



active minds speakers bureau

Jordan Burnham



Jordan's Impact

As a teenage guy whose sister and confidant had just left for college, Jordan Burnham did not feel he had anywhere to turn when his depression set in. He wanted so badly to express what he was going through, but how

could a popular student-athlete reveal to anyone how dark his inner life had become when it seemed he had nothing to complain about? Jordan turned to alcohol to give him the courage to show his friends glimpses into his feelings, but after a series of struggles and disappointments, his depression pulled him further into the darkness. During his senior year, Jordan attempted to take his life.

Today, Jordan travels around the country sharing his incredible story of survival and emphasizing that seeking help is not a sign of weakness and often leads to a successful recovery. He shares with students his ongoing physical and mental health recovery process, and what they can do to create healthier and more supportive communities.

Jordan is a nationally recognized mental health advocate who was one of the "2010 Best of Philly" and received the 2012 Emerging Humanitarian Award from the Asomugha Foundation. He has been featured in The Washington Post, Sports Illustrated, and USA Today, and he has appeared on ESPN's E: 60 and Outside the Lines, CNN, and Good Morning America.



Topics Covered

Depression

Suicide

Stigma Reduction

Advocacy

Substance Use and Abuse

About the Program

www.activeminds.org/Speakers

The Active Minds Speakers Bureau is a signature program of Active Minds, Inc. It has reached over a million young adults from across the country and promises measurable impact on our audiences. Our trained speakers educate, entertain, and inspire audiences through compelling mental health presentations and personal storytelling. Each speaker's story is unique and sheds light on a range of topics related to mental health.

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