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Mental Health Advocate | Founding Member of Great Big Sea

https://www.kmprod.com/speakers/speaker-sean-mccann

Bio

Séan McCann uses his music to help people find light in the darkness. Best known as a founding member of the massively successful Canadian band Great Big Sea, Séan's twenty years with the ensemble came to a halt in 2013, when he realised that he needed to deal with both alcohol addiction and coming to terms with the sexual abuse he suffered as a young man. Since then, Séan has been using his words and music to bring healing into his life and the lives of others.

Séan's love for Newfoundland and Labrador folk songs shot him to international fame as a founding member of the renowned group Great Big Sea. But while Séan was with the band, giving himself to thousands of people a night on the road, he was slowly losing his own way. It was a life, he says, where "every night was like a Friday night."

The time finally came for him to seek help and realise that the underlying issue surrounding his alcohol addiction was that a local priest had abused him while he was growing up. It was in finally confronting this reality and bringing it out in the open by speaking about it with family, friends, the media, and the public that Séan was able to begin moving forward.

In 2014, he released his first solo album *Help Your Self*, which was later followed by the album *You Know I Love You*. With these projects, Séan found how therapeutic creating, recording, and performing music could be for him, and discovered that his songs were helping others as well.

Topics

The Séan McCann Story: Help Your Self [morelink]

For more information, **speaking fees**, Sean McCann's speaking schedule & **booking mental health speaker Sean McCann, contact us**. Very **SERIOUS** inquiries only.