



# MEET ANDREA

Mental Health  
Speaker

"No Matter our  
Challenges,  
we can all live  
extraordinary lives."

[BIPOLARBABE.COM](http://BIPOLARBABE.COM)



# ANDREA PAQUETTE

## CHAMPIONING MENTAL HEALTH AWARENESS

Alias - Bipolar Babe

## Leadership Roles

Stigma-Free Mental Health Society  
President & Co-Founder

Bipolar Babe Project Founder

## Speaking Engagements

15 years - 850+ Speaking Events

### *Audience Reach*

Directly impacted 55,000+ individuals

### *Venues*

Keynotes & presentations @ conferences,  
educational institutions, workplaces,  
community organizations & special events.

**Sharing a message of hope & combating  
the stigma associated with mental illness.**





# ANDREA PAQUETTE BIOGRAPHY



**SPEAKER. AUTHOR. CHANGEMAKER.**

Andrea Paquette is a trailblazing mental health advocate, speaker, and leader dedicated to shattering the stigma surrounding mental illness and inspiring hope for 15 years. Known widely as the **Bipolar Babe**, Andrea's journey began with a **diagnosis of bipolar disorder in 2005**. Yet, from this profound struggle emerged a determination to turn pain into purpose and give voice to those who feel unheard.

Andrea has dedicated her career to fostering education and understanding through her work as Founder of the **Bipolar Babe Project** and Co-Founder of the **Stigma-Free Mental Health Society**. As President at Stigma-Free Mental Health, she drives her mission to normalize conversations about mental illness, break barriers, and build meaningful connections.

Andrea's impact is unparalleled—she has delivered **over 850+ presentations and keynotes to diverse audiences across North America, reaching and directly impacting more than 55,000+ individuals**. From keynote addresses at high-profile conferences to workshops at schools and workplaces, Andrea's presentations have resonated with people across all walks of life.

Andrea has captivated audiences across diverse sectors through her impactful and inspiring mental health presentations. Highlights include delivering a powerful virtual keynote for **Easterseals South Florida**, engaging over 200 attendees at a major fundraiser, and speaking to 600 employees of **US Bank** from across the United States, addressing workplace mental health and resilience.

She has also graced the stage at prominent events like the **2024 Child and Youth United Way Conference**, and at **Sam Sullivan's Vancouver Public Salon**, where her spotlight presentation inspired a crowd of 500 attendees. Andrea's keynotes have consistently resonated with audiences, creating spaces for vulnerability, learning, and transformation.

Andrea's exceptional contributions have been recognized with numerous prestigious accolades, including the **2023 Alberta Blue Cross - Faces of Wellness** Recipient and the **2019 President's Commendation from the Psychiatric Association of Canada**. She was prominently featured in a nationally aired **Bell Let's Talk** Public Service Announcement, highlighting her commitment to mental health advocacy. Additionally, Andrea's influence extends to media appearances, including **CBC's documentary "You Can't Ask That."**

As a thought leader in the mental health space, she continues to elevate conversations, empower individuals, and champion the fight against mental health stigma on a global scale.

Andrea's motto is always the same, and shares time and time again...

**"No matter our challenges, we can all live extraordinary lives."**

# SPEAKING PROGRAMS

## INSPIRATIONAL JOURNEY

Andrea shares her bipolar journey of struggle and triumph with passion and inspiration making it a transformative experience.



## MENTAL HEALTH ADVOCACY

With deep knowledge and insight, Andrea educates audiences about mental health and wellbeing, addressing stigma and promoting understanding.

## CUSTOMIZED PRESENTATIONS

Andrea collaborates with clients to customize speeches that cater to diverse audiences.



# PROGRAM KEYNOTE

Andrea Paquette is a trailblazer in the field of mental health, having founded a renowned charity dedicated to fostering mental wellness and eliminating stigma. In her powerful and engaging keynote, Andrea emphasizes the transformative impact of living stigma-free.

**She courageously shares her personal journey of overcoming the challenges of bipolar disorder, offering practical, actionable tips to help others maintain their mental health.**

A keynote with an open and relatable approach, Andrea invites audiences to engage in an inclusive and dynamic 10–15-minute Q&A, inspiring meaningful conversations about mental health and hope. Her presentation is a must for anyone looking to create a more compassionate and stigma-free community.

**Format: Keynote (in-person & virtual)**

## **Keynote Outcomes:**

- Feeling inspired and hopeful
- Gain Strategies for Living a Stigma-Free Life
- Learn How to Care for their mental health



# PROGRAM FIRESIDE CHAT

Gain a rare and authentic glimpse into the real life of an individual living with a mental illness. Andrea's deeply personal and inspiring story is shared with honesty, hope, and a touch of humor, captivating audiences and breaking down stigma in real time. Featuring stunning visuals and Andrea's dynamic storytelling, this session takes participants on a journey of resilience and understanding.

