Not Crazy is the mental health podcast for people who hate mental health podcasts.

The show is designed to explore all facets of our mental health — without all the psychobabble.

The hosts, Gabe and Jackie, know first-hand that people don’t generally wonder about the "state of their mental health," but might very well worry about whether or not they are crazy.
**ABOUT Gabe Howard**

Gabe Howard was diagnosed with bipolar disorder after being committed to a psychiatric hospital in 2003. Now in recovery, Gabe is a prominent mental health activist. In addition to co-hosting *Not Crazy*, he is the host of the award-winning *Psych Central Podcast*. He's also the author of *Mental Illness is an Asshole and Other Observations*, and is an award-winning writer and speaker who travels nationally. Gabe Howard is a 2017 Everyday Hero, an honor given to him in a proclamation by Governor John Kasich of Ohio. He has written for *bipolar magazine*, WebMD, Psych Central, and Stanford University, along with other prominent outlets. He makes his home in Central Ohio with his wife, Kendall.

**ABOUT Jackie Zimmerman**

Jackie Zimmerman has been in the patient advocacy game for over a decade and has established herself as an authority on chronic illness, patient-centric healthcare and patient community building. She began as a blogger after her multiple sclerosis diagnosis in 2006 and continued to (over)share her battle with ulcerative colitis (UC) in 2009. In addition to her physical chronic illnesses, she also lives with clinical depression and generalized anxiety disorder. Jackie's had the privilege of giving keynote speeches and presentations, traveling to the Hill, sitting on advisory boards and various other opportunities all in the name of improving healthcare and sharing the patient experience.
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WHAT PEOPLE ARE SAYING

About time...
It’s about time we have a podcast on mental illness BY those who truly get the struggles. Real talk from real people who REALLY have experience. Keep it up!

"Stop what you are doing right now and listen to this series; you will not be disappointed!"

"I can't wait for the next episode to post!"

"I laughed out loud more than once. Excellent and entertaining."

This podcast makes me feel sane!
Love this podcast, makes me happy! Great hosts and a great way to not feel alone!

Hilarious and educational
Really helpful to hear from people who are living with the disorders I want to learn about, and the episodes are hilarious. I have learned a lot already and am less afraid now of living with bipolar. Thanks for a great podcast!
HIRE US

Want your next event to stand out from the ordinary?
Tired of the same stereotypical breakout sessions and speeches?

Book the Not Crazy podcast LIVE!

In addition to a memorable live experience, when the episode posts to our audience, your message will extend outside the walls of your event. Gabe Howard and Jackie Zimmerman are both accomplished speakers and are available together or individually to speak at your event. Contact show@psychcentral.com for rates and availability.
For all media, advertising and business inquiries, please email:

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