

# Women Who Made Strides in Destigmatizing Mental Health



## Joyce Brothers (1927 – 2013)

Joyce helped destigmatize mental health by creating “pop psychology,” as well as being the first female boxing commentator.



## Carrie Fisher (1956 – 2016)

Carrie helped destigmatize mental health by speaking publicly about her battle with bipolar disorder, including in her own column for The Guardian.



## Brené Brown (1965 – present)

Brené helped destigmatize mental health by through her widely-viewed TED talk and her many books on vulnerability, shame, empathy, and courage.



## Kristen Bell (1980 – present)

Kristen helped destigmatize mental health openly speaking and writing about her battles with depression and anxiety.



## Demi Lovato (1992 – present)

Demi helped destigmatize mental health by being a leader of Be Vocal: Speak Up for Mental Health, an initiative “encouraging people across America to use their voice in support of mental health.”



## Simone Biles (1980 – present)

Simone helped destigmatize mental health by sharing her story in a global mental health discussion that she started at Tokyo 2020 and continues to share advice for young athletes.