

How My Experiences with Depression Empowered Me to Become a Mental Health Advocate

VANESSA C. HARRILL

The Zelma Foundation for Women's Mental Wellness, a 501(c)3 Corporation

INTRODUCTION:

Vanessa is a Professional Speaker, Certified Life Coach, and Author. Since the ripe age of 5, she began speaking to audiences by memorizing and reciting speeches for her church's holiday programs. Fast forward many years later and she found her way back to the stage to do what she loves – informing, inspiring, and enlightening audiences.

AIM:

She is on a mission to enlighten the World on the devastations of depression by sharing her story. She intends to help those experiencing this highly debilitating illness, to gain the confidence needed to seek professional help, which is the first step towards healing and recovery. By inspiring others towards healing, she hopes they will eventually come forward to share their stories, as she is a firm believer that stories are tools that connect us as humans and help us heal.'

KEYWORDS:

Mental illness, depression, anxiety, inspiration, encouragement, women.

BIOGRAPHY:

Vanessa has spent a combined total of over 34 years in the banking, real estate appraisal, and affordable housing industries before transitioning to her dream job of captivating audiences via her speaking and writing platforms. She also provides life coaching to women around the world.

Having experienced depression firsthand, she coaches clients who are battling depression, anxiety, or often both, and women seeking a disciplined accountability partner who can provide the tools needed to confidently accomplish their goals and dreams.

Vanessa's methodology includes helping clients remove self-limiting thought patterns that often act as obstacles to their paths forward. Her philosophy is "Change your mindset, change your life," which she walks you through one lesson at a time in her upcoming memoir, *How Mastering Positive Thinking Gave Me The Power and Tools To Build Wealth and Success in Life and Work*, which is scheduled for release this summer.