Samata

Angela presented the BBC1 BAFTA nominated and winner of the Mind Media Award for Best Factual TV documentary, ‘Life After Suicide’. The film encouraged discussion and exploration of mental health issues, challenging the stigma of suicide. Describing her own experience and that of her children after her partner took his own life 15 years ago, Angela represents the views of those bereaved by suicide and was for 4 years, Chair, and is now Ambassador, of the Survivors of the Bereaved by Suicide, a nationwide charity offering a unique and distinct free service with online, face to face and telephone support to bereaved adults across the UK.

Specialisms: Suicide, Suicide Bereavement, Co-production

Sean Fletcher



Sean has been broadcasting on the BBC, ITV and Sky for more than 15 years, presenting a range of programmes including Countryfile, Good Morning Britain, and Panorama, for whom he fronted an investigation into the Child and Adolescent Mental Health Service. The programme was based on his own family's experiences when his son, Reuben, had to wait 9 months for the right level of OCD treatment, and as a consequence missed a year of school and spent 6 months in hospital. Sean talks on the pressures parents face when their child has a mental illness - from blaming themselves to balancing work and family life with care, and beating the 'parental stigma' to navigating the underfunded and overstretched services.

Specialisms: Parenting and mental health; navigating CAMHS; ocd; modern masculinity; mental health in the media; mental health in minority ethnic groups.

George Hodgson



George is a fashionpreneur and mental health campaigner. In 2014, he founded the multi award winning 'Maison de Choup', which Vanity Fair described as 'a fashion brand with mental health at its heart'. George conducts speeches and workshops in schools, colleges and universities, sharing his story of starting a fashion label from a dark place, as well as his own battle with severe anxiety and OCD.

Specialisms: Fashion Entrepreneurism, Anxiety, OCD.



Richard Taylor

Richard is a writer, mental health advocate and campaigner who has featured in award winning documentaries, numerous radio shows and is published in the Guardian and Telegraph. He uses his life experiences to talk about mental health and give others hope, especially around the subjects of OCD, depression, male mental health, suicide and relationships between parents and children.

Specialisms: OCD, Depression, male mental health, suicide.



Tom Ryder

Tom is a musician and journalist who has performed all over the UK and in Europe, South Africa, Australia, New Zealand, the Caribbean and the USA. He has a diagnosis of bipolar disorder. In 2018 Tom founded Retune, a non-profit community project that connects creativity with wellbeing. Retune inspires young people to make positive adjustments to their mental health through creative outlets. The team host live music nights, a YouTube channel and a podcast, as well as carrying out school and university visits.

Specialisms: Hope, living with mental illness, music.



Natalie Pennicotte-Collier

Natalie is on a mission to breakdown Stigma in Schools & Workplace . Natalie is commissioned to deliver Mental Health & Mindfulness Education to a number of Schools in KENT highlighting the importance of Sleep & Rest & Recovery for emotional wellbeing. Accredited Mindfulness Practitioner MBCT, Natalie regularly gives Keynotes on MH, Modern Mindfulness, Sleep 2.0 and Consulting for Workplace Wellbeing

Specialisms: Sleep, mindfulness and self-care



Jake Mills

Comedian and writer Jake set up national mental health charity Chasing the Stigma in 2014, in response to his own battle with depression and suicide attempt in 2013. Working with a software development consultancy, Jake has created the Hub of Hope app, making it easier to find help at the click of a button.

Specialisms: Depression, Suicide, Hub of Hope, Ambassador of Hope



Juliette Burton

Julietee has sold out runs at Edinburgh Festival since 2015. In 2018 she was listed as Sunday Times Culture Pick, the Trims The Times Best of Edinburgh Festivals 2018 and The Telegraph Top 25 Rising Stars of Edinburgh Fringe. Juliette has contributed to Cosmopolitan, The Huffington Post, BBC Radio 4's Newsjack and the BBC News. She has a long history of mental health conditions and has been diagnosed with anorexia, anxiety disorder, bipolar disorder, body dysmorphic disorder, bulimia, compulsive overeating disorder, depression and obsessive compulsive disorder. She continues on an ongoing journey of recovery, is still in therapy and manages her mental health one day at a time. Juliette is an ambassador for mental health charity ReThink Mental Illness.

Specialisms: Living with mental illness, body image, social media



Chris Hemmings

Chris is a journalist and author of 'Be a Man – How macho culture damages us and how to escape it'. Chris has written on the topic of masculinity for numerous national newspapers, made films for the BBC and now speaks in schools, universities and work places to promote a healthier idea of what it means to be a man. Chris believes too many young boys are still being socialised to believe empathy and compassion are 'feminine' traits, and allow themselves to be swayed by the belligerence of men attempting to prove their dominance.

