

A BIPOLAR A SCHIZOPHRENIC AND A PODCAST

GABE HOWARD
(BIPOLAR)

MICHELLE HAMMER
(SCHIZOPHRENIC)



A BIPOLAR, A SCHIZOPHRENIC, AND A PODCAST is a weekly show that explores life through the unique double lens of a young woman living with schizophrenia and a guy living with bipolar. Each episode explores their past and present experiences as shaped by mental illness. Recorded after midnight in vacant locations — **TUNE IN TO SEE WHERE THEY'LL RECORD AND WHAT THEY'LL DISCUSS NEXT!**



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GABE & MICHELLE SHOW SELFIE!
(3AM SOMEWHERE IN JERSEY CITY)

HOSTED BY



GABE HOWARD was formally diagnosed with bipolar and anxiety disorders after being committed to a psychiatric hospital in 2003. Now in recovery, Gabe is a prominent mental health activist and host of the award-winning Psych Central Show podcast. He is also an award-winning writer and speaker, traveling nationally to share the humorous, yet educational, story of his bipolar life.

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MICHELLE HAMMER was officially diagnosed with schizophrenia at age 22, but incorrectly diagnosed with bipolar disorder at 18. Michelle is an award-winning mental health advocate who has been featured in press all over the world. In May, 2015, Michelle founded the company Schizophrenic.NYC, a mental health clothing line, with the mission of reducing stigma by starting conversations about mental health. She is a firm believer that confidence can get you anywhere.

 SCHIZOPHRENIC.NYC

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