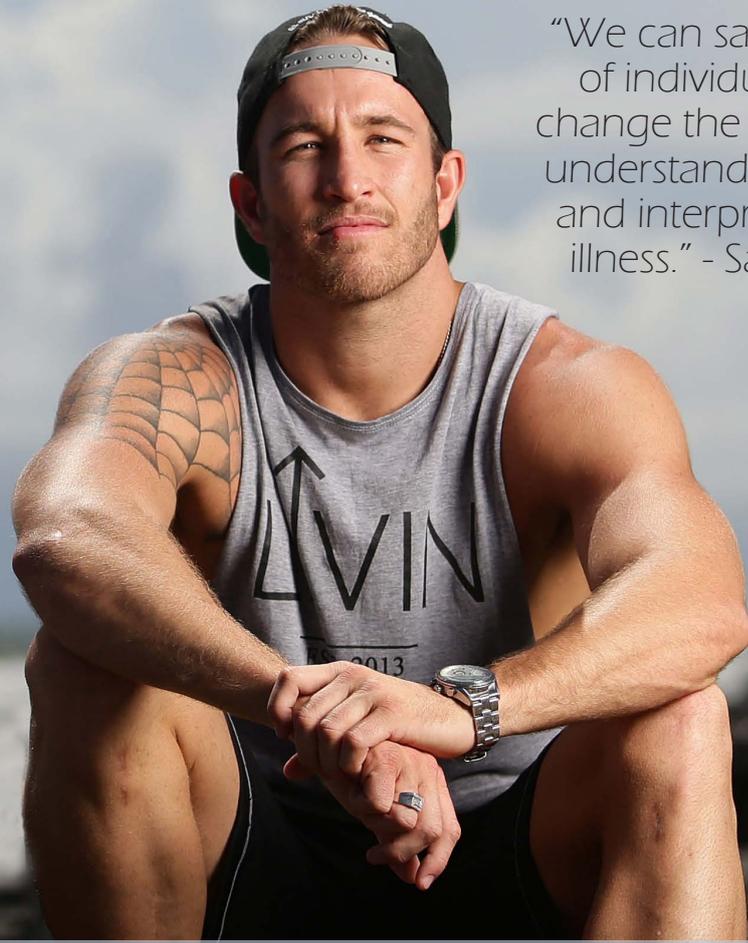




**SAM
WEBB**

www.samwebb.com.au



"We can save the lives of individuals, if we change the way society understands, perceives and interprets mental illness." - Sam Webb

Motivational Speaker & Health Activist Wellness & Suicide Prevention
Co Founder of LIVIN Mental Health Organisation - www.livin.org.au
Actor & Change Maker

Sam Webb is a local Sydney man, passionate about health, wellness and suicide prevention, and up-and-coming actor, appearing most recently in the Australian Survivor reality show. Sam has spent time living in the USA where he worked in Finance after graduating from a bachelor's degree in Commerce in 2012. After his return to Australia in 2013, Sam co-founded the charity organisation, LIVIN (www.livin.org.au), after the death of his good friend to suicide.

Through LIVIN, Sam and his good mate Casey implement an innovative approach to smashing the stigma on mental illness. They speak nationally within schools and sporting organizations. Sam's charity distributes their fashion line internationally promoting the mantra, "it ain't weak to speak". The core of their message is focused on physical fitness and its link to maintaining positive mental health.

Sam is both a loss survivor and a past sufferer of a mental health challenge. Having lost family members and friends to suicide, Sam knows too well the impacts of mental health and suicide on families and communities. He now speaks internationally, sharing his lived experiences, and delivering his approach for living a happy, healthy and balanced life. He is working on the feature film documentary, 'Suicide - The Ripple Effect', with Kevin Hines (www.kevinhinesstory.com) and members of Team Ripple Australia (#TeamRippleAus), due for release in early 2017.



LIVINWELL

Sam shares his steps to LIVINWELL. In order to be proactive and stay heard, Sam has developed a program that empowers individuals to own their mental illness and share their stories of hope while giving them the tools to look out for their peers and stay mentally fit because "It Ain't Weak to Speak".



WEBBFIT

Sam shares his personal experience through a program called "WebbFit". A program designed to motivate individuals to live a happier and healthier life through the #PPP method. Sam communicates his story through real life experiences which enables the audience to connect, feel inspired and make positive changes to their lives.

What people are saying about Sam

"Sam's story is another great example of turning dark into light, of making tragedy meaningful. Thanks to Sam, we now have a movement that's gaining increasing momentum and great support from thousands of young people including some high profile sportsmen and women"
Dr Tim Sharp, The Happiness Institute

PRESS

www.theweekendedition.com.au
www.minisites.ninemsn.com.au
www.papertigerwellness.com
www.kidsonthecoast.com.au

VIDEO

Paper Tiger Wellness: Interview

PUBLICATIONS

Transformation: Turning Tragedy into Triumph, 2016, Finch Publishing



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