

**Dr. Harry Barry****Global Authority on Mental Health & Wellness**

Dr. Harry Barry is an experienced medical doctor who qualified in 1976 and has worked as a senior GP within the Irish Health System for over thirty-five years. He has a long-standing interest in mental health especially the management of anxiety, depression and toxic stress, as well as the prevention of suicide. He is especially interested in the concept of emotional resilience and how developing skills in this area could transform our mental health. He has developed a holistic approach with an emphasis on the combination of Neuroscience concepts, lifestyle changes and drug therapy with the application of simple CBT approaches to effectively manage these approaches. He retired from general practice in 2013 to focus solely on mental health.

