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**The Shuchart Foundation
for Mental Health Awareness**

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About John Shuchart

In his early 20's, John Shuchart left his middle-school teaching position and changed the life insurance industry when he made it possible for parents to insure their mentally handicapped children. Later, he spearheaded innovations in the delivery of employee benefits through payroll deduction.

After selling his successful insurance business, John returned to the classroom where he worked with students to develop AFTER, a curriculum designed to help high school and middle-school youth work through the anxiety caused by the September 11, 2001 terrorist attacks in New York. Shuchart led student groups in Kansas City, New York and Israel to create their own courses on dealing with terrorism. The program spawned two books: *Kids' Letters to Terrorists*, and *Israeli Kids' Letters to Terrorists*, a book for which Israeli President Shimon Peres provided the foreword.

A victim of verbal and emotional abuse by his parents, John has battled depression for years. Recently, he decided to speak openly about his condition as a way to help others by directly addressing the stigma associated with mental illness.

In his new book, *"You are not the brightest of my four sons" ...and other depressing things that have been said to me*, John details the verbal and emotional abuse he endured from his parents, and the astounding number of incidents and accidents that contributed to his depression. John also describes how he's used humor to reframe the incidents and help "un-stick" the negative emotions tied to them. His story is touching, funny, and ultimately uplifting.

John has proven that mental illnesses can be managed, and that those living with mental illnesses can succeed and lead productive, happy lives. In 2015 John formed *The Shuchart Foundation for Mental Health Awareness*, an organization dedicated to fighting the stigma associated with mental illness.

In addition to writing “*You are not the brightest of my four sons*” John and his team at the foundation are producing unique, humorous workshops, including one to teach mental health professionals how to help their patients use humor in their struggles with mental illness. A gifted storyteller, Shuchart is a nationally recognized mental health advocate and speaker, presenting to organizations across the country while spreading his anti-stigma message with inspiration and encouragement.

Referred to as a “serial entrepreneur” by the *Kansas City Business Journal*, Shuchart has created several successful businesses and worked as a marketing consultant for the past decade. He has used his business acumen to benefit a long list of nonprofit groups including: The FBI Citizens’ Academy, Triality, the American Red Cross, Consensus, NAMI Kansas, Temple Bnai Jehudah, Congregation Kol Ami, Harris Youth Foundation, Greater Kansas City Mental Health Coalition, and the Kansas City Autistic Training Center. Shuchart also teaches a youth entrepreneurs program at Truman High School in Kansas City.

John and his wife of 44 years, Stevie, reside in Kansas City. Together, they enjoy visiting their two adult children and being run ragged by their two incredible grandchildren.

To contact John about a speaking engagement or for more information about the book, visit www.TheShuchartFoundation.org.