

We create space for difficult conversations.

Uniquely Ordinary began with the belief that telling our story about depression, anxiety, and other mental illnesses can help us feel less alone. Our events provide platforms for stories about mental illness while raising money for essential care resources.

We host a variety of nonprofit events, including art galleries, craft markets, and music shows. Each event is designed to encourage people with mental illnesses to share their journey with our staff, participating artists, and other attendees. Profits from events fund pro bono counseling sessions through Mental Health America (MHA) for those without access to therapy.

Sharing your mental health story and asking for help are not easy conversations. Uniquely Ordinary believes that we're all unique—but while mental illness is far too ordinary, open and honest conversations about mental illness are not commonplace enough. We exist to promote safe spaces for these conversations.

Uniquely Ordinary Resources

Therapy is an important step in the recovery process. But there are other essential treatment resources. Our profits go to providing:

- Pro bono MHA therapy sessions
- MHA treatment resources, such as emergency contacts, support group information, and available hotlines
- Corporate mental health kits for businesses to make available for employees

Event Photo Gallery

Uniquely Ordinary has been encouraging real conversations and increasing awareness around mental illnesses since 2015. We're excited to continue as a program of MHA.