

Wayne Schwass

Former Australian Rules football player, Mental Health Advocate

Wayne Schwass, is a former successful Australian Rules football player and has become a leading mental health advocate after speaking publicly about his own experiences with mental health conditions in 2006.

Wayne founded and created the Sunrise Foundation, a Not or Profit organisation which delivered mental health programs to secondary school students across Melbourne.

This passion and commitment has been the driving force behind the creation of PukaUp, a social enterprise which focuses on mental health, emotional wellbeing and importantly suicide prevention.

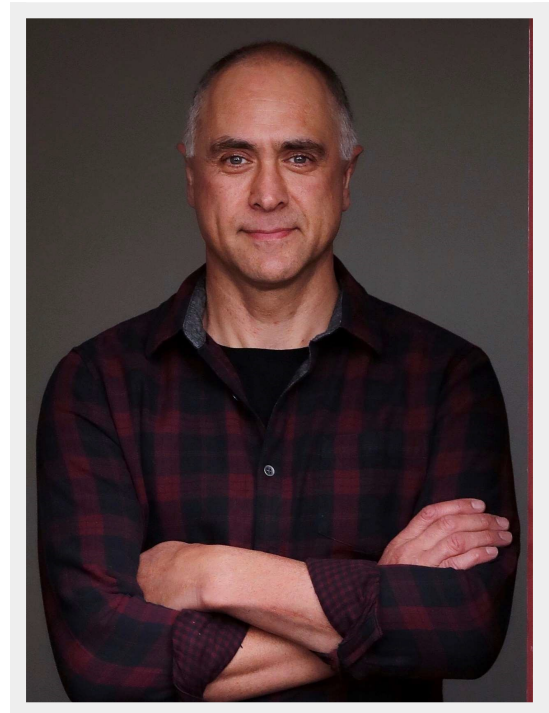
As well as running PukaUp, Wayne also delivers powerful and honest keynote speeches at countless mental health seminars and workshops, where his message never fails to resonate with audiences.

More about Wayne Schwass:

Born in New Zealand and raised in Warrnambool, Western Victoria, Wayne Schwass began playing Aussie Rules football at the age of ten. But with is his undeniable talent and passion, it was not long before he was recruited to join the AFL— so in 1986, Wayne began playing for the North Melbourne Football Club.

From here, Wayne went from strength to strength, quickly becoming one of the most highly-rated players in AFL history. Over 14 years Wayne played 282 games at the elite level, both with the North Melbourne Football Club (1988-1997) and the Sydney Swans (1998-2002). During his outstanding career Wayne won 3 Best and Fairest's at the NMFC, he was a premiership player with NMFC in 1996, All-Australian in 1999 and part of the NMFC Team of the Century and inducted into the Hall of Fame.

Since retiring in 2002, Wayne has established himself as a highly respected AFL broadcaster on TV, radio, print and online. However, in addition to his work within the sporting world, Wayne has also become a passionate and leading advocate for mental health awareness.





In 2017 Wayne founded PukaUp a social enterprise focusing on mental health, emotional wellbeing and, importantly, suicide prevention. According to Wayne, the PukaUp vision is to 'create the environments for every person to have authentic and genuine conversations about mental health and emotional wellbeing'.

In 2019 saw Wayne finish up as part of the Triple M AFL commentary Team and as host of 'Off the Bench TV'. Wayne is focusing up on eliminating the stigma of Men's Mental Health and focusing on his organization PukaUp.

[VIEW SPEAKER'S BIO ONLINE](#) 

