

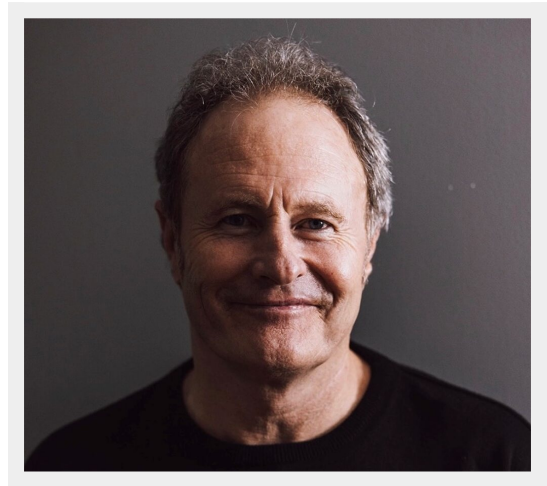
# Craig Hamilton

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## ***Mental Health Advocate, Keynote Speaker and Author***

After being diagnosed with depression and bipolar disorder in 2000 Craig has become one of Australia's most high profile and sought-after speakers on Mental Health Awareness, Lifestyle, Overcoming Adversity and creating a sustainable Work/Life Balance.

He has made over 400 appearances around Australia as a Mental Health Speaker.



Craig's journey with mental illness began in 2000 when, as a high-profile Sports Broadcaster for ABC Radio and on the eve of his most important career assignment, working on the Sydney Olympic Games, he experienced a major psychotic episode in public.

This that led to him being diagnosed with bipolar disorder.

Craig spent 12 days in hospital and once he recovered, set out to create awareness around mental health and to help break down the stigma that surround those that suffer from mental illness.

Today Craig leads a very busy and fulfilling life. He continues to follow his passion as a speaker and advocate in the mental health and well being space.

He has written two books, "Broken Open" and "A Better Life".

In 2024 Craig's story was turned into a documentary titled "The Promise" and available on Stan. The Promise includes insights from leading researchers, experts, and notable Australian figures to spark conversations and provoke thought around the critical issue of mental health and suicide prevention.

In sharing his story and experiences Craig offers hope to others.

## **Testimonials**

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“ Craig is one of Australia's leading and high-profile mental health advocates. He is has just finished working on a Documentary titled The Promise with Newcastle based filmmaker Jye Currie. As someone at the forefront of Mental Health and specifically the area of early intervention, Craig's story is one I know well. Craig has been one of Australia's most

respected speakers in the mental health area for over twenty years. I've worked with Craig on several occasions and highly recommend him as a Keynote speaker on mental health and well-being. His story is inspirational.

**- Orygen**

“ Craig was a real gift to us yesterday. What a great and powerful speaker. He was wonderful, fantastic, educative, funny, I can't say enough. I have had a huge response from people, lots of emails expressing their gratitude at hearing his story. He spoke from his heart and the audience was riveted.

**- St Vincent's Hospital**

“ Because Craig deals with his illness openly and publicly, we asked him to become an Ambassador for Beyondblue some 15 years ago. Craig travels the country speaking at public meetings and to the media, helping to raise awareness of depression. By speaking out, Craig is helping others, particularly in encouraging them to seek help.

**- Beyondblue**

“ When Craig starts telling his story, you don't want him to stop. It is honest, insightful and spoken with great passion and conviction. Craig spoke to a room full of journalism and public relation academics, local media and staff working in mental health. His presentation had something in it for everyone ... Our national guests were talking about his insights long after that evening and reflecting on both their personal and professional roles. It was a great reminder about how powerful the personal story can be in motivating people.

**- Hunter Institute of Mental Health**

“ Craig's down to earth style, and honest explanation of his encounters with the disorder, and how it affected all aspects of his life, encouraged good interaction from his audience, and certainly got people talking - some even relating their own story. Craig's presentation has been motivational in encouraging staff to seek more information, and largely responsible for a big increase in demand for training on mental health first aid, at IP Australia. This in turn, is helping us to foster a supportive culture among our staff towards mental illness.

**- IP Australia**

“ Craig spoke to our workforce of over 350 people over five sessions as part of our commitment to mental health awareness and support, and the feedback from our people has been exceptional. Craig's experience with mental illness provides a compelling story, and his willingness to share his experiences and advice has helped raise awareness and discussion on the subject by our employees, the majority of them men. Employees are now coming forward and speaking about their own experiences, or those of families and friends. We can't

commend Craig highly enough for his honesty and insight into confronting, understanding and managing this illness and its complexities.

**- Xstrata Coal Ravensworth**

“ One of Craig’s key strengths is understanding exactly what's required of him from event organisers, panel/guest speakers and his audience - then working towards achieving these outcomes to help produce a successful end-of-event result. It helps that Craig is an extremely generous, grounded and all-round nice bloke with endless anecdotes of his personal experience to share. It is not surprising he has become a sought after Keynote Speaker across the country impressing and engaging audiences ranging across corporate and community sectors. I have worked with Craig at a number of presentations over the years and cannot recommend his services highly enough. Your event will be in extremely good hands.

**- Purser Corporate Communication**

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