



DURATION:
45 MINUTES

ATTENDEES:
UNLIMITED

KEYNOTE



“Possibly the most interactive and popular address we have ever had”

Peter White - FBAA



When Anthony Hart shares his story, it's a profound experience that resonates long after the room has emptied. His approach is unapologetically direct, offering a raw and unfiltered glimpse into his journey from the brink of suicide to a life dedicated to helping others find their way back as well.

He passionately argues that just as one would seek immediate help for a broken leg, the same urgency should apply to a 'broken mind.' His vision is for a future where Australians readily seek and receive the necessary support for their mental well-being without hesitation.

But he doesn't stop at sharing his story; he also provides a practical Mind Health Toolbox. Just as each tool in a shed serves a distinct purpose, Anthony's toolbox offers practical and easily accessible resources to address the early signs of stress, anxiety, or depression. These tools are available as a free download the second anyone is first confronted with a challenge of the mind.

Having shared his powerful narrative with over 20,000 individuals across Australia, Anthony has a remarkable ability to captivate, educate, and empower audiences with an unforgettable message that save lives.



anthonyhart.com.au