

RWENSHAUN MILLER

ELECTRONIC PRESS KIT

WWW.RWENSHAUN.COM





Rwenshaun Miller

MENTAL HEALTH CHANGE AGENT



BIOGRAPHY

With a life and career dedicated to assisting others with mental health challenges, **Rwenshaun serves the community - and the world - as a Psychotherapist, Author, Speaker, and Mental Health Change Agent.** He services individuals spanning all ages, **with a goal of helping** each person understand and take accountability for their mental wellness.

Rwenshaun completed his **Master's degree in Clinical Mental Health Counseling** from Montreat College. He has a **Bachelor of Arts degree in Sociology** from the University of North Carolina at Chapel Hill and is currently pursuing a **Doctorate in International Psychology** from the Chicago School of Professional Psychology.



TABLE OF ACCOMPLISHMENTS

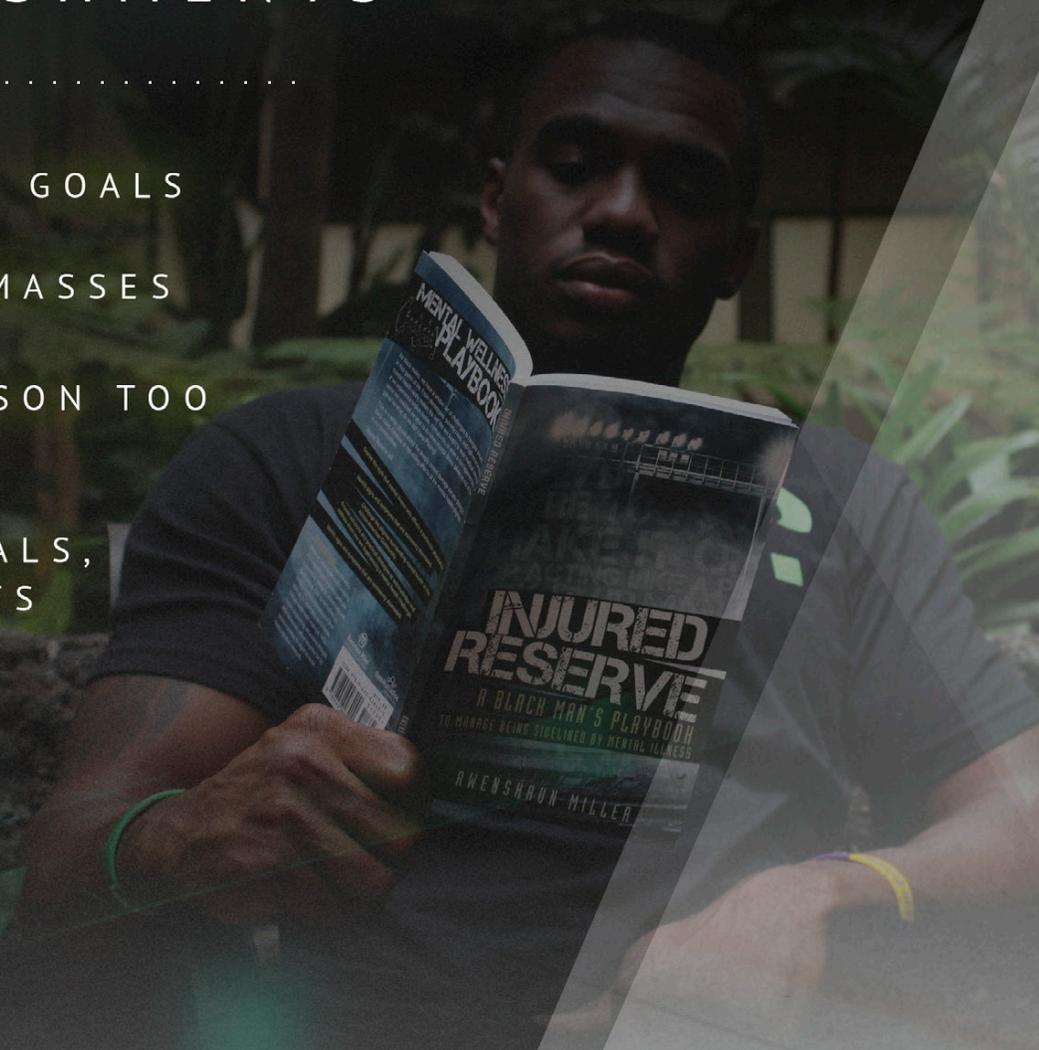
- 3-4 FULFILLING GOALS
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AUTHOR

THERAPIST

SOCIAL
ENTREPRENEUR

RWENSHAUN MILLER



A MESSAGE FOR ALL

As a speaker before audiences at universities, athletic and government organizations, corporations, churches, professional conferences and more, **Rwenshaun creates safe spaces for open and honest dialogue about mental illness.** He uses his personal experience living with Bipolar Disorder to educate others and break the stigma associated with mental health challenges.

