



**ABOUT THE NONPROFIT AND  
OUR PROGRAM FOR MENTAL HEALTH  
AWARENESS AND SUPPORT**



**PROJECT BLACKBIRD INC.** is a 501(c)(3) nonprofit organization dedicated to de-stigmatizing conversations around eating disorders and mental health within all communities. The organization provides free therapy and other mental health resources for students across the nation through their touring program, empowering participants toward recovery and self-acceptance. The events include a screening of the award-winning short film Blackbird, followed by discussions with cast members, public figures sharing lived experience (actors, athletes, artists, etc.) and healthcare professionals, and concludes with a journaling activity, the free therapy initiative for students ages 18+, and resource fair with local and national resources. PROJECT BLACKBIRD INC. partners with NAMI and Talkspace to bring this program to colleges, high schools, and communities across the nation.

Recent events include panels at the Sundance Film Festival, South by Southwest (SXSW), and the Cannes Film Festival, and at colleges including SUNY Plattsburgh and Wright State University.

**#ShedShame**

## WHY THIS EVENT? WHY NOW?

- According to a Healthy Minds survey published in February 2025, 44 percent of students reported symptoms of depression; 37 percent said they experienced anxiety; and 15 percent said they were considering suicide—the highest rate in the 15-year history of the survey. More than 90,000 students across 133 U.S. campuses participated in the survey.
- In a large-scale study of young people (18-25), teens, and parents completed in December 2022, 36% of young adults who responded to the survey reported anxiety compared to 18% of teens; 29% of young adults reported depression compared to 15% of teens.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the 2nd leading cause of death among people aged 10-14 and the 3rd leading cause of death among those aged 15-24 in the U.S.
- 33% of all college students experience significant symptoms of depression, anxiety or other mental health conditions. Among that group, 30% seek help.



## PROGRAM SPONSORS AND PARTNERS



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## EACH EVENT INCLUDES:

- Screening of award-winning short film *Blackbird*
- Moderated panel discussion featuring celebrity mental health advocate (pro athlete, musician, actor, etc.) and Project Blackbird founder Alexandra Miles
- Reflective journaling activity
- Resource fair featuring campus, local, and national mental health and wellness resources for all attendees
- Free year of therapy paid for by the organization through access to Talkspace platform for all attendees



ALEXANDRA MILES



## TESTIMONIALS FROM ATTENDEES & HOSTS

*"Bringing Project Blackbird to GW began a really important conversation on campus around eating disorders and mental health. There can be so much stigma around these topics; inviting Project Blackbird allowed us to gauge the comfort level of our students and understand where they are coming from."*

- Student Affairs,  
George Washington University



*"Experiencing the life-changing impact of Project Blackbird firsthand has been truly amazing. I have witnessed beautiful conversations unfold after an event, with many participants just beginning their mental health journey."*

- NAMI Central Texas



*"Project Blackbird is a shining light on how to destigmatize and change the narrative in mental health. Conversation through film is a powerful medium to help people understand, relate, and engage in sometimes hard, but very important, conversations."*

- Anonymous Audience Member





## PROJECT BLACKBIRD PROGRAM

This is our standard event for both high school and college students, though the content of the panel discussion can be adjusted depending on the age range of the attendees.

This panel features Alexandra (Founder, Project Blackbird) and a celebrity panelist who would be a draw for students in that particular market/region/school. The school is welcome to invite an additional speaker from their own community if it is of interest. The conversation will focus generally on mental health, how to shed shame around mental health issues, and encourage attendees to take advantage of Project Blackbird's offer of free therapy through a partnership with Talkspace (\*for students ages 18 and over).





## CELEBRITIES FEATURED IN PREVIOUS EVENTS



**Jameela Jamil**  
*Actress/Activist,  
The Good Place*



**Lux Pascal**  
*Actress/Model,  
Narcos*



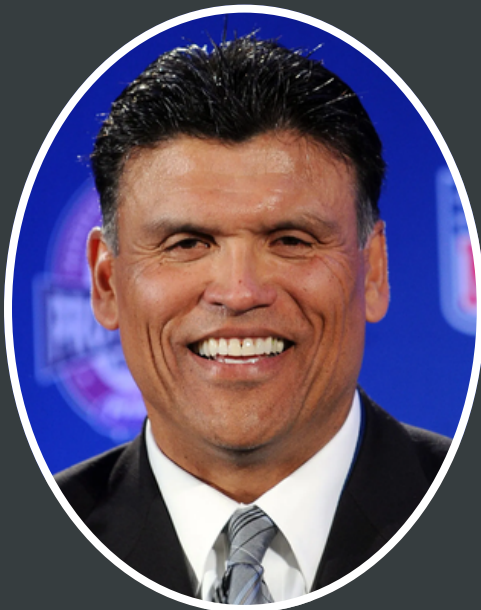
**Corey Coleman**  
*NFL Star,  
Cleveland Browns*



**Dominique Easley**  
*NFL Star,  
Los Angeles Rams*



**Marcus Smith II**  
*NFL Star,  
Washington Commanders*



**Anthony Muñoz**  
*NFL Hall of Famer,  
Cincinnati Bengals*



**AB Quintanilla**  
*Musician & Producer,  
Kumbia Kings*



**Alyson Stoner**  
*Actor,  
Cheaper by the Dozen*





# BRING PROJECT BLACKBIRD TO YOUR SCHOOL!

To request an event for your school / community, please email Kait Halibozek at [ProjectBlackbird@khalibozekconsulting.com](mailto:ProjectBlackbird@khalibozekconsulting.com) with as much information about your potential event as you can share.

New message

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To... PROJECTBLACKBIRD@KHALIBOZEKCONSULTING.COM

Subject... I WANT TO BOOK AN EVENT

I AM INTERESTED IN BRINGING PROJECT BLACKBIRD TO MY CAMPUS. ❤️

SEND