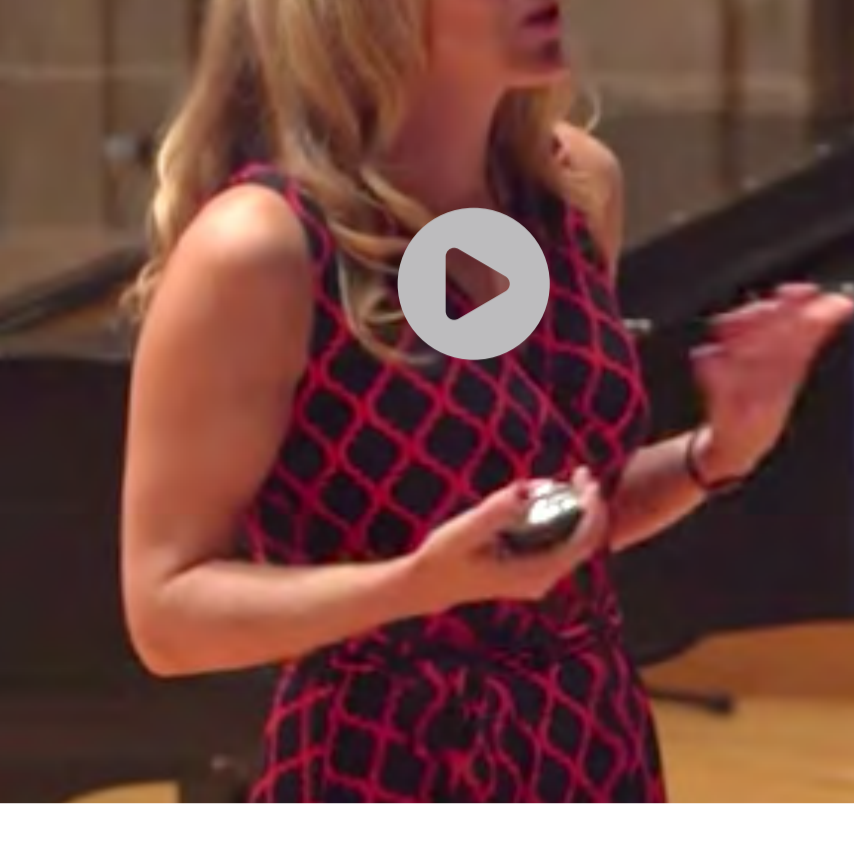


OUR VISION

“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

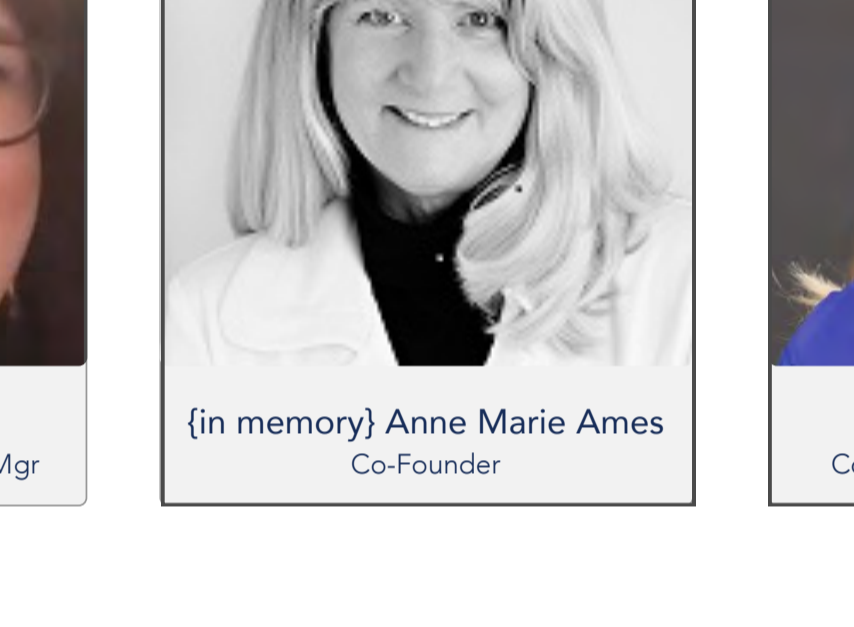
Storytelling Saves Lives

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



{in memory} Anne Marie Ames
Co-Founder

More About Us

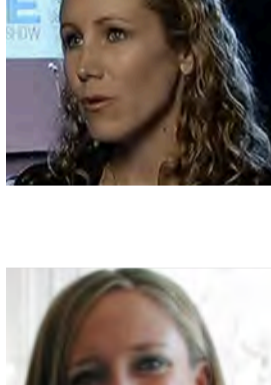
HISTORY

How it all started



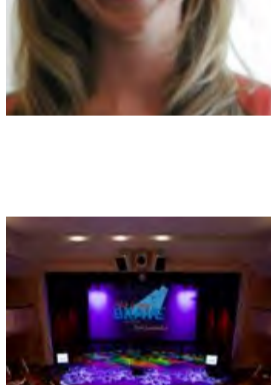
PRESS COVERAGE

This Is My Brave in the news



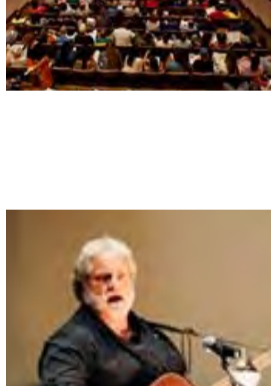
RESEARCH

This Is My Brave in the news



MEDIA CENTER

Latest News Feed



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- Press Coverage
- Sponsors
- Resources
- Career Opportunities
- Intern with Us
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- Fundraise

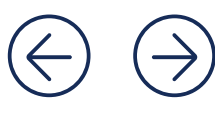


HISTORY

“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.



2013 2014 2015

2011

August

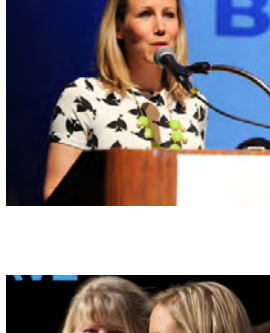
Jennifer wrote anonymously at first ...



2011

WhatToExpect.com

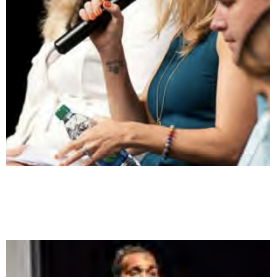
WhatToExpect.com published ...



2012

Six Months Later

About six months later



2013

October

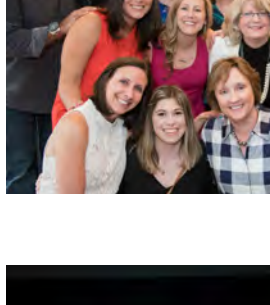
Jennifer and Anne Marie launched ...



2014

May

In May of 2014, This Is My Brave ...



2017

A Monumental Year

2017 has been a monumental year ...



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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 ...Thursday, June 22



A New Meaning to an Old Word Northern Virginia Magazine Thursday, June 22



“This is My Brave” hopes to reduce the stigma .. Loudoun Times-Mirror Thursday, June 22



Changing Minds NBC 4 Monday, June 18



Podcast—Storytelling Saves Lives with Jennifer Marshall The Conquer Worry Podcast Monday, June 18



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