

**HGTV's Bryan Baeumler to speak about
mental health journey in advance of Father's Day**
Father's Day on the Hill celebrates its fifth anniversary in Ottawa

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OTTAWA, ON – HGTV's Bryan Baeumler will be the special guest speaker in a non-partisan event hosted on Parliament Hill next week in support of men's mental health. For the first time ever, the television personality will address his own mental health journey as a father, entrepreneur, husband, and man.

"Men have always felt pressure to stay 'manly' and not be emotional. It's important to reduce the stigma around mental health for men and to have real conversations with each other," says Baeumler. "I'm pleased to be able to join this special anniversary event and share my own personal experiences for the first time. I want people to know that they aren't alone."

According to the Mental Health Commission of Canada, 75% of all suicide are men and 66% of men believe that mental health is worse than it has ever been.

"As men, we have to talk more about mental health and normalize it as a part of everyday conversation. Check in with your loved one this Father's Day. It can be as simple as asking 'how are you?' to make an impact and help save someone's life."

Father's Day on the Hill, an annual non-partisan event that raises awareness about men's mental health, will celebrate its fifth year on June 15. The event, created by Member of Parliament Matt Jeneroux will feature the HGTV celebrity contractor as its keynote speaker for its return to Parliament Hill.

"We're truly excited to have this event return in-person to Parliament Hill," says Member of Parliament, Matt Jeneroux. "For five years we have been able to bring together key stakeholders, Members of Parliament and notable Canadians to help break down the stigma around mental health. These are important conversations to have – now more than ever."

Liberal Member of Parliament Majid Jowhari and NDP Member of Parliament Gord Johns have helped host the event with Jeneroux for the past five years.

Baeumler hopes to help to break down the stigma around while sharing his own personal experiences with mental health.

The non-partisan event is sponsored by the Mental Health Commission of Canada.

Media are invited to attend the event at Speaker's Dining Room at Room 233-S, West Block at 12:15pm on June 15.

For more information or to schedule an interview:

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Background Information

Father's Day on the Hill

Father's Day on the Hill is an annual event that brings together Members of Parliament from all parties, key mental health stakeholders and policy makers to discuss mental health with a focus on men and fathers. The initiative was founded in 2018 as a non-partisan initiative led by Matt Jeneroux with help from Members of Parliament Majid Jowhari and Gord Johns and in partnership with Movember and the Mental Health Commission of Canada. In past years, our event has featured prominent Canadian men including Peter Mansbridge, Bryan Baeumler, Georges Laraque among others. www.fathersdayonthehill.ca

Bryan Baeumler

Bryan doesn't believe he's put in an honest day's work unless he gets his hands dirty. A natural-born teacher, the Gemini-award winning host has been educating and entertaining viewers across Canada and the US since 2007 on the hit shows Disaster DIY, Canada's Handyman Challenge, Leave it to Bryan, and House of Bryan, Bryan Inc. Bryan's quick wit and easy-going personality have made him a huge hit with viewers on all of his home renovation shows.

Learning valuable tricks of the trade from his father, a meticulous aircraft engineer, Bryan spent his childhood summers building his family's cottage from the ground up. After earning a dual degree in Political Science and Business, Bryan was headed towards a career of practicing law. Realizing he'd rather be renovating than being chained to a desk, his innate passion for building took over and he traded in his tie for a tool belt and founded Baeumler Quality Construction. A few kids and a number of hit TV shows later, Bryan continues to tackle home renovation projects, be the spokesperson for numerous products and expand his growing businesses to include Baeumler Approved and Baeumler Custom Cabinetry.