

Is Your Mental Health Driving You Crazy?



North America's Leading Mental Health Expert Can Put Your Mind at Ease

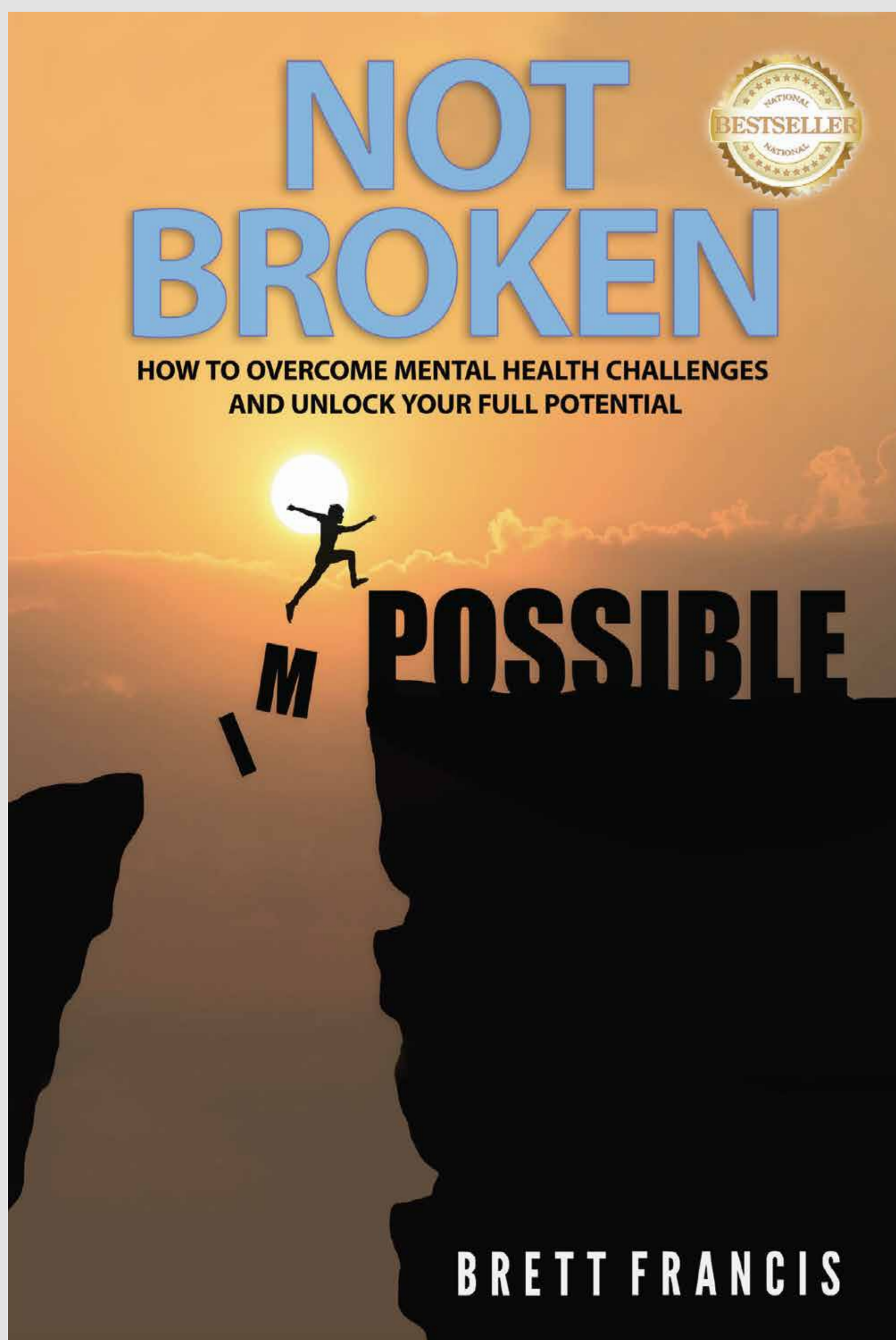
Entrepreneur | Best-Selling Author
Speaker and Trainer



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1 in 5 people struggle with mental health, that's 43.8 million Americans. Most of them feel completely broken and alone, but it doesn't need to be that way, all of us have struggled at some time or another with an emotional challenge.

Drawing on her years of experience with her own mental health issues, as a radio and TV host, a best-selling author and speaker, Brett Francis has helped thousands of people deal with their mental health issues and can address and reveal the secrets of owning your mental health and declare that people with mental health challenges are not broken.



Story Ideas

What Does It Mean to be "Mentally Ill": Why being mentally ill is just like any other physical ailment

We're Not Broken: Overcome your mental health challenges, unlock your full potential

Even Superheroes Have Their Challenges! How mental health conditions like anxiety and depression can become "superpowers" instead of challenges.

Can ADHD and OCD Be an Advantage? How mental health challenges can be a benefit in your life and career

Harness Your Difficulties: Zero in on your weaknesses and turn them into your greatest strength

What is the Positive Outcome of Your Disadvantage? Brett Francis has the tools to change your thinking, and your outcome

Brett's Compelling Story of Hardship and Triumph: How she embraced her challenges and created her life out of accepting her illness



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AVAILABILITY: Internationally, travel from US