

I know what it's like to live every day with **bipolar disorder**.

Now let me tell you why your understanding of it can **save lives**.



Hi. My name is **Natasha Tracy**. I'm an award-winning mental illness writer and speaker from the Pacific Northwest. I specialize in speaking about bipolar disorder from the perspective of an expert, but also from the perspective of a patient as **I have bipolar disorder**.



This gives me unique insights into bipolar and what it's like to live with a serious mental illness. I share these insights daily with patients, doctors and folks just like you.

One person dies every 2.25 hours of suicide in Canada. Most of these people have treatable mental illnesses. Now, what are you going to do about it?

I share my personal story and medical facts to help people understand the realities of mental illness and **stop the stigma** that keeps people from getting help and costs lives every day.

Why Should I Care about Mental Illness?

It's simple, if mental illness doesn't affect your life today, I can guarantee that it will given that 1-in-4 people will experience a mental health issue in their lifetime. Learning the facts about mental illness can change your life and theirs.

Aren't People with Bipolar Just "Crazy?"

No, we're not. I have received a bachelor's degree in computer science, worked for Microsoft, traveled to India and paraglided over the mountains of Venezuela. I have parents, siblings, friends, two cats and a 10-year-old car – in other words, I'm just like you.

Aren't Mental Illnesses "All in Your Head?"

People with mental illnesses have real, medical illnesses that can be seen in the brain and understood. We are people just like you; we just happen to have illnesses – illnesses that can be treated and managed.

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Natasha Tracy is an award-winning writer and speaker from the Pacific Northwest. Natasha has penned over 1000 articles on mental illness, specializing in bipolar disorder and depression. She writes the award-winning blogs:

- *Bipolar Burble* at <http://natashatracy.com>
- *Breaking Bipolar* at <http://healthyplace.com>

Winner of the Erasing the Stigma Leadership award by Didi Hirsch, Natasha spoke to over 1000 patients, doctors and community members last year and was named the 4th most influential mental health HealthMaker by Sharecare.com. She has spoken at the National Council's Behavioral Healthcare Conference in Chicago, IL., and was recently the keynote speaker at the Family Conference in Vancouver, BC. Find out more at:

- <http://natashatracy.com/mentalhealthspeaker>

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In the three years we've been running this conference we've never had a standing ovation, until now.

This presentation was extremely informative and helped to change my perception of mental illness. I am grateful for this experience. Natasha and her story really put mental illness in perspective.

Feedback from Natasha's presentations:

I never knew what bipolar disorder was until today. I thought it was just major mood swings but now I know that's just the stigma talking. If I were to have been diagnosed with a mental illness before this, I wouldn't have gotten help because I wouldn't have wanted to look weak and I would have been scared; but now, after hearing about Natasha's story, I know that getting help isn't weak because Natasha seems like a very strong person both physically and mentally.

This presentation was REAL. It was true and authentic. Seeing you present is awesome!

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