

INTRODUCTION



ACTIVEMINDS.ORG

THEHEARD

JANELLE MONTANO

It is our pleasure to welcome Janelle Montano. Janelle Montano is a graduate of The Ohio State University with a degree in Business Administration- Marketing focus. She currently works and lives in Las Vegas, NV. Janelle is a truly passionate mental health advocate. She enjoys yoga, meditation, family book club, running, hiking, and playing guitar. She also began performing as a solo vocalist and in various choirs at the age of 12. Janelle is with us from The Heard, the nation's premier young adult mental health speakers bureau and a program of Active Minds. Members of the Heard are honored to act as representatives of the young adult mental health movement. As advocates and survivors, they convey messages of mental health with relevance and sincerity, and it is their primary goal to empower people to join them in changing the conversation about mental health. Join me in welcoming her.