



NAME:

# Michelle Duncan

AGE:

46

TITLE:

A paralegal and talented music enthusiast who wants to share her story of accepting her bipolar diagnosis and not letting it define her.

BIO:

Michelle Duncan is a separated paralegal living in the San Francisco Bay Area. When she was in her early 20s she was diagnosed with Bipolar disorder after being hospitalized for an attempted suicide. Since then, Michelle has struggled to come to terms with the ups and downs of her illness, including separating from her long-time partner two years ago. Fearing that she could not handle her mental health on her own, Michelle's therapist gave her the name of several support groups. One of the recommended support groups was This Is My Brave. As a performer and speaker for the organization's events, Michelle looks forward to sharing her stories through her lyrics and guitar. For her, this is not just therapy, it is a way she can give back to a community that has changed her life and ultimately keeps her safe from harm.

SEX:  
Female

STATUS:  
Separated

RESIDENCE:  
San Francisco, CA

OCCUPATION:  
Paralegal

EDUCATION:  
Bachelor's Degree

GOALS & NEEDS:

- Encourage and inspire others
- Express feelings through songwriting
- Help break the stigma of mental health
- Cope with bipolar disorder and depression
- Belong to a new community
- Wants an active social life
- Be a mental health advocate

FRUSTRATIONS:

- Scared to lose control of her manic states
- Stage fright
- Being judged by her story
- People not appreciating her performance
- Lack of social activity/engagement

INFLUENCES:

Social Media/Facebook



Music



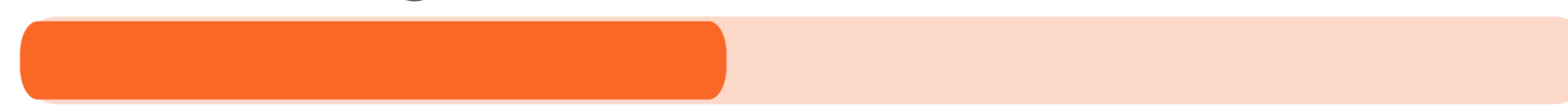
Therapist



Other Performers



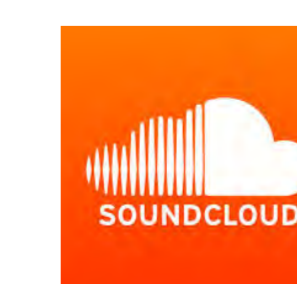
Books/ Blogs



Mental Health Condition



San Francisco Chronicle



I hope my story helps to normalize and demystify what it's like to live with bipolar.



*this is my*  
**BRAVE**