

## Abraham Sculley



### About the Program

Active Minds Speakers provide engaging, encouraging, and safe mental health education that's tailored for students, young adults, educators, professional groups, and other audiences. Research shows that peer-to-peer outreach is the best way to reduce the stigma that surrounds mental health and encourage people, especially students, to seek help if they need it. That's why Active Minds Speakers are so effective. Their personal stories show that mental health struggles are common and there is both help and hope. Their relatable presentations interweave key mental health messages, creating an inspiring and educational experience for audiences.

### Abraham's Impact

Abraham Sculley understands the importance of using his story and experiences to educate and inspire others, whether during one-on-one conversations or while speaking to an audience.

During the second semester of his freshman year at the University of West Florida, Abraham fell into a deep depression. At the time he did not know it was depression because growing up in a Jamaican American household, mental health was never talked about nor was how to seek help. After accepting the advice from a concerned friend, Abraham sought out the counseling services on campus and was then diagnosed with Major Depressive Disorder. Depression became the catalyst for his purpose and he is now a mental health advocate, speaking around the country about his life, his story, and his passion for mental health awareness.

From Abraham's experience with depression, he now facilitates workshops at the Boys and Girls Club of the Emerald Coast, has spoken to over 1000+ individuals including professionals in health care organizations, for-profit organizations, nationally acclaimed non-profit agencies, college students and professors at major universities. Abraham graduated from the University of West Florida with his bachelor's degree in Psychology. Abraham is now a certified Mental Health First Aid advocate and uses his passion to inspire others. He continues to use his story to promote the importance of mental health and assist others in reaching their highest potential in their physical, spiritual, and mental health.

DEPRESSION . LIFE TRANSITIONS . SELF-CARE . SPIRITUALITY . SUBSTANCE USE . SUICIDE PREVENTION

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