Andrea offers a 30-minute Q&A session for your most pressing and curious questions with warmth and insight. Whether you're looking to learn, connect, or simply be inspired, this interactive experience promises an open, honest, and transformative conversation about mental health. Perfect for anyone curious about stigma, mental wellness, and the power of authentic storytelling.

**Format:** General presentation with Extensive Q and A (in-person & virtual)

## Fireside Chat Outcomes:

- Feeling Inspired and Hopeful
- Practical Tips and Strategies for Living Stigma-Free
- Direct advice and guidance on how to be mentally well



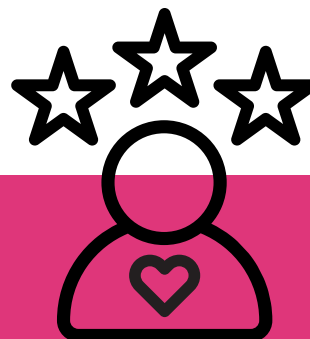
# CUSTOMIZED PROGRAM

Andrea Paquette offers tailor-made presentations designed to meet the specific needs of audiences, whether it's students, educators, healthcare professionals, corporate teams, or community groups. With flexibility in length, focus, and delivery format (in-person or virtual), these programs provide actionable tools and meaningful takeaways.

## Elements of Customizable Programs:

- **Inspiring Personal Narrative:** Sharing Andrea's journey of living with bipolar disorder to foster connection and hope.
- **Mental Health Literacy:** Educating participants on mental health facts, common disorders, and stigma reduction.
- **Practical Tools for Wellness:** Providing strategies to build resilience, practice self-care, and promote mental wellbeing.
- **Interactive Q&A Sessions:** Encouraging open discussions to deepen understanding and engagement.

These customizable sessions ensure that every audience leaves with knowledge and strategies that are directly relevant to their context, helping to build stronger, healthier communities.





# ANDREA'S ACCOLADES

2023 Alberta Blue Cross  
Faces of Wellness Recipient

2019 Psychiatric Association  
President's Commendation

2016 Bell Let's Talk  
Face of Mental Illness

2015 Courage To Come Back  
Recipient in Mental Health

2013 Citizen of the Year  
CFAX 1070 Awards

2013 Mentorship Award  
National Council for Behavioral Health



*Bipolar*  
**BABE**

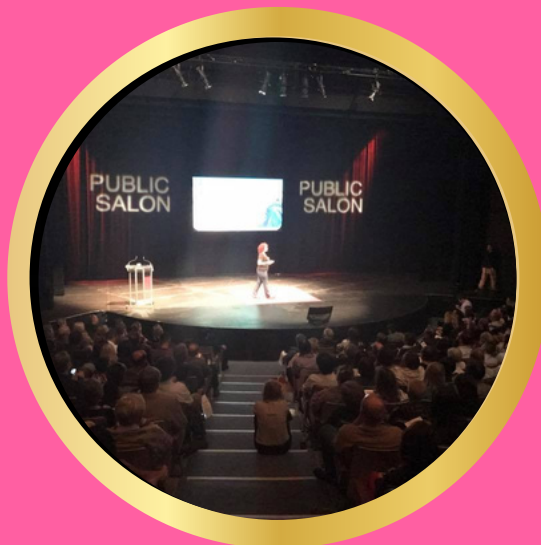
*Speaker • Author • Changemaker*

TM

# ANDREA'S VIDEO LINKS



[SPEAKER PROMO VIDEO](#)



[VANCOUVER PUBLIC SALON SPOT](#)



[COURAGE TO COME BACK AWARD MINI MOVIE](#)



[BELL LET'S TALK PSA](#)



[CBC DOCUMENTARY "YOU CAN'T ASK THAT!"](#)



[CHEK NEWS VITAL PEOPLE](#)

# ANDREA'S WRITING AND PRINT LINKS





# ANDREA'S PODCAST & RADIO LINKS



# ANDREA'S TESTIMONIALS



**SILKEN LAUMAN**  
**OLYMPIAN, AUTHOR &**  
**HUMANITARIAN**

"Andrea is a dynamic and passionate speaker with an important story to tell. She candidly shares her struggles with bipolar disorder, while empowering others to break down barriers in the world."



**SHARAD KHARÉ**  
**CO-FOUNDER HUMAN**  
**BIOGRAPHY**

"With her words of inspiration, coupled with her own moving story of living with bipolar disorder, Andrea serves as a guiding inspiration within the mental health and wellness community."



**KEVIN BREEL**  
**WRITER. COMEDIAN.**  
**ACTIVIST**

"Andrea has a commanding presence on stage; melding personal experiences with insights as to how we can teach acceptance, understanding, and empathy."

# MEDIA HIGHLIGHTS LINKS

---



**Folks**

**CTV**  
**NEWS**

**Global  
National**

 **TELUS®**

**Shaw)**

**Citytv**

**THE  
Province**

 **CBC**





# LET'S CONNECT

## CONTACT ANDREA



babe@bipolarbabe.com



[Bipolarbabe.com](http://Bipolarbabe.com)



Calgary, Alberta, Canada



1 (778) 678-2223 (BABE)

