



KEITH ANDERSON LL. B., LL.M.

Lawyer | Keynote Speaker | Mental Health Advocate | WL Apparel

The Worth Living Story

“ In March , 2003, I found myself completely devastated by mental illness. I was diagnosed with severe depression, lost my legal career, and had a mental breakdown. All in the span of 5 days. Not my best week.

The road to recovery has been long, with many bumps. By the autumn of 2007, I considered myself to be healthy. I had this need to explain what had happened to me. I wrote an article about my journey, sent it to a local newspaper. No response. So I went bigger, sending it to a major Canadian newspaper, the National Post. I received an email the following day confirming it would appear in a new series, All About Bouncing Back. The article was published on February 20, 2008. The editor at the paper chose the title – How I Returned to a Life Worth Living.

I have used those words and that theme since in my speeches and writings. I live those words.

My life is now Worth Living.”

Keith’s Presentation

Worth Living is a journey from the darkness of depression to the brightness of recovery. Along the path, Keith shares stories of challenges, inspiration, and celebration. With deep emotion, real passion, and some humor, Keith will leave his audience with a full sense of why we must create and enjoy those special moments in life. He reminds us why our lives are Worth Living.

Krista Daley

Former Director and CEO, Nova Scotia Human Rights Commission. Council of Canadian Administrative Tribunals National Conference, 2009

“ I think that you are a very very courageous man and I am proud that we are in the same profession. The response to the workshop has been fantastic! You and Archie did a great job.I will spread the word that you are an excellent advocate and writer for mental health issues. I think that you have a valuable role to play given your unique skill set and perspective

Dr. Linda Courey

Director, Mental Health and Addiction Services
Cape Breton District Health Authority

“I was fortunate to see Keith speak at the Living with Mental Health and Addictions Conferences in Sydney, NS, in 2009 and 2011. His presentations were very honest, open, and genuine . He is not shy to discuss the impact depression had on his life and career. But at the same time, his message is one of recovery, hope, and inspiration”

The Schizophrenia Society of Nova Scotia Conference Speaker , “Thriving in Recovery” 2015

“Keith Anderson spoke to his illness, as a lawyer experiencing devastating life changing depression, how he became confined to his house and then began his journey of recovery, ultimately finding his voice, celebrating the simple things in life and above all recognizing the importance of kindness.”

