



## Christian Jessen

**AUTHOR · MEDIA PERSONALITY · MENTAL HEALTH ADVOCATE**

Mental health budgets have grown, but the gap between policy and lived experience inside organisations has not closed. Employees still hesitate to disclose, managers still default to signposting, and senior leaders still treat wellbeing as a wellness programme rather than a clinical and cultural question. The work is shifting from awareness to substance, and that needs voices who can speak as clinicians, not as motivational acts.

Christian Jessen is a medical doctor and broadcaster who helps organisations talk about mental health, body image and stigma with the directness those subjects actually require.

### Christian Jessen's 2026 Biography

#### Why organisations work with Christian Jessen

- Clinical authority paired with a household-name broadcast platform. GMC-registered, UCL-trained, and the public face of Channel 4's *Embarrassing Bodies* for eight years, which gives him a rare ability to hold a corporate audience on subjects most staff avoid.
- Substantive expertise in sexual health, HIV and LGBT+ health equity, including work in Kenya and Uganda and an appointment as National HIV Testing Week Ambassador in 2015. Useful when inclusion and health intersect with real clinical content.
- First-person testimony on depression, bulimia and muscle dysmorphia, delivered without performance. Audiences hear from a clinician who has been the patient, which moves the conversation past awareness scripts.
- A communication style built over two decades of primetime television: plain language, comfort with discomfort, no euphemism. The right register for a room where leaders have been told mental health matters but do not know what to say next.

#### Biography highlights

- MBBS, University College London (2001). MSc in sexual health, London School of Hygiene and Tropical Medicine.
- Co-presenter, *Embarrassing Bodies*, Channel 4 (2007 to 2015), alongside Pixie McKenna and Dawn Harper.
- Co-presenter, *Supersize vs Superskinny*, Channel 4 (2008 to 2014).
- National HIV Testing Week Ambassador, 2015.
- Author of *Can I Just Ask?* (2010) and a three-book Scholastic series for adolescents covering growing up, sensitive subjects and the self.
- Patron of Humanists UK.

#### AVAILABLE FOR

- Speaking
- TV and Media

#### CHRISTIAN'S SPEAKING THEMES

- Diversity, Equity & Inclusion
- Employee Wellbeing
- Health & Wellbeing
- Mental Health in the Workplace
- Resilience & Stress Management

**LANGUAGES: English**

## Biography

Stigma is the reason health conversations stall inside organisations. People know what they should disclose, and they know what their employer says it supports, and they still do not speak. Christian Jessen has spent two decades working at the point where that silence breaks, first as a clinician in sexual health and infectious disease, then as the face of Channel 4's most successful health franchise.

The medical training is substantive. UCL for the MBBS in 2001, the London School of Hygiene and Tropical Medicine for an MSc in sexual health, with field experience on HIV and malaria in Kenya and Uganda. That clinical grounding ran through eight years co-presenting *Embarrassing Bodies* and six years on *Supersize vs Superskinny*, where the production worked because the doctor on screen was a doctor, not a presenter playing one.

His written work for younger readers, the Scholastic trilogy on growing up and the everyday questions adolescents will not ask aloud, shows the same instinct. Take subjects coded as awkward, name them in plain language, treat the audience as intelligent. The 2015 appointment as National HIV Testing Week Ambassador reflected the same trust in his communication: clinical accuracy without moralising.

In corporate rooms the relevance is specific. He has spoken openly about his own experience of depression, bulimia and muscle dysmorphia, which lets him hold a discussion on workplace mental health that does not collapse into either policy summary or personal anecdote. For organisations moving beyond awareness campaigns into harder questions about disclosure, manager capability and clinical literacy, that combination of credentials and lived experience is the value.

## Key speaking topics

- Mental health in the workplace
- Body image and eating disorders
- Sexual health and LGBT+ health equity
- Stigma and disclosure in organisational settings
- Men's health
- Health communication and behaviour change

## Ideal for

- CHROs, wellbeing leads and chief people officers building substantive mental health programmes
- DEI and ERG leaders running health-equity sessions, particularly around LGBT+ inclusion
- Employee Assistance Programme partners and benefits leaders looking for clinical credibility on stage
- All-staff wellbeing weeks and Mental Health Awareness events that need a clinician, not a motivational act

## Audience outcomes

- A clearer line between what wellbeing programmes can do and what clinical support is for
- Confidence to talk about eating disorders, body dysmorphia and men's mental health in plain terms at work
- A working understanding of why stigma persists even where policy support exists

- A sharper sense of what good disclosure conversations sound like between staff and managers

## Christian Jessen's Videos

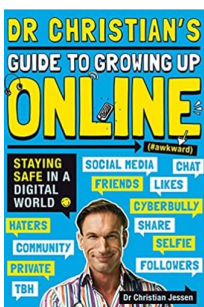


## What Christian Jessen's clients say

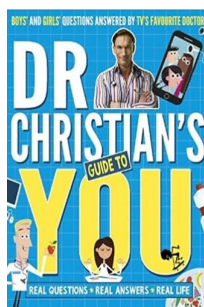
You were fantastic to work with and we were very happy with Dr Christian.

**Jade**  
Allergan

## CHRISTIAN'S LATEST BOOKS



**Dr Christian's Guide to Growing Up Online (Hashtag: Awkward)**



**Dr Christian's Guide to You**