

#MHBlogAwards

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Welcome

“I am delighted to welcome you to the sixth Mental Health Blog Awards. Mental Health Bloggers, Podcasters, Sloggers and Creators, you all put in such huge effort and emotion into your posts. Your words help change lives. They inform, educate, support and signpost. Your posts show readers/ listeners/ viewers that it is ok not to be ok, that you can still succeed even if you are struggling. Thank you for continuing to be part of our online community in whatever way works for you.”

Not Just ‘The Winners’

“The Awards are here to celebrate and recognise everyone's achievements and efforts, not just those shortlisted or the winners. If you don't win or didn't make the shortlist, we still want to celebrate you. You are amazing and inspirational. You are part of the reasons for The Awards existing.”

Mike Douglas
Mental Health Blog Awards Founder



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Guest Speakers 2023

Heather (@wondherful)

One More Suicide Is One Too Many
- A non profit journey

Luke (@stresssessions)

From Surviving to Thriving: Men's
Mental Wellness

Sophie (@SophieMeiLan)

Transforming your blog into a
YouTube channel or podcast

Community Leaders Insight

Our Community Leaders volunteer their time, expertise and knowledge to:

- Support the evolution and planning of Mental Health Blog Awards
- Promote nominations, sponsorship and engagement
- Encourage innovation and inclusion at MHBA
- Review MHBA challenges and successes
- Act in accordance with the Community Leaders code of conduct



“I applied to be a Community Leader for the Mental Health Blog Awards because I fell in love with their lovely community and their mission of recognizing and celebrating the much needed work people are doing to educate, help others, raise awareness, share their stories, and destigmatize mental illness and other topics of mental health.”

- Anna

Find out more about becoming a Community Leader to support next years event at www.mhblogawards.com

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Mental Health Blog Awards 2023

Shortlisted nominees from over 3,000 votes

Project of the Year

- Catalyst Support
- Katja - Sorry My Mental Illness Isn't Sexy Enough For You
- Steve - Steve's Big Bipolar Challenge
- Stu - The Noisy Brain
- Wondherful

Imagery of the Year

- asafeplacex
- Jimmy & Vignesh
- Naziat- pearlsowellbeing
- Steve - Two Beats Apart

Podcaster of the Year

- Dave - Mindset By Dave
- Hannah & Tatum- The Beautiful Minds Podcast
- Hazel - Reality Tourists
- Keith - The Endless Spiral
- Stuart - The OCD Stories podcast
- The Beautiful Minds Podcast
- The Stress Sessions

Vlogger of the Year

- Ann Gath
- Bryan - bpdgbryan
- Dan - The Running Manc
- Dave - Mindset By Dave
- Dennis – Psychreg
- Richie @mentalhealthandlife
- Sophie Mei Lan - Mama Mei

Socials Champion of the Year

- Brooke - Becoming Indomitable
- Chloë - Chlo She Grows
- Suzanne - #HonestyAboutEditing
- The Morning Coffee Run
- The Stress Sessions

Community Choice Champion

- Leah - Wellness Medic
- Megan - Because Mental Health
- Molly - Letters of Kindness UK
- Seriah - Riyah Speak
- Steph - Divamum

Blogger of the Year

- Adam - The Anxiety Philosopher
- Ann Gath
- Brooke - Becoming Indomitable
- Daragh - Thoughts Too Big
- Dennis – Psychreg
- Soph - Like I Care

Mental Health Blog Awards 2023

Date: Saturday 21st October 2023

Programme

3:00pm - Arrivals & Logging in

3:15pm - Welcome from Community Leaders

3:20pm - Session 1

Heather - One More Suicide Is One Too Many - A non profit journey

3:40pm - Session 2

Luke - From Surviving to Thriving: Men's Mental Wellness

Unveiled

4:00pm - Session 3

Sophie - Transforming your blog into a YouTube channel or podcast

4:20pm - Moment of Reflection

4:25pm - Shared Signposting

4:30pm - Awards Ceremony

4:50pm - Awards Thank Yous & Logging Out

At Event Voting

You will be provided with a voting link on the day. Please submit your votes before 3.20pm. Voting after this time will not be possible.

Thank You

To everyone that has nominated, voted, talked about and shared information; thank you. To everyone that has attended, voted and supported the Mental Health Blog Awards; thank you.

We would also like to thank our awesome Community Leaders and Sponsors who have invested time and support in the Mental Health Blog Awards.

Provide event feedback at <https://s.surveymonkey.com/bv7no5j5>

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