Specialisms: Modern Masculinity, Empathy.



Rachel Morris MBE

Rachel had multiple amputations as a teenager but, not wishing to relinquish her Olympic dreams, she turned that adversity into triumph by becoming a Paralympic Gold Medallist in both rowing and cycling at consecutive Summer games. She now intends to compete in kayaking at Tokyo 2020 before changing to compete in Nordic skiing in 2022. She uses her sporting skills, knowledge and expertise to help students, and their parents, cope with, and overcome, the challenges they experience through their Special Education Needs and Disabilities (SEND).

Specialisms: NLP practitioner, Special Education Needs and Disabilities (SEND), Overcoming adversity



Rachel Kelly

Rachel is a bestselling writer, public speaker and mental health campaigner. She also shares evidence-based strategies on how to stay calm and well and is the author of four books covering her experience of depression and recovery and her steps to wellbeing from poetry to nutrition. Rachel speaks at events and wellbeing workshops, sharing her motivational and holistic approach to good mental health. She is an official ambassador for Rethink Mental Illness, SANE and The Counselling Foundation. Her latest book is titled 'Singing in the Rain: An inspirational workbook' (published by Short Books, January 2019).

Specialisms: Depression, nutrition and self-care



Steve Loft

Steve Loft is a mental health advocate, speaker, trainer and facilitator. Following his own struggles with mental health in the workplace, he was diagnosed with Generalised Anxiety Disorder. On return to work after a lengthy absence, Steve set up an award winning mental health peer support group at the large transportation company where he worked; he was also invited to workshops at Downing Street which helped develop the Government report "Thriving at Work". Steve now freelances and still has time to volunteer for the Time to Change movement because he is passionate about breaking the stigma and discrimination that exists around mental health, particularly at work. Steve is from the "baby boomer" generation and likes to reach this audience because he feels it is this age group of people in the workplace, who, if they open up more and also support others, are best placed to help create happier, healthier and more productive organisational cultures.

Specialisms: Mental Health in the Workplace, Depression, Anxiety.



Lotte Stringer

Lotte is the sister of Hector Stringer who took his life in April 2011 at the age of 18. In order to survive and to try and make sense of some of the questions that Hector's suicide left, the family decided to find out more about suicide and the reasons that lead people to take this devastating wrong decision, as a result they founded the suicide prevention charity 'Hector's House' <https://hectorshouse.org.uk> Lotte is CEO of Hectors House, a trainer, dancer, dog lover and with a keen interest in exercise, diet and nutrition. Lotte is also Rapid Transformational Therapist. Lotte was very close to Hector and the loss of a sibling to suicide is extremely difficult. Lotte's story is a message of hope and a sharing of how to live well and to give individuals tools to build and retain resilience through her #EATMOVELOVE movement.

Specialisms: RRT, Suicide, Hope and resilience.



Andrew Grundell

Andrew didn't ever expect to step into the Mental Health arena: but over recent years his family has journeyed through anxiety, depression, OCD, eating disorders, self-harm, suicidal ideation, attempted suicides, sectioning, PTSD and dealing with both CAMHS & CMHT. Struggling with social anxiety and depression as a direct result of his family's traumatic experiences. This gives him a unique and powerful insight and perspective into not only Mental Ill Health, but also the Model and system that we use to treat and engage with sufferers. Out of this was born a passion to raise awareness, break down the Walls Of Shame & Stigma that surround mental ill health and campaign to improve the way we talk about, engage with and treat mental ill health. He has spoken widely including TEDx Sherborne.

Specialisms: Parental mental health and living with children with OCD, Eating disorders and sleep problems.

Navigating CAMHS and the EHCP process, transition from CAMHS to CMHT.



Mary Meadows

Mary Meadows is a well respected Life Coach & NLP Practitioner, based in the UK. A specialist in overwhelm and practical solutions to it. Known as the “badass life coach” by her fans, for her no-nonsense, real life solutions and strategies for living in a world where we are ON 24/7. Mary has severe depression and severe anxiety disorder and uses her first hand experiences of mental ill health to inspire others. Mary features regularly as a wellbeing expert on BBC Sussex radio, and has had her expertise featured in The Daily Mail, The Metro, Sunday Telegraph Magazine. She regularly speaks at events large and small a highlight being for Channel Mum at Google London to an audience of 500.

