

Jay Allen

Published Author
Combat Veteran
Motivational Speaker



How suicide saved my life!

For too many years mental health has remained such a taboo subject that it was hardly ever spoken over, and when it was it behind closed doors and in hushed voices.

This exceptionally open, honest and emotional keynote is Jay's own story of how a marriage with a young family and a promising career in the British Army all came to a sudden halt resulting in Jay being sectioned under Mental Health Act for his own protection!

"I've never heard such an honest and emotional presentation in all my years attending conferences. Jay speaks with such raw emotion you'd have to be emotionally inept not to be affected by his story"

Emma Smailes - F.S.B. National Events Executive

Too many people still suffer in silence or live in denial of their mental conditions, fearful of peoples reaction and some of the consequences which can be associated with disclosure. I want to challenge and break down the stereo-typical opinion of those with mental health issues, and open debate about how we can work together to address these issues and pave the way for open dialogue and better understanding.

I use sharing this story as ongoing therapy! Whilst sharing my story is emotional for me also, I've also found that sometimes I deliver this, and knowing where I am now compared to where I was, I can't believe I'm talking about me!

Outcomes

- Never judge a book by its cover, (your missing a damn good read!)
- Taking the stigma out of Mental Health
- A clear message as to how to manage your own mental health and how to support others with theirs.
- Goals, targets and how to smash perception!

Audience members will leave, **inspired, motivated with a clear understanding and action plan to implement** which can ultimately provide the footprint for a healthily mental health and the knowledge as to how to support others with theirs also.

To make enquires about Jay Allen speaking at your next event, simply call **+44 1904 599067** or email Jay@JayAllen.uk



"I've seen Jay speak several times and he always impresses. His story is moving and he engages the audience well. Our PSA audience was captivated from the start, and he was decribed after as one of the best speakers they had seen for a long time. Highly inspirational and a nice guy too!" – **Lee Jackson, President, Professional Speaking Association UK**