

INTRODUCTION



ACTIVEMINDS.ORG

THEHEARD

LIZZIE SIMON

It is our pleasure to welcome Lizzie Simon. Since the publication of her popular memoir DETOUR, Lizzie Simon has spoken at over seventy universities and conferences, and worked as a mental health consultant creating content and doing casting for media organizations. Most recently she worked as a consultant and writer on twenty-five video segments for the website Web MD. Lizzie has worked with MTV, where she was a consultant and field producer on a one-hour documentary, True Life: I'm Bipolar. For CosmoGirl! Magazine, she created a multi page package on young women with mental illness. Lizzie was a founding member of The Leadership 21 Committee of The Bazelon Law Center in Washington, DC, whose goal is to discover the future of civil rights for people with mental illness and disability. Lizzie and DETOUR have been featured on CNN, The Connie Chung Show, The Judith Regan Show, NPR, Time Magazine, The Saturday Evening Post, The New York Post, Nylon Magazine, Rhode Island Magazine, and many other radio, television, web and print outlets. Lizzie has been training speakers for 5 years, and is an avid cook, Yogi and slow jogger. Lizzie is with us today as a representative of The Heard. The Heard is 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 Lizzie Simon.