



EPISODE 24 RESOURCES

www.JillianAmodio.com

Jillian Amodio is a multifaceted professional who combines her expertise as a licensed therapist, writer, and mental health advocate to create positive change in the lives of others.

With over 16 years of experience in writing and a background in social work, Jillian has dedicated her career to breaking down stigmas surrounding mental health and sex education.

Jillian began her journey as a writer and went on to become a licensed therapist (LMSW), specializing in adolescent and family therapy. She has also owned two yoga studios, where she provided mindfulness and mental wellness services to her local community. Today, she is a sought-after speaker, educator, and author, known for her holistic approach to wellness and inclusive education.

Her passion for empowering youth and families is reflected in everything she does—from her online mental health community, Moms for Mental Health, to her educational workshops and public speaking engagements. Jillian's work has been featured in over 150 media outlets, including Forbes, The New York Times, Cosmopolitan, and BBC. She continues to use her platform to spread awareness and advocate for mental health support and comprehensive, inclusive sex education.

Jillian is also the founder of the Moms for Mental Health community, a safe, judgment-free space for moms, women, and youth to connect and share their mental health journeys.



www.NurturingGirls.com

