

7<sup>th</sup> Annual Congress on **MENTAL HEALTH**

September 08, 2021 | Webinar

**How do you go from being Involuntarily Sectioned – To Supporting 8 Mental Illnesses in 7 Countries?****Keith Coney<sup>1</sup>, Phillip Boelen<sup>2</sup>**<sup>1</sup>University of the Witwatersrand, Australia<sup>2</sup>Melbourne institute of massage myotherapy, Australia

My father won the South African tennis open when he was 16. Later he became a Managing Director of a large business. On Father's Day of 1997 he took his life. I was 21 years old. My mother took me to get professional help and my resilience developed over time. In 2010 a change in my medication sparked a reaction which prevented me from going to work. Professional help could not diagnose the symptoms. I was off work for a year before eventually checking into a hospital. I was sectioned and diagnosed with bipolar type 1. In the end I lost 8 years from my career.

In all I have had 4 mental illnesses including psychosis and anxiety but I always say I wouldn't change a thing. I take 84 tablets a week and have 5 doctors but I don't know anyone with the same resilience and passion for mental health. I'm sure there are some.

In 2018 I started speaking about my experiences and the positive feedback started that passion that saw me supporting other people with mental illnesses. To date I have resolved over 40 individuals' illnesses – from alcoholics changing their mind and going into a program - to a depressed sexual abuse victim who found justice in the High Court after decades. I even took on one person with Borderline Personality Disorder. The stress on me doing this work involves regular pain, self-care and meditation.

I'm sure that a lot of people are asking how a person with no medical qualifications has resolved all those mental health problems. In July this year I made a discovery that has changed my view of life. It explains what I do and to be honest I'm still coming to terms with it myself. I am also an empath.

**Biography**

Keith Coney is a full time Quality Manager for a tier 1 contractor in Australia and works on a major Defence project. He is a Chartered Engineer and Project Manager, Lead Auditor and a Certified Life Coach (Engenesis' Being Profile). He is also insured for counselling internationally and is a mental health first aider. In his spare time he delivers speeches to Defence, Sunsuper and any other businesses and charities about supporting and resolving mental illnesses. Since 2019, he has successfully resolved over 40 individual illnesses including alcoholism, sexual abuse, bipolar, varieties of anxiety and panic attacks and depression. He has prevented 4 suicide threats (including a psychologist) and supported 3 people after suicides occurred. Keith has spoken to family members and supports of people suffering from mental illnesses through Arafmi charity on two occasions. Keith is currently supporting one person who has BPD, PTSD, anxiety and depression. Keith also coaches people with lived experience including a Mental Health Coordinator in the UK and one of the people whose suicide he prevented. Keith runs a business called Keith Coney Life Support – "From suicide to superman". He also writes about mental illness on LinkedIn. Keith has three speaking engagements awaiting confirmation – they include the World Mental Health Congress and Australia Build Expo 2021 in Sydney.

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