



# MILLENNIALS CHANGE: SILENCING THE SHAME ON MENTAL HEALTH



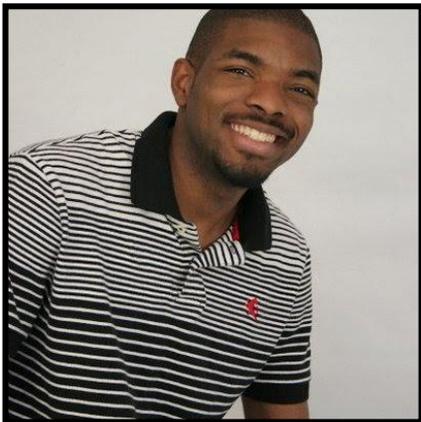
## **CAMRYN TRIPLETT**

**Director of Communications for Silence the Shame  
& Entrepreneur  
Millennial Keynote Speaker**

Camryn Triplett is a young entrepreneur and philanthropist from Atlanta, Georgia. She graduated at the top of her class at Howard University in 2011. Camryn met Shanti Das, the founder of Silence The Shame, a few years ago when it was still her brain child. She immediately loved her vision and told Shanti that she would love to be involved when the time comes. Having suffered from depression and anxiety since her early teens, this cause is very near to her heart. A little less than a year passed, and Camryn reached out to

Shanti because Camryn's father had recently passed away. She was hoping for words of encouragement and advice on how to get through such a hard time, but she received much more as she could have imagined when she started volunteering her time to the Silence the Shame initiative.

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## **BENJAMIN MCAFEE**

**Founder of My Campus Health & Mental Health Advocate  
Millennial Keynote Speaker**

Benjamin McAfee is the founder of My Campus Health, an online platform that focuses on the intersections of college and mental health and other disabilities. Benjamin graduated from Georgetown University with a B.S. in International Relations. He was awarded the Gates Millennium Scholarship and is an alumnus of the Management Leadership for Tomorrow Business Fellowship. He has been given the opportunity to speak on multiple panels at various universities, meet Demi Lovato, and speak at the Gates Millennium

and Family Online Safety Institute conference for his work in the mental health field. Benjamin also has written about mental health on RIZZARR. Benjamin was published in BP magazine, one of the most widely read magazines in the nation on mental health and bipolar disorder. Currently, Benjamin is getting his Masters in Public Health at Emory University with a concentration in mental health. He has worked at the Center for Disease Control and the National Alliance on Mental Illness as a policy intern. Benjamin hopes to one day publish a book on his experiences living with a mental illness.



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**CHELSEA M. KRONENGOLD**  
**Senior Program Associate, Body Project Master Trainer**  
**Panelist**

Chelsea Kronengold, MA is a body image and eating disorders advocate and professional. Chelsea has been involved with the National Eating Disorders Association (NEDA) since 2012 as a walk coordinator, Proud2Bme intern, and programs consultant. In 2016, Chelsea joined the NEDA staff after receiving a masters in clinical psychology from Columbia University. Presently, Chelsea is a senior programs associate at NEDA playing an essential role with NEDA's prevention efforts by training and disseminating the Body Project; an evidence-based body confidence program for women and girls. Chelsea frequently speaks on behalf of NEDA about her personal and professional experience with body image, eating disorders, media literacy, and weight stigma; she has appeared in national media platforms including Teen Vogue, Huffington Post Live, Seventeen Magazine, WebMD and SiriusXM Doctor Radio.



**JUSTIN KRUGER**  
**Founder of Project Helping & KyndHub**  
**Panelist**

Justin Kruger founded Project Helping based on my personal experience with mental wellness. Like many people living with a mental health challenge, no one close to him knew he was struggling. He had a great job. He was successful. It seemed like He had everything – and truly He did. But privately, he was struggling. Then, something completely unexpected happened. I was invited to volunteer. It happened to be at a point in his life when he was really struggling. He had no clue that experience would not only change his approach to his own mental wellness, but also change his life trajectory. Volunteering immediately provided an outlet for him. The more he volunteered, the better he felt. The better he felt, the more he started to realize that volunteering was helping him improve his mental wellness. This experience inspired him to dig deeper into the wellness benefits of volunteering. He found two things. First, there was a great deal of research that supported the mental wellness benefits of volunteering. This part was no surprise. Second, he found no one had created a way to really leverage these mental health benefits. So that was the lightbulb moment! He was inspired to share what he had learned through his personal experience. That is where Project Helping started. He and his team built this simple, elegant and impactful organization to leverage the mental wellness benefits of volunteering. Their goal was to make it incredibly simple to get involved in projects that are hand-selected to be the most impactful, hands-on project possible. He is incredibly grateful for the amazing support he has received along the way. He is a few years in, making an impact and having a blast. But he's just getting started. Join in, there's room for everyone!



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**FRANCES GONZALEZ**  
**Director of Communications**  
**Disaster Distress Helpline**  
**National Suicide Prevention Lifeline**  
**Mental Health Association of [New York City](#)**

Frances is the Communications Director for the [Mental Health Association of NYC](#), where she runs public communications and partnerships for City-wide and national mental health programs, including the [National Suicide Prevention Lifeline](#) and the national Disaster Distress Helpline. Her writing and digital strategy experience span nonprofit, City government, and startups, including the Clinton Foundation and New York City 311.

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**DIANA VIGLUCCI**  
**Youth & Programs Coordinator at NAMI-NYC Metro**

Diana Viglucci joined the NAMI-NYC Metro family in the spring of 2015 as Youth and Programs Coordinator. She leads NAMI-NYC's youth and young adult initiatives, including facilitating the Young Adult Support Group, connecting with young people through community outreach, and supporting youth peer workers in harnessing their personal experiences to advocate for others. A passionate public speaker since the age of seven, Diana has presented on young adult mental health and youth advocacy on both regional and national scales. She is thrilled to be creating spaces for young adults to speak candidly about their mental health.

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