



Dr Helen Edwards is an award-winning author and speaker for kids, teens and adults. She writes stories that reduce stereotypes, increase understanding of diversity, and feature Australian nature and history. She has a PhD in Psychology and a long background working in mental health. Her aim is raising hope through stories.

Helen was a mid-career SA State Library Literary Fellow in 2025, supported by Writers SA, to write her latest magical historical novel, *A Light on the Rocks*, published by Riveted Press in February 2026. *A Light on the Rocks* is her fifth novel.

Her next book, a YA novella with Rhiza Press/Wombat Books, *Navigating Home*, is coming in 2027.

In 2024, her historical fiction timeslip, *The Rebels of Mount Buffalo*, was longlisted in the DANZ Awards for books that feature diversity and shortlisted in the Speech Pathology Book of the Year.

Legend of the Lighthouse Moon, a magical historical novel, won Category two of the Forevability Awards in March 2025 and was longlisted in the DANZ Awards in April 2026.

On Gallant Wings, a WWII story set in Australia, was longlisted in the ARA Historical Novel Prize September 2025 and longlisted in the Book Links Historical Fiction Awards in May 2026.

The Disappearing Circus, a fantasy story for upper-middle grade/lower YA, co-written with award-winning author Kate Gordon, was published in July 2025.

In 2001, Helen founded an award-winning online counselling service for people with diabetes, which she ran for 16 years. Over 90,000 people follow her across social media, where her platforms inspire action for people and planet, with kindness and hope, focusing on our children's future. She has been shortlisted in and won a number of other awards across her varied career. Of note, she was a State Finalist for Australian of the Year for her work in diabetes. Helen is a very experienced speaker and has presented talks and workshops locally and internationally across a wide range of topics. She has a warm and inspiring speaking style, which engages students across years 3-10. She has a number of author talks and workshops prepared but is flexible in her approach and topics to fit with the Australian Curriculum and individual school focus.

Helen has a Working with Children Check in SA and in Victoria, and a Blue Card in QLD. She is a member of Writers' SA, ASA, CBCA and SCBWI. She is a past member

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of the SA committee for the CBCA, part of the Author Pen Pals initiative, a Premier's Reading Challenge Ambassador in SA, and a Role Model with Books in Homes. As well as delivering her own author talks and workshops, Helen has moderated and facilitated author panels and book launch events, and has been a keynote speaker at a range of festivals and conferences. Her booking agencies are listed on her website.

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