



## ABOUT BRITTANY

Brittany Krystantos, a bestselling author, mental health advocate, motivational speaker, TED Talk presenter, and host of a mental health series, is widely recognized for her significant impact in the field. Overcoming challenges such as selective mutism in her early years, she has transformed her personal journey of anxiety and depression into a profound commitment to helping others. At the age of 15, Brittany authored the acclaimed book "I Am Not Your Average Teen," offering insights, hope, and practical strategies for navigating the complexities of mental health. With a mission to make a meaningful difference in countless lives, Brittany continues to inspire individuals to overcome their own challenges. Her journey, from silence to happiness, serves as a guide for those seeking to find their voice and navigate the intricacies of mental well-being.



“  
*I strive to change lives, starting with one today and expanding that impact tomorrow. I once lived in silence, and I now aim to support those facing their own silent struggles. Mental health is a constant challenge I tackle, driven by the desire to inspire and create a better world.*”

**AGES 18 - 34**

**52%** **47%**

**70%** **30%**

**32.6K** ACROSS ALL PLATFORMS

**TAKE ONE DAILY MEDIA**  
Management Team

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# TEDx Toronto MetU



Brittany has created her mental health series featuring insightful conversations with other mental health advocates. She has interviewed notable guests such as Prime Minister Justin Trudeau, NFL Player Solomon Thomas, Olympic Wrestler Helen Maroulis, NFL Player Jonathan Ledbetter, Amanza Smith from Selling Sunset, Bachelor stars Ben Higgins, Jason Tartick, Michelle Young, Clayton Echard, and many more. Brittany is dedicated to using her voice and platform to uncover mental health stories and inspire many silently with her series.

“  
Your story, the fact that you were struggling and had the strength to actually reach out to ask for help, that is the centre of the success of any mental health advocate who is able to inspire and encourage people ”

- Prime Minister, Justin Trudeau



## COLLABORATIONS

