



## BIOGRAPHY

Andrea Paquette, AKA Bipolar Babe

Founder & Executive Director,  
Stigma-Free Society,  
Formerly BDSBC

Classroom Presenter, Community  
Speaker, Group Facilitator, &  
Published Author

Andrea Paquette, AKA Bipolar Babe, created the Bipolar Babe Project in 2009. She is now the Executive Director of the *Stigma-Free Society*, formerly the Bipolar Disorder Society of British Columbia, which she founded in 2010 in collaboration with seven dedicated Board of Directors. Andrea currently oversees the operations of the Society's reputable education and peer support programs. The Charity's interactive and impacting website [www.bipolarbabes.com](http://www.bipolarbabes.com) gives people a place to connect and find valuable mental health information. Andrea delivers the Society's *Stigma-Free Zone Superheroes' Program* [www.stigmfreezone.com](http://www.stigmfreezone.com) and offers classroom presentations to students around the topic of stigma to create awareness and understanding of various stigmas, while encouraging youth to be accepting of themselves and others.

Andrea is passionate about educating today's youth and adults in the community about the stigma surrounding mental health and additional societal stigmas that negatively affect people's perceptions of themselves and others. She shares her personal story of struggle and triumph since her bipolar disorder diagnosis in 2005 throughout schools and the community.

She is an award winning mental health activist, educator, facilitator, published author and speaker. In six short years, Andrea has presented her story at over 175 schools, workplaces, community organizations and events, reaching over 12,000 people.

Andrea is the 2015 Courage To Come Back Award Recipient in the category of Mental Health given by Coast Mental Health, the 2013 Mel Cooper Citizen of the Year in Victoria, BC, and she is also the Winner of the 2013 Award for Mentorship from the National Council for Behavioral Health, Washington, D.C. Andrea is recognized as the winner for Vancouver Island's Business and Community Award - 2015 Top 20 Under 40 Award.

Andrea has also recently been named as an official spokesperson for the 2016 Faces of Mental Illness Campaign for the *Canadian Alliance on Mental Illness and Mental Health (CAMIMH)*. She is being featured on a Bell Let's Talk Public Service Announcement to be aired nationally, and she will be participating on Parliament Hill's Advocacy Days in Ottawa during mental health week in October, 2016.

Andrea shares her message with passion far and wide that truly,

"No matter what our challenges, we can all live extraordinary lives."