

OUR VISION

“One day we will live in a world where we won’t have to call it “brave” when talking about mental illness. We’ll just call it talking.”



Our Mission

Storytelling Saves Lives

The mission of This Is My Brave, Inc. is to end the stigma surrounding mental health issues by sharing personal stories of individuals living successful, full lives despite mental illness through poetry, essay and original music, on stage in front of a live audience, through stories submitted and published to our blog, and via our YouTube channel.

Leadership

“Alone we can do so little; together we can do so much.”

— Helen Keller



Jen Kenney
Director/Program Mgr



{in memory} Anne Marie Ames
Co-Founder



Jennifer Marshall
Co-Founder & Executive

More About Us

HISTORY

How it all started

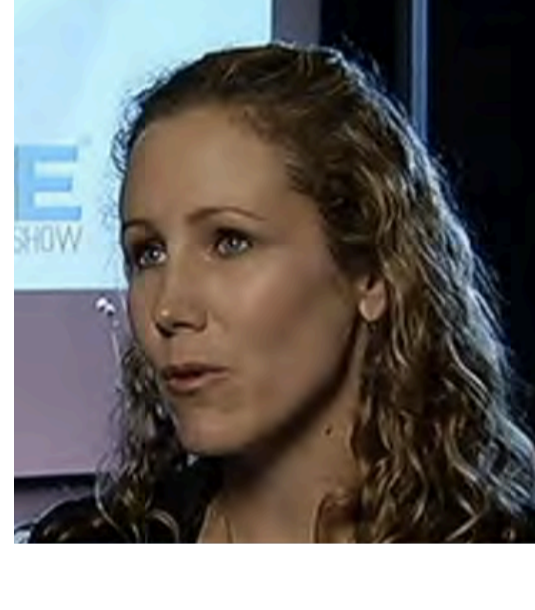
In August of 2011, more than six years after Jennifer Marshall's ...



PRESS COVERAGE

This Is My Brave in the news

Review of “This is My Brave NAPA Valley” ...



RESEARCH

This Is My Brave in the news

Dr. Kosyluk is a rehabilitation counselor and rehabilitation ...



MEDIA CENTER

Latest News Feed

This Is My Brave® Thanks for the great article! ...



CONTACT US

We love hearing from our supporters



Never Miss A Show!

Sign-up for our weekly newsletter and find out about the next show in your area!

Enter Email address SIGN UP

This Is My Brave, Inc. is a 501(c)3 non-profit organization dedicated to ending mental illness stigma through storytelling

Media Center

Press Coverage

Sponsors

Resources

Career Opportunities

Intern with Us

Volunteer

Fundraise



HISTORY

“One day we will live in a world where we won’t have to call it “brave” when talking about mental illness. We’ll just call it talking.”

How it all Started

In August of 2011, more than six years after Jennifer Marshall's bipolar disorder first surfaced, she decided to start a blog. It became a place where she turned to write about her life as a wife and young mom to two small kids, and writing helped her begin to heal. She titled it: Bipolar Mom Life.

[2011](#)[2012](#)[2013](#)[2014](#)[2015](#)

2011

August

Jennifer wrote anonymously at first, because she was afraid of ...



2011

WhatToExpect.com

When WhatToExpect.com published her first article with Jennifer's byline ...



2012

Six Months Later

About six months later, Jennifer had the idea to launch a theater show ...



2013

October

Jennifer and Anne Marie launched This Is My Brave on Kickstarter ...



2014

May

In May of 2014, This Is My Brave debuted our first ever show in Arlington ...



2017

A Monumental Year

2017 has been a monumental year for This Is My Brave ...



Never Miss A Show!

Sign-up for our weekly newsletter and find out about the next show in your area!

[SIGN UP](#)

This Is My Brave, Inc. is a 501(c)3 non-profit organization dedicated to ending mental illness stigma through storytelling

[Media Center](#)[Press Coverage](#)[Sponsors](#)[Resources](#)[Career Opportunities](#)[Intern with Us](#)[Volunteer](#)[Fundraise](#)

PRESS COVERAGE

“One day we will live in a world where we won’t have to call it “brave” when talking about mental illness. We’ll just call it talking.”

This Is My Brave in the news

This Is My Brave® Thanks for the great article! Audition spots are still available for LA- reserve your spot at ...

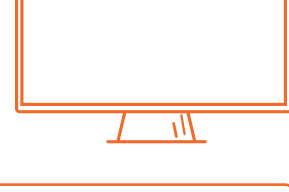


TUESDAY, JULY 10



“This is My Brave” a show written and performed by people affected with mental illness

WJLA
Thursday, June 22



[READ MORE](#)



A New Meaning to an Old Word

Northern Virginia Magazine
Wednesday, June 21



[READ MORE](#)



“This is My Brave” hopes to reduce the stigma of mental illness

Loudoun Times-Mirror
Tuesday, June 20

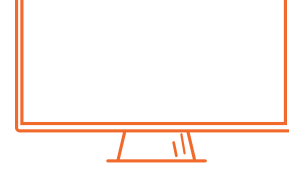


[READ MORE](#)



Changing Minds

NBC 4
Monday, June 18



[READ MORE](#)



Podcast—Storytelling Saves Lives with Jennifer Marshall

The Conquer Worry Podcast
Monday, June 18



[READ MORE](#)

Never Miss A Show!

Sign-up for our weekly newsletter and find out about the next show in your area!

Enter Email address

[SIGN UP](#)

This Is My Brave, Inc. is a 501(c)3 non-profit organization dedicated to ending mental illness stigma through storytelling

[Media Center](#)

[Press Coverage](#)

[Sponsors](#)

[Resources](#)

[Career Opportunities](#)

[Intern with Us](#)

[Volunteer](#)

[Fundraise](#)

