



OUR SERVICES

The More Life Brand is a mission-driven organization committed to breaking the stigmas surrounding mental health and raising awareness about suicide prevention. We aim to foster understanding, compassion, and support through various community-focused initiatives. Our services include thoughtfully designed mental health programs, interactive workshops, and impactful speaking engagements that educate, empower, and inspire individuals and groups. To further our mission, we offer a range of products, including apparel, workbooks, and journals, which not only serve as tools for personal growth but also help fund our services. These sales enable us to provide free resources to communities in need, ensuring that mental health support is accessible to everyone. At The More Life Brand, we believe in creating a world where mental health is prioritized, and everyone has the tools to thrive.

MENTAL HEALTH PROGRAM

Happy Faces: Easing into Mental Health

Our program is designed to help the youth navigate the complexities of their emotions while providing practical tools to manage stress and handle crises effectively.

Through engaging topics and activities, participants will learn how to recognize, understand, and regulate their emotions, fostering a deeper sense of self-awareness and empathy. From mindfulness exercises to interactive workshops, our program aims to empower individuals to build resilience and cope with life's challenges in a healthy and constructive manner.

INTERACTIVE WORKSHOPS

Our interactive mental health workshops are designed for both teens and adults, offering practical tools and strategies to navigate everyday challenges. Participants gain valuable insights into improving their mental well-being while building skills to enhance personal and professional relationships. Each session is tailored to foster growth, resilience, and a deeper understanding of mental health in a supportive and inclusive environment.

- **Neuro-plasticity & Stress Management**
- **Setting Healthy Boundaries**
- **Resilience Building**
- **Smiling Depression**
- **Effective Communication**

SPEAKING ENAGENENTS

Our presentations are tailored to inspire and educate audiences of all ages, fostering meaningful conversations about mental health awareness and wellness. Topics include overcoming stigmas, suicide prevention, emotional intelligence, managing stress, and the importance of self-care.

[WWW.THEMORLIFE BRAND.COM](http://www.themorelifebrand.com)

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



Founder & CEO

ASHA REAVES, B.S.

With a strong academic and professional background in neuroscience and psychology, Ms. Reaves established The More Life Brand in 2021 to advocate for mental health after the loss of a close loved one.

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