
COURTNEY KESSENICH

MRS. DISTRICT OF COLUMBIA
INTERNATIONAL 2019

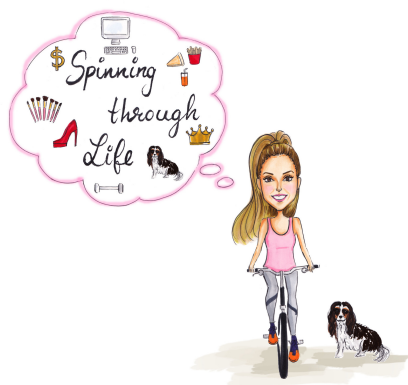


HOPE FOR INVISIBLE WOUNDS

Greater awareness of mental illness and normalization is greatly needed. One in 5 Adults – over 43 million Americans – have a mental health condition. That's more than the populations of New York and Florida combined. Of those, 56% did not receive treatment.

"Hope for Invisible Wounds" is a campaign Courtney started to provide help for those healing from mental anguish from trauma by offering tips, tools and resources with a positive focus. With a goal to bring understanding and awareness to mental anguish from traumatic events, she works to help fight the stigma surrounding seeking care.

It's Instagram account is focused on providing positive affirmations and reaches over 3800 followers each day. She also uses her skills as a writer to help share the stories of those who are successfully recovering on her blog to help show others that it's ok to seek the care they need.



SPINNING THROUGH LIFE BLOG

Courtney's has a lifestyle blog focused on beauty, fashion, wellness, travel and mental health. She recently launched a storytelling feature called "My Story of Healing," in which she shares stories of trauma and healing to help others have a voice in mental health advocacy.



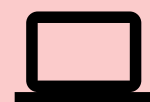
Facebook.com/
mrscintl/
Facebook.com/
hopeforinvisiblewounds



@CourtneyKessenich
@MrsDCIntl
@Hope4InvisibleWounds



spinningthroughlife.com



mrscintl.com