



ALLAN KEHLER, B. Ed., B. PhEd.

Mental Health ADVOCATE

Creating a safe space where people
can be **seen, heard, and supported™**.

Allan's Biography

Allan Kehler is a mental health advocate, international keynote speaker, and best-selling author of four books. His TEDx talk on men and mental health has gained international attention, and he has been featured on several television and radio programs. For nearly a decade, Allan instructed various mental health related courses at the college level while also working as an addiction's counselor and clinical case manager.

Today, Allan is a highly sought-after speaker on various topics related to mental health and wellness. He has stood on more than 1,000 stages and is recognized for his engaging style and captivating approach. Having persevered through his own challenges with mental illness and addictions, Allan speaks from a place of experience. His moving stories tug on heartstrings, inspire a new perspective, and allow people to connect with themselves and others at a deeper level. He uses humor and compassion to create a safe space where people feel seen, heard, and supported.

Allan has developed a genuine appreciation and passion for learning and working with Indigenous people and communities. This has played a key role in his own recovery, and these cultural teachings can be found in his presentations. Recently, Allan and his wife, Tanya, launched Born Resilient™ - a clothing line that empowers people to persevere through their challenges. They are proud to donate a percentage of their profits to organizations that promote wellness.

Allan currently resides in Saskatoon, Saskatchewan. He shares his life with Tanya, four boys, three dogs, and a tank of fish.

As seen in

