

# MICHELLE HAMMER

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## KEYNOTE • WORKSHOPS • SEMINARS

**Michelle Hammer** is a Schizophrenia Activist and spends her time passionately fighting stigma. She is an NYC native featured in the WebMD documentary *Voices*, which was nominated for a Tribeca X Award at the Tribeca Film Festival 2018. Michelle was diagnosed with schizophrenia at 22 after a misdiagnosis of bipolar at age 18. At 27, Michelle decided to use her artistic talents and fearless personality to do something that could benefit the mental health community. In May 2015, she founded a mental health focused clothing brand. Schizophrenic.NYC is a clothing brand with the mission of reducing stigma by starting conversations about mental health. Michelle has also been featured in many publications such as Mashable, The Daily Mail, Stylist, and BuzzFeed.

### AS SEEN IN:

Mashable

BuzzFeed

LACROSSE

TED<sup>x</sup>

WebMD

DailyMail.com



Psychology Today

MICHELLE IS ALWAYS ONE OF THE FIRST PEOPLE TO STEP UP FOR ANY ADVOCACY ADVENTURE OR PROJECT.

- CECILIA McGOUGH, STUDENTS WITH PSYCHOSIS

### STORY TAKEAWAYS:

#### The Early Signs and Denial

I believed everyone who was trying to help me was acutally trying to hurt me.

#### How Did I Realize I Had A Mental illness?

What led me to believe I was in fact mentally ill at the age of 18?

#### How to Get The Correct Diagnosis

Why was finding out I had schizophrenia at 22 the best thing that ever happened to me?

#### Daily Coping Skills

Med compliance, art therapy, music

#### How I Started My Own Business

Why did I found Schizophrenic.NYC?

SHE DOESN'T FILTER HER WORDS, MAYBE BECAUSE SHE'S SCHIZOPHRENIC OR MAYBE BECAUSE SHE'S A NEW YORKER.

- GABE HOWARD, THE PSYCH CENTRAL PODCAST

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