

Dr Alex George

UK Government's Youth Mental Health Ambassador

"An authority figure in the fight to end mental health stigma"

Dr. Alex George is a TV doctor, best-selling author, who is on a mission to improve mental health support for young people. He has become prolific throughout the UK in his campaigning for Early Support Hubs.

TOPICS:

- Youth Mental Health
- Mental Resilience
- Wellbeing
- How to have Meaningful Conversations about Mental Health

LANGUAGES:

He presents in English.

PUBLICATIONS:

2022	A Better Day
2021	Live Well Every Day: Your Plan for a Happy Body and Mind

IN DETAIL:

Throughout the UK, Dr. Alex works with charities such as YoungMinds, Anna Freud Centre, and Mind to ensure mental health sits alongside subjects such as Maths and English in the classroom. He was named the UK Government's Youth Ambassador for Mental Health, appointed by Prime Minister in 2021. Alex has become a well-known and respected figure amongst healthcare professionals in the UK, from his years as an A&E doctor, bringing the nation accessible and reassuring advice directly from the frontline throughout the pandemic. In addition to his 1.9M Instagram followers, he has a successful podcast, The Waiting Room, as well as a fast-growing audience on YouTube and TikTok. Across his platforms, Alex has become a leading voice in mental and sexual health, using his platform to make health and medicine more accessible to millennials and beyond.

WHAT HE OFFERS YOU:

From Instagram to parliament, Dr Alex has made an undeniable impact on the awareness of mental health issues and now advises corporate clients on the ways in which they can support the health of their employees.

HOW HE PRESENTS:

Alex's charisma, confidence and likeability make him the ideal speaker on this topic. An advocate for positive mental and physical health, he splits his platforms between stylish photos and actionable medical advice.