

DID YOU KNOW?

From 2000 to 2016, the national working suicide rate increased by 34% (CNN)

Suicide is the 3rd leading cause of death among young people

For every suicide, there are at least 100 failed attempts.



“... Terrific opening keynote. We laughed, cried and learned. Exactly what we had hoped for ...”

—Bryan Benjamin, Vice President, Organizational Performance
The Conference Board of Canada / Le Conference Board du Canada

“... Thank you for being such a great leader in the mental health field. A true joy to get to see you speak. Loved the way you engaged the audience. You got personal, real yet kept it light hearted. Full of lived experience insights ...”

—Sapna Mahajan, MPH, PMP, CHE
Director, Office of the President & CEO Mental Health Commission



Addictions & Mental Health Ontario | Dépendances & santé mentale d'Ontario



Suicide to Success: A Survivor's Keynote

Don't Buy the Lie— LIVE!

So many people's lives have been impacted by suicide. A family member. A colleague. Maybe even yourself. Would you be surprised

to know that Walt Disney, Oprah Winfrey, Billy Joel and Elton John are just of some of the many people who have **turned suicide into success.**



After four failed suicide attempts, I cried out, 'what now?' My life-saving solution was to help others navigate the needless suffering of mental health challenge and suicide. This keynote is my life's work, journaling all of the insights and actions I used to step by step GPS navigate through suicide to success.

So, get ready to take a deep dive to travel down into where I hit **SUICIDAL ROCK BOTTOM.** Here in this loneliest of places, I will share all of the life-long lessons and experiences I have learned on how to overcome and live an Unstoppable life with anxiety, depression, bipolar and Tourette Syndrome.

Resurface ready to help others on how to go from suicide to success.

LEARNING OUTCOMES

- Live, laugh & learn
- Embrace Emotional Resilience
- Deny distractions
- Mood mastery made easy
- Unravel Unstoppable Superpowers



Book Twitchy Today!

604-709-4446 | stuart@itwitch.com

Speaker Demo Video: www.itwitch.com

Inspirational Keynote Speaker living with Tourette Syndrome | Author | Filmmaker

MEET TWITCHY

STUART ELLIS-MYERS

50+ Years Lived Experience, Mental Health Speaker Biography

Stuart Ellis-Myers a.k.a. 'Twitchy' is the world's only **863+ performance funny, inspirational keynote speaker** living with the rare and socially bizarre neurological disorder, Tourette Syndrome. Stuart shares invaluable insights on how to become Unstoppable, turn Mental Health into Mental Wealth and confidently create fundamental places of Workplace Safety.

What would you do if, out of the blue, your life turned upside down? What if you went from being happy and healthy to suddenly being devastated by anxiety, depression, and relentless twitching? At the age of eight, this is exactly what happened to Stuart Ellis-Myers.

Faced with a lifetime of frustration, isolation, and shame, Stuart did something remarkable! He chose to dedicate his life purpose to become a mental health keynote—revealing on-stage how to reduce mental health stigma. With 863+ performances behind him, today he travels to deliver content rich (never dull!) audience experiences, jam-packed with hilarious laugh-while-you-learn insights.

Stuart is a 50 years lived experience mental health expert who offers the tools (through clean comedy!) to manage anxiety, depression, OCD driven bipolar, and workplace disability—turning these crippling conditions into proven pathways back to regular health. From helping you to face the reality of your current situation; to offering guidance to help you seize the constant mental health opportunities that come our way each and every day; to providing easy to learn and easier to perform exercises to gain control over your fears and doubts.

Stuart invites you to join him in creating the foundation for your own mental health to mental wealth **UNSTOPPABLE LIFE**.

Twitchy inspires
real results!



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