

Brett Francis

North America's Leading Mental Health Speaker and Advocate

Those of us suffering with some type of mental health issue, often feel we're alone. The pervasive belief is that there is no one who cares, or can help shed light on the dark areas of our troubled minds and hearts.

Reported statistics say that one in every five people suffer with some type of mental illness. Whether an inherited disorder, or environmental cause and effect issue, all of us have struggled at some time or another with an emotional challenge.

The good news is... I can help!

Brett Francis, best-selling author, speaker, trainer/coach, and tv and radio host, has a personal, compelling story of triumph which she is sharing with audiences across North America. Her documented battle with debilitating mental health issues gives her an empathic vantage point and an insiders keen understanding of this important and often misunderstood topic.

Brett's book: ***Not Broken, How to Overcome Mental Health Challenges and Unlock Your Full Potential***, is available on Amazon.com
She is endorsed by Mental Health America, Canadian Mental Health Association, among many others.

Brett Speaks to: mental health associations and groups, NPOs, NAMI, depression and anxiety groups, tourette, OCD, behavioral health, suicide prevention, women's groups, inspirational speaking, etc.

Topics include:

How mental illness can be your hidden super power! Discover how to turn almost any mental health challenge like anxiety, depression, ADHD, OCD into an advantage and unlock your full potential!

The 5 biggest misconceptions about self-care and emotional well-being: Discover 5 compelling tools to take the weight off your shoulders and get your life back

A new way of looking at mental illness: In this informative, intriguing and inspiring presentation, Brett will give you the answers you seek for understanding mental health in order to thrive in your personal life, your relationships and your career

Brett's Compelling Story - Break the stigma and open the doors to better understanding our mental health

Customized Presentations

"Brett is of the most engaging speakers we've ever had. I would encourage anyone and everyone to book Brett for any and all events, you will definitely not be disappointed!"
Sarah, CEO - CCRW

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