



## Victoria Maxwell – Bio

Victoria Maxwell is a recognized mental health keynote speaker, with over 25 years experience, who uses her unique sense of humour and personal story of recovery from mental illness to increase awareness and transform negative beliefs.

Through her work, she helps healthcare providers be more effective in their roles and helps organizations create workplaces where people feel more comfortable talking about mental health and know how to support colleagues who may be struggling.

The Centre for Addiction and Mental Health named her a leader in mental health and her theatrical keynote *That's Just Crazy Talk* is rated as one of the top anti-stigma interventions in the country by the Mental Health Commission of Canada.

She blogs for Psychology Today and is a Lived Experience Strategic Advisor for the British Columbia Mental Health and Substance Use Services. She presents internationally to workplaces, healthcare organizations, and conferences on mental health, stigma reduction, and recovery-oriented approaches.

She lives well with bipolar disorder, anxiety, and psychosis. When she's not presenting, you can find her running in the trails on the Sunshine Coast or meditating in the early morning.

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