



OUR SERVICES

The More Life Brand is a movement promoting suicide prevention awareness using teal and purple colors. It advocates mental health support through apparel, workbooks, and journals. Prioritizing mental health is vital for overall well-being, impacting daily life, relationships, and work performance. The brand aims to reduce mental health stigma and make a positive impact by providing resources and support.

MENTAL HEALTH PROGRAM

This program offers our youth the tools and confidence to face their challenges head-on. Through a series of interactive workshops and activities, participants will embark on a journey of self-discovery. They'll learn the ins and outs of emotional intelligence, unlocking the secrets to understanding and managing their emotions. Stress management techniques will teach them how to turn pressure into motivation. And when it comes to crisis management, they'll learn not just to survive, but to thrive, regardless of the obstacles life throws their way.

SPEAKING ENGAGEMENTS

Session Description: "Let's Talk About Your Happy Face" speaking engagement will address misunderstandings, stereotypes, and intersectionality of depression. Emphasize de-stigmatizing mental health and encouraging open conversations. Define major depressive disorder, persistent depressive disorder, and smiling depression. Explore smiling depression, its causes, risks, and support methods. And briefly mention of the mental health workbook and journal in the "Isn't It Obvious? This is my happy face" collection.

Learning Objectives

- Distinguish between clinical depression and smiling depression.
- Understand the intersectionality of depression, its causes, risks, and support methods.

WORKSHOPS

Through a series of interactive activities, insightful worksheets, and lively group discussions, you'll learn practical strategies to be kinder to yourself. Whether you're new to the topic or looking to deepen your understanding, this workshop offers a supportive and playful environment to explore, grow, and connect with others. Below are the topics of choice for the mental health workshops.

- EMOTIONAL INTELLIGENCE
- STRESS MANAGEMENT
- CRISIS MANAGEMENT



WORKBOOKS + JOURNALS

FULL PRICE (9 or less)

- Workbook: \$30 each
- Journal: \$20 each

DISCOUNT BULK (10+)

- 25% off workbook & journal
- eBooks included

DISCOUNT BULK (25+)

- 40% off workbook & journal
- eBooks included

- bookmarks & stickers included

WHOLESALE (40+): Price Negotiable



ASHA REAVES, B.S.

Founder/ CEO

Established The More Life Brand in 2021 to advocate for mental health and raise awareness for suicide prevention after the loss of a close loved one.