



Kevin Frankish

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Kevin Frankish is a communications specialist with Ontario Shores Centre for Mental Health Sciences, which allows him to have a front seat to the latest mental health developments with one of Canada's foremost mental health organizations. In 2006, he was on air hosting Canada's number one morning show, Breakfast Television, as he had done most mornings for 15 years. This particular morning would be very different, and life changing. A sudden and overwhelming feeling of panic overtook Kevin, something he had never experienced before. His reaction was to run. Shocking the entire crew in the studio, Kevin just left—crying. What would follow would be years of therapy, research and learning. Today, he acts as an advocate for anyone out there who lives with depression and anxiety. Sharing what he has learned, Kevin lets people know they are not alone and that there is hope. He has 40 years of experience in TV and media and over 250,000 social media followers. Kevin has received hundreds of awards, including the top TV personality on ten occasions. He is the recipient of the Queen's Jubilee Medal.