

*Learn more about depression and mental health*

5

**TED TALKS ON  
MENTAL  
HEALTH AND  
WELL BEING**

VISIT [RETHINKREACHOUT.COM](https://www.rethinkreachout.com) FOR MORE  
INFORMATION ON MENTAL HEALTH

# TED TALKS ON MENTAL HEALTH

## ANDREW SOLOMON

Depression, the secret we share.

## BILL BERNAT

How to connect with depressed friends.

## KEVIN BREEL

Confessions of a depressed comic.

## NIKKI WEBBER ALLEN

Don't suffer from your depression in  
silence.

## SANGU DELLE

There's no shame in taking care of your  
mental health.

VISIT [RETHINKREACHOUT.COM](https://rethinkreachout.com) FOR MORE  
INFORMATION ON MENTAL HEALTH