

Biography:

Daniel Sundahl (widely known as **DanSun**) is an internationally recognized artist, author, and mental health advocate dedicated to reducing the stigma of PTSD and occupational stress injuries. With a career rooted in the front lines, Daniel served as an **Advanced Care Paramedic** and is a **retired career firefighter**. Today, he bridges the gap between emergency services and recovery as a Registered Counselling Therapist and Certified Clinical Trauma Specialist.

Daniel is the author of five published art books. His work, which frequently draws from actual emergency calls he attended, is featured in global publications and exhibited worldwide. He leverages this evocative imagery to spark challenging conversations about mental wellness in high-stress professions.

As the **Host of the DanSun Health Podcast**, Daniel facilitates deep-dive conversations into wellness, resilience, and the realities of trauma recovery. He further supports this mission as the **President and Founder of The Recovery and Resiliency Foundation**, a charitable organization focused on supporting those living with the symptoms of trauma.

Born in Edmonton, Alberta, Daniel's perspective is shaped by a truly global background, having lived and taught in Egypt, Mexico, Indonesia, and Japan. His initiatives for first responder mental wellness were sparked by his travels and collaborations with peers in Australia, Finland, and the United States. Daniel now works full-time as an artist, counsellor, author and public speaker. He meticulously blends technical and artistic elements in his work, often spending weeks on a single piece to ensure it captures the visceral emotional connection required to tell the stories of those who serve.

Intro Bio (shorter):

Daniel Sundahl (DanSun) is a clinician, published artist, and speaker dedicated to redefining the conversation around trauma and first responder mental health. Drawing on his lived experience as an Advanced Care

Paramedic and a retired career firefighter, Daniel creates evocative artwork based on actual emergency calls to break the silence around occupational stress injuries.

A Registered Counselling Therapist and Certified Clinical Trauma Specialist, Daniel bridges the gap between the front lines and clinical recovery. He is the author of five art books, the **Host of the DanSun Health Podcast**, and the **Founder of The Recovery and Resiliency Foundation**, a charity supporting those living with trauma.

Having lived and taught globally, Daniel now travels the world as a public speaker and educator. By blending his technical clinical expertise with the visceral storytelling of his art, he provides a unique, global perspective on resilience and the reduction of PTSD stigma.