

Therapy Reveal: A Year in Review

by Blu the Bear

In the landscape of mental health podcasts, *Therapy Reveal* has been making significant strides in breaking down the stigma surrounding mental health since expanding its presence to platforms such as Spotify, YouTube, and Apple Podcasts.

Since making our content accessible on multiple platforms, our community has expanded, and now boasts an incredible 7 top fans. Their support has been the driving force behind our commitment to fostering open conversations about mental health. *Therapy Reveal* has consistently made it to the "Top 10" for 12 fans, and "Top 5" for 11 fans, and earned the prestigious title of "Top Podcast" for 7 fans! These achievements fuel our determination to continue providing content that informs, inspires, and creates positive change.

Throughout the year, we have featured 4 incredible guests, each sharing their personal stories and contributing to our mission of normalizing mental health treatment. Our top-performing episode of the year, "Mental Health & 1st Generation Asian Americans (ft. Vyvian Phan, LCSW)," resonated deeply with our audience, addressing unique challenges and experiences within the Asian American community. As we look ahead to the new year, we're excited to announce our plans to showcase even more diverse voices and perspectives on the show. It's uplifting to see such engagement and interest in discussions that matter!

We extend our heartfelt gratitude to our viewers for joining us on this journey. Your support, engagement, and openness to dialogue have been instrumental in making *Therapy Reveal* a space where we can collectively challenge stereotypes and build a community of understanding.

Thank you for being a crucial part of our mission to break down barriers and create a world where mental health is a topic we can all openly discuss and support.



Use your phone camera app to scan this QR code and access our Linktree page. There you will find the links to all of our different *Therapy Reveal* episodes hosted by Blu the Bear.



Our top-performing episode of 2023 is "Mental Health & 1st Generation Asian Americans" and features Vyvian Phan, LCSW. You can listen to this episode on Apple podcasts, Spotify, or Youtube.