

DONT BE PARANOID YOU LOOK GREAT

SCHIZOPHRENIC.NYC



Hi, I'm Michelle Hammer, an award-winning mental health advocate. I am a NYC native with Schizophrenia. At age 18, I was told I had Bipolar Disorder, & then I was correctly diagnosed with Schizophrenia at 22. Those 4 years were quite a ride. I believe that Lacrosse is the only way I got through college. At 27, I decided I wanted to use my artistic talents, & fearless personality, to do something that could benefit the mental health community. In May 2015, I created Schizophrenic.NYC, which is a clothing line with the mission of reducing stigma by starting conversations about mental health. If 1 in 5 New Yorkers, has a mental health issue why is there so much stigma? This is why I find conversations about mental health to be so important. Also, Schizophrenic.NYC takes a portion of the profits & donates to organizations in NYC that help out with the mentally ill population of NYC.

As Seen In:

Mashable BuzzFeed WebMD Daily Mail PsychCentral



I **speak** candidly about my time in psych wards, & with therapists & psychiatrists I have experienced. My speeches include stories of surviving highschool with undiagnosed schizophrenia, due to paranoia & refusing help. Then also my efforts in college of trying to get help & things going terribly wrong one fateful night with a UPD officer on a 5150 call. As well as, my journey of recovery, when I was finally correctly diagnosed with schizophrenia.

Michelle is a dominant force who will captivate your audience & won't let go. Vulnerable & unique, she's a powerful voice for schizophrenia awareness.

- G. E. HOWARD, THE PEER CENTER



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#ThisIsWhatAnxietyFeelsLike: When You Think Everyone Hates You & So Much More, is book created from the viral hashtag #ThisIsWhatAnxietyFeelsLike created by Sarah Fader & myself, that took over Twitter in 2017. People all over the world shared their anxious thoughts in the form of tweets. The viral hashtag has been covered by the New York Times, Psychology Today, The Huffington Post, Cosmopolitan, & Refinery29.

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