He is the executive producer of the short film Black Friday, which follows Rwenshaun and his fight to bring mental health awareness to the forefront of the black community and **author of Injured Reserved: A Black Man's Playbook To Manage Being Sidelined by Mental Illness.**

EUSTRESS, INC.

In 2013, Rwenshaun founded **Eustress, Inc.**, a nonprofit organization that **raises mental health awareness** through educational and inspirational content, trainings, workshops, and annual multi-city "Let's Talk About It" walks.

Through **Eustress**, he sheds light on issues that affect our mental health and provides tools and techniques to manage them.



[CLICK HERE TO VIEW MEDIA](#) 

SXSW 2019

He is also the recipient of the American Psychiatric Association Foundation Award for Advancing Minority Mental Health and the SXSW Community Service Award.



SXSW 



HUFFPOST

THE BREAKFAST CLUB

BUSTLE

BLAVITY 

HBO  **NECOLE**
STREET COCKTAILS AND CONVERSATIONS


THE **KENNEDY FORUM**

COMPLEX

WebMD


Mental Health America


The Weather Channel




the **TOM JOYNER** morning show

Rwenshaun has been featured on various media platforms including Huffington Post, Power 105.1FM's "The Breakfast Club", Blavity, Bustle, Men's Health, WSOC-TV, and The Tom Joyner Morning Show.

CLICK LOGOS TO VIEW MEDIA

REACHING MASSES

THE BREAKFAST CLUB INTERVIEW

BLACK FRIDAY SHORT FILM



ARTICLES & PRESS



About Rwenshaun Miller

Rwenshaun Miller is a Mental Health Counselor, Mental Health Awareness Advocate and **THE GOOD MEN PROJECT**®. The conversation no one else is having.®

As a Black male, he wants to help break the stigma surrounding mental illness, promote wellness for everyone and encourage others to continue to LIVE! You can find Rwenshaun at rwenshaun.com



READ & WATCH HERE



Stylelikeu
x
spring health

WATCH HERE

THE POWER
OF EMBRACING LABELS

CLICK BELOW TO VIEW MEDIA



TEDx

RWENSHAUN MILLER | REACHING MASSES | TEDx | 7

I AM A PERSON TOO

eu-stress
/yoo stres/ n.

A good stress.
A positive form of stress having a
positive effect on
work, sports, performance,
and emotional well-being.

Stress occurs when the gap between
what we do and what our body is
able to handle, but not overtake.





EXPERTISE & OFFERED SERVICES

SPEAKING

[CLICK HERE FOR SPEAKING REQUESTS](#)

Telling my story is my therapy and it allows others to see that mental health is real. It affects all ages, all races, and all genders. I just so happen to be young, black, educated and living with a mental health disorder. All these labels are just one part of me that allows me to be transparent and speak my truth. So, I'll meet you anywhere from the middle school gym to the corporate boardroom to educate, motivate, and inspire your team on topics to include mental health awareness, inclusion, self-care, workplace tension and difficult conversations, mindfulness, wellness, depression, anxiety, self-discovery and working together.

MENTAL HEALTH CONSULTING

[CLICK HERE TO BOOK A CONSULTATION](#)

Does your company or organization need assistance with addressing mental health in the workplace?

- Address Diversity & Inclusion and the relation to mental health
- Survey employee needs
- Workshops and professional development
- HR professionals, executives and school administration training on mental health warning signs

MENTAL HEALTH COACHING

[CLICK HERE TO BOOK A SESSION](#)

It's therapy turned upside down. No couches. No pen. No pad. Just a real conversation.

- One-on-one coaching
- Group talk sessions
- Weekly Check-ins
- Fireside Chats

THE RESPONSE

For my students, they realized triggers and moments within themselves because you were so real, and created that safe space for all to share. They have all told me that they feel more empowered and less shame about expressing their emotions and sharing their real stories. You have not only impacted the 18 students who heard you, but their friends and families that heard about the presentation later.

Thank you for being you and for being comfortable with being you.

— Danielle Stagers, Bridges To A Brighter Future

CLIENTS



