



SEX:
Female

STATUS:
Married

RESIDENCE:
New York, NY

OCCUPATION:
Therapist

EDUCATION:
Master's Degree

NAME:

Lisa Williamson

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TITLE:

A therapist who wants to support an organization with a mission to end the stigma associated with mental illness.

BIO:

Lisa Williamson is a happily married therapist living in New York City. When she was a child she struggled with depression and anxiety which she feels was a result of losing her dad as an adolescent. It was not until she began studying psychology in college that she began to understand her mental illness and the impact it had on her life choices, feelings of isolation, and physical health. Through this discovery, Lisa learned to accept herself and felt inspired to help others reach a similar milestone in their lives. As an attendee at *This Is My Brave* events, Lisa looks forward to networking, sharing her story with other participants, and rooting for the performers she now considers colleagues.

GOALS & NEEDS:

- Join a community
- Network
- Help break the stigma
- Gain insights
- Enjoy performing arts
- Overcome mental illness
- Attend an event to support movement
- Wants to hear people tell their stories

FRUSTRATIONS:

- How people perceive mental illness
- People that can't break the cycle
- Struggle to help clients
- Personal recurring mental illness
- Lack of social activity/engagement
- Needs personal outlet

INFLUENCES

Social Media/Facebook



Peers/Colleagues



Local Community



Television, News, Entertainment



Books



Research Studies



Lincoln Center

pandora®

amazon

The New York Times

this is my
BRAVE®

I created
a hashtag
*# mentally ill
not dangerous.*
I use it to claim
my identity
and refute
the stereotypes.