Specialisms: Depression, life coach, anxiety disorder



Mark Williams

Mark Williams is a keynote speaker, author and International campaigner. In 2004 he himself experienced depression and suffered in silence for years until a breakdown. He founded International Fathers Mental Health Day and #Howareyoudad campaign to make sure all parents are having support for the whole family. Mark has spoken on television and radio stations around the world and works with Dr Jane Hanley who have both published articles on Fathers Mental Health together. Mark was awarded Inspirational father of the year and local hero at the Pride of Britain Awards in 2012 and was invited to meet The Royal Family on World Mental Health Day in 2016.

Specialisms: Perinatal mental health / Father's Mental Health



T.J.

A recent graduate of the University of Oxford, TJ began campaigning in 2015 after the loss of a close friend to suicide. Since then he has become Senior Campaign Strategist at the national charity SANE and founded the Oxford Mental Health Network (OMHN) to improve online accessibility to information about mental health resources. TJ regularly addresses large audiences as an independent campaigner, making keynote speeches at events such as the itSMF UK Annual Conference, SITS UK and West of Berkshire Joint Safeguarding Conference.

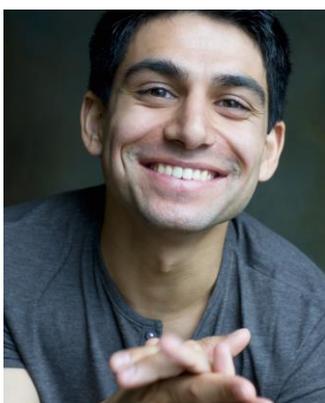
Specialisms: Student mental health, mental health in the workplace, defining mental health.



Gulwali Passarlay

Gulwali is a spokesperson for refugees and asylum seekers across the U.K and is the Co-Founder of not-for-profit organisation "My Bright Kite CIC". He is the author of his best selling autobiography, "The Lightless Sky: A Twelve-Year-Old Refugee's Harrowing Escape from Afghanistan and His Extraordinary Journey Across Half The World". Through his talks, audiences learn to understand the adversity many refugees face and are inspired to instigate positive change in their environments.

Specialisms: Social Justice, Refugees, Adversity



Danny Rahim

Danny was born in the UK to parents of Irish and Pakistani decent. He has been an Actor for over a decade and has starred in a number of TV shows including Eastenders, DCI Banks, Primeval, Vera and Citizen Khan. Danny speaks of his own experience of living with his mother's mental illness. When he, himself was diagnosed with depression in his twenties, this began his curiosity into the subject and his desire to turn his family's experience into something positive that can help and enable others.

He is a passionate about mental health and removing the stigma attached to it.

Specialisms: Depression, mental health in the workplace, mental health in minority ethnic groups.



Peter Larkum

Awarded for his 'Excellence in Training', Peter is an experienced Mental Health First Aid instructor of 10 years. He has trained tens of thousands of people to help reduce the stigma and discrimination that surrounds mental health illness. His client list is vast, including HSBC, NATS, Balfour Beatty, Experian, University of Southampton, National Citizen Service and several Government Departments.

With a background in youth work Peter has the unique ability to command a room of global corporate managers or engage a group of young people with his infectious enthusiasm, sensitivity and humour.

Specialisms: Mental Health in the Workplace, Mental Health in Young People, Hope, Self Care.



Geoff McDonald

Geoff has decades of experience in teaching, HR, marketing, communications and sustainability. His work spans leadership and talent development, organisation change, capability development with particular reference to marketing, and business transformation.

Much of his work has been with the global business, Unilever, but he's also developed ideas with Pope Francis, David Cameron and the Royal Foundation. He is the founder of 'Minds@Work' and currently an Advisor to the 'United For Global Mental Health' campaign and has been appointed to the Advisory Board of City Mental Health Alliance. Geoff is a Patron of the International Stress Management Association and a Member of the Prince's Trust Youth Opportunity Taskforce.

Specialisms: Mental Health and Well-being in the Workplace- A Competitive Advantage



Laura Hearn

Laura is an Eating Disorder Recovery coach with the Carolyn Costin Institute, and is also the founder of the globally recognised online artblog 'Jiggysy.' Laura regularly speaks about her experience of recovery from an eating disorder, and how she learnt to heal after spending 8 months in an inpatient treatment centre in the US. As a mental health consultant, Laura trains leaders in mental health awareness, and advises organisations on their mental health strategy. Laura delivers keynotes on mental health, and coaches leaders on the value of adapting their organisations to retain staff, avoid long term absences and ultimately create productive working environments.

Specialisms: Mental Health in the Workplace, Eating Disorders, self-care

Please visit www.speakerscollective.org or contact info@speakerscollective.org for further information.

