**mPower Award Nomination – Gabby Frost**

**Biographical information**

Gabby Frost, 20, is the founder and CEO of Buddy Project, a non-profit organization aiming to prevent suicide and raise awareness for mental health. When she was 15-years-old, she discovered that many of her friends from school and online were going through mental illness. She decided to create Buddy Project at one in the morning on April 8th, 2013, when there were three girls on Twitter contemplating suicide. Gabby thought that by pairing people with a friend online, it could prevent suicide and give people a peer support system.

Gabby has received multiple awards and honors for her work with Buddy Project, which includes [Her Campus' 22 Under 22 Most Inspiring College Women](https://22under22.hercampus.com/2017/2017/10/10/gabrielle-frost), the [Shorty Award in Teen Activism](http://shortyawards.com/category/6th/teenactivism), the John Fitzgerald Kennedy Memorial Award, [PB Teen Extraordinary Teen](http://www.pbteen.com/pages/extraordinary-teens/), and [Pennsylvania Hometown Hero for Glamour](http://www.glamour.com/gallery/2015-hometown-heroes#38). She has been featured in [O, The Oprah Magazine](http://www.oprah.com/inspiration/Gabby-Frost-Sonia-Doshi-Help-Students-Struggling-With-Mental-Health), [USA Today College](http://college.usatoday.com/2016/10/08/meet-the-drexel-freshman-who-created-buddy-project-so-everyone-can-have-a-friend/), Girls' Life Magazine, [Revlon's Million Dollar Challenge](https://www.crowdrise.com/revlonchallenge-gabby-frost), [Fox 29](http://www.fox29.com/athleteoftheweek/54740306-video), and [Local Wolves](http://localwolves.com/stories/conversations-gabby-frost/).

Gabby is currently a member of Hack Harassment's Advisory Board and [the Real Time Academy of Short Form Arts & Sciences](http://rtacademy.org/member/gabrielle-frost/). In 2016, she was a Global Teen Leader for Three Dot Dash, as well as a member of [Harvard's Inaugural Making Caring Common Youth Advisory Board](http://mcc.gse.harvard.edu/links/harvard%E2%80%99s-making-caring-common-announces-inaugural-youth-advisory-board). In 2017, she was on [1000 Dreams Fund](http://1000dreamsfund.org/)'s Student Advisory Board, Crisis Text Line's Youth Advisory Council, and a Shelly Cove campus rep. Gabby is also an ambassador for [Clover Letter](http://cloverletter.com/).

Gabby is a sophomore at Drexel University in Philadelphia, Pennsylvania, and is majoring in Music Industry with a concentration in Business. She is a sister of the Alpha Sigma Alpha sorority.

**How the Nominee Meets Criteria**

Gabby meets the criteria for the mPower award because she founded Buddy Project, a non-profit organization aiming to prevent suicide by pairing people as buddies and raising awareness for mental health. She created Buddy Project when she was 15-years-old and has been running it ever since. Gabby was inspired to create this movement after realizing that many of her friends from both school and online were going through mental illness, self-harm addiction, and suicidal thoughts. Her friends always reminded her that her support meant a lot to them and they wish everyone could have a friend like that.

Buddy Project started off as a way for people to sign up to become a “buddy” and meet new people around the world. Since its inception on April 8th, 2013, over 211,000 people have signed up to be a buddy and 180,000 follow the movement on Twitter, Instagram, and Facebook combined. Over the past five years, Buddy Project has inspired many people to speak up about their mental health and seek professional help for their mental health.

Links to Buddy Project’s social media and site:

Website: [www.buddy-project.org](http://www.buddy-project.org)

Twitter: [www.twitter.com/ProjectBuddy](http://www.twitter.com/ProjectBuddy)

Instagram: [www.instagram.com/buddyproject](http://www.instagram.com/buddyproject)

Facebook: [www.facebook.com/buddyprojectorg](http://www.facebook.com/buddyprojectorg)