Alex George

AUTHOR · INFLUENCER · MEDIA PERSONALITY · MENTAL HEALTH ADVOCATE

Dr Alex George is an NHS-trained doctor and media presenter who helps organisations and audiences understand mental health, wellbeing and public health communication in workplace and education contexts.

- NHS-trained medical doctor with experience in emergency medicine, including at University Hospital Lewisham
- Appointed UK Government Youth Mental Health Ambassador
- Television presenter and contributor, including roles on ITV's Lorraine, BBC Watchdog and Celebrity MasterChef
- Host of the wellbeing-focused podcast Stompcast and the health interview series The Waiting Room
- Author of Sunday Times bestselling books including Live Well Every Day and The Mind Manual, and children's title Happy Habits
- Collaborated with youth mental health organisations including YoungMinds and the Anna Freud Centre

Alex George's 2026 Biography

Key speaking topics

- Youth mental health
- Workplace wellbeing
- Mental health education
- Public health communication
- Building healthy habits
- Mental fitness and resilience
- Media and health messaging

Ideal for

- Corporate organisations prioritising employee wellbeing
- Education leaders and school networks
- HR and people teams
- Public sector and healthcare audiences

Audience outcomes

- Clear understanding of youth and workplace mental health challenges
- Practical insight into building sustainable wellbeing habits
- Greater confidence in discussing mental health openly and responsibly
- Understanding of how to communicate health messages effectively

AVAILABLE FOR

- After Dinner Engagement
- Event Hosting
- Moderating and Emcee
- Speaking
- TV and Media

ALEX'S SPEAKING THEMES

- Employee Wellbeing
- Health & Wellbeing
- Learning & Development
- Mental Health in the Workplace
- Storytelling & Business Communication

LANGUAGES: English

Why organisations work with Dr Alex George

- Combines frontline medical experience with national media visibility
- Brings government advisory experience in youth mental health
- Connects clinical knowledge with accessible public communication
- Offers commercially relevant insight into wellbeing, culture and engagement

Biography

Dr Alex George brings together frontline medical experience, national advisory responsibility and high-profile broadcasting to deliver clear, credible insight into mental health and wellbeing. As an NHS-trained doctor with experience in emergency medicine, he understands the practical realities of health pressures facing individuals and organisations.

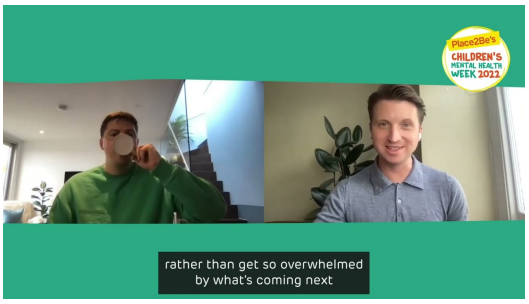
He was appointed as the UK Government’s Youth Mental Health Ambassador, advising on mental health education and wellbeing in schools and colleges. This role positions him at the intersection of public policy, education and preventative health, giving him a grounded perspective on how institutions can respond to growing mental health challenges.

Alongside his clinical background, Dr Alex is an established media presenter and commentator. He has appeared on programmes including ITV’s Lorraine, BBC Watchdog and Celebrity MasterChef, and hosts the wellbeing-focused podcast Stompcast as well as the health interview series The Waiting Room. His broadcasting work reflects a consistent focus on making complex health conversations accessible and responsible.

He is the author of Sunday Times bestselling books including Live Well Every Day and The Mind Manual, as well as the children’s title Happy Habits. His writing centres on practical approaches to wellbeing and mental fitness, reinforcing his commitment to education and preventative care.

Dr Alex has also collaborated with youth mental health organisations including YoungMinds and the Anna Freud Centre, supporting wider public engagement with mental health awareness. For organisations, he offers a balanced perspective that connects medical insight, policy awareness and public communication in a way that is relevant to leadership, culture and long-term wellbeing strategy.

Alex George's Videos



What Alex George's clients say

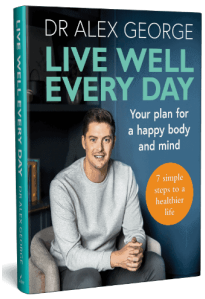
We were eager to work with Dr Alex after developing our Emotional Pillar within Consumer Experience for L'Oreal Professional Products Division. Alex is a great figure, doing some amazing things to raise awareness and amplify the topic of Mental Health and he did not disappoint. He inspired the delegates and got people thinking about the important topic. He was on time for every meeting and even when we made a last-minute date and time change he accepted and adapted without any complaints. Alex was inspiring, professional and relatable throughout and we will definitely be looking to work with him again. Keep up the fabulous work Alex!

Gayatri
L'Oreal

We are currently editing the Dr Alex recording, the first small section is being released to the learners this week and the staff involved in the recording were really pleased with the discussions they had with him.

Ed
Project Manager, Weston AC

ALEX'S LATEST BOOKS



Live Well Every Day: Your plan for a happy body and mind