



JEREMY TAGGART

Musician

Jeremy Taggart is the drummer for the Canadian rock band Our Lady Peace. In addition to his musical achievements, Jeremy is a public speaker and a TV and radio host.

Growing up in many Southern Ontario regions and then travelling the world with Our Lady Peace has given Jeremy a real understanding of people in general, including what makes people happy, and what grinds them to a halt mentally. Mental illness is something that is close to Jeremy's heart, as his father and sister both suffer heavily from depression and his brother has been diagnosed with schizophrenia.

Jeremy has been very outspoken about the importance of creativity to deal with relieving the symptoms of depression, believing it is a muscle that needs to be exercised the same as any other in the human body in order to enjoy a healthy life.

Jeremy believes music and expressing himself as a drummer has kept him happier, and has guarded the darkness from his life. Connecting his heartbeat to his drums, and even to the people listening to his music, Jeremy says that every beat has been healing and helpful.

Jeremy joins the Collateral Damage Project Advisory Board with the hope of erasing the option of suicide for people that are stuck in the dark, aiming to raise awareness for a solution to the unspeakable problem that effects many Canadians.

