

# MATT RUNNALLS – Mental Health Advocate

## Creating Positive Impact



Matt Runnalls over the last several years has worked tirelessly as a mental health advocate, creating awareness, acceptance and education.



Having lived with mental illness, surviving suicide attempts & having lost several friends to suicide dating back to the age of 12, Matt utilises his knowledge of lived experiences to encourage others to feel comfortable to speak up and manage their wellbeing just as he continues to do.

As a full-time tradesman in 2016, Matt delivered talks to over 5000 various listeners amongst sporting clubs, schools and community groups. Matt now dedicates his career as a full-time advocate, being the voice for not only young Australians, but all over the world, now having been Guest Speaker in over 15+ states around the World in 3 different countries.

Matt has delivered in excess of 200+ talks, workshops and events across Australia, Canada & America, featuring his story and journey in books, documentaries, songs, podcasts, television and throughout most big Australian media outlets.

Matt's passion and drive is spurred on by the loss of 6 mates to suicide. His reason for creating the forum **Mindfull Aus** was simple, "I just want to teach people what I wish I had known growing up, I know if I had this knowledgeable about Mental Health & Suicide then, I could have potentially still been able to share laughs and memories with those mates I've lost. I know personally my life would have been a lot different and now I have that opportunity to ensure the next generation doesn't walk into the unknown like I did"

"It's important that people recognise and take away from my journey that the internal feeling of guilt, shame & being a burden was just that, it wasn't real, it was an unbearable emotional pain, a fog that disabled me in seeing things any differently. I am very fortunate, that I have ALWAYS had the support, love and care that every kid wishes of his family."

Matt's rediscovery of the hope visible in others' kindness enabled him to find strength within, which has enabled him to find his passion & purpose and have them align at 28 years old.

Matt was able to connect with both family and the supports in a way that only someone who has been that close to the edge and at rock bottom can really understand. Matt wants to use **Mindfull Aus** as a platform to instil that same connection and positive impact on as many people possible.

### **"BE MINDFUL OF THOSE WITH A MIND FULL"**

*"The truth is, it's a battle not easily won. It will take change, determination, understanding but most importantly acceptance. But you aren't alone, I've spent many years at war with myself. I'm doing it, I'm managing it and so can YOU. So, I'm here to tell you, if there is a fight worth winning this is it, you are loved, you are worthwhile and your presence here is important. - #BeHereTomorrow- because you are unique and we love that. Let go of fear, let life strengthen you. You will be great again"*

**Matt Runnalls**

### **TESTIMONIALS**

*"I have recently had the opportunity to talk with Matt about mindfulness. I have worked in the mental health field for a long time and I was so impressed that a person so young could be so wise. He has lots to say, much that could be life changing and certainly save lives. He is compassionate, empathetic, caring, kind, energetic, motivated, goal oriented, and he is changing dark into light for those that listen to him. Keep an eye on Matt. Read his writings. He will brighten your day. He is worth listening to and I believe he is one that will help change this world. Much success to you my friend!!"*

**CATHY CASSEL - PROFESSIONAL MENTAL HEALTH SERVICES/CLINICIAN**

*"What excites me the most is the relentless drive and compassion Matt Runnalls has for this mission. He is truly authentic in his storytelling and leaves you with the raw truth about life struggles. He provides hope and strength in humanity"*

**MEL YU - CEO & FOUNDER MCO EVENTS**

*"This young man suffered from things he didn't understand when he was younger, but he had the fortitude to find out what was going on in his body and head and bounced back to lead the pack, he is all class"*

**RICKY NIXON- FORMER AFL PLAYER & MANAGER**