The Psych Central Podcast is an award-winning, weekly show that approaches psychology and mental health in a casual and accessible fashion.

Listen as our host speaks candidly with experts to break down complex topics in simple and understandable ways.

The Psych Central Podcast is hosted by Associate Editor Gabe Howard and overseen by Dr. John Grohol.

About Psych Central
Psych Central is the world's largest and oldest mental health resource overseen by mental health professionals since 1995. With over 6 million visitors per month, it provides people with trusted mental health information on disorders and treatments, interactive quizzes, daily psychology news and research updates, and dozens of popular blogs. With a thriving online self-help support community of over 500,000 users and 250 support groups, Psych Central provides resources for everyone, no matter where they are in their own mental health or self-discovery journey.
Popular Episodes

- Why Does the Narcissist Always Get the Girl?
- Mass Violence Facts from the National Council on Behavioral Health
- What’s it Like to Work in a Psych Hospital?
- How Introverted People Can Excel in An Extroverted World
- Policing and Mental Illness: A Better Approach
- Learn to Live with Anxiety, Stress, and Worry

Notable Guests

PATRICK KENNEDY
Former member of the US House of Representatives, Mental Health Advocate

PAUL GIONFRIDDO
Executive Director of Mental Health America

JESSIE CLOSE
Sister of Glenn Close, cofounder of Bring Change to Mind

JOE PARKS
Medical Director National Council on Behavioral Health

PETE EARLEY
Author of the Pulitzer finalist book Crazy
**ABOUT THE HOST**

**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 hosting the *Psych Central Podcast*, he is also co-host of *Not Crazy*, and the author of *Mental Illness is an Asshole and Other Observations*. Gabe is an award-winning writer and speaker who travels nationally.

He 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 PSYCH CENTRAL FOUNDER**

**Dr. John Grohol**

John M. Grohol, Psy.D. is a pioneer in online mental health and psychology. Recognizing the educational and social potential of the Internet in 1995, Dr. Grohol has transformed the way people could access mental health and psychology resources online. Pre-dating the National Institute for Mental Health and mental health advocacy organizations, Dr. Grohol was the first to publish the diagnostic criteria for common mental disorders, such as depression, bipolar disorder and schizophrenia. His leadership has helped break down the barriers of stigma often associated with mental health concerns, bringing trusted resources and support communities to the Internet.

He has worked tirelessly as a patient advocate to improve the quality of information available for mental health patients, highlighting quality mental health resources, and building safe, private support communities and social networks in numerous health topics.
“[Host's] conversational style is real, authentic and truly thought-provoking! Highly recommend this podcast!”

“It's refreshing to hear people talk about topics that are often not explored, except in scientific, analytic and dry ways. Talking pulls back the curtain. Thank you.”

“I really enjoy this show, it is very practical, great guests and I also love how real the conversations are. Overall, I highly recommend!”

“Everyone should understand mental health, mental illness, and basic psychology topics. But, more often than not, the people explaining these topics are B-O-R-I-N-G. Psych Central solved that problem with this podcast.”
Stats

210,000 Avg. Monthly Downloads
7 Million Monthly Website Visitors

70% Women
30% Men

35% 22-25 yrs.
45% 35-55 yrs.
20% unknown

236K Followers
158K Followers

Our digital home is at PsychCentral.com

This podcast is mentioned in every weekly newsletter blast to
205,000 people.
Advertising stays with the podcast forever, and show content is promoted by Psych Central for a minimum of six months. Episodes are available for listening in perpetuity.

**Advertising Available**

**PRE-PRODUCED ADS**

- 30-Second Mid-Roll
- 30-Second Post-Roll

**LIVE READ ADS**

Up to 90 seconds of:

- On Script (exact read)
- Talking Points (ad in host’s words)

Live Read ads will vary in placement, depending on the flow of the show. Links will be included on PsychCentral.com. All advertising is permanently recorded (never removed).

For advertising inquiries, please contact show@psychcentral.com.
Want your next event to stand out from the ordinary?

Tired of the same stereotypical breakout sessions and speeches?

Book the *Psych Central* 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. Contact show@psychcentral.com for rates and availability.
For all media, advertising, and business inquiries, please email:

show@psychcentral.com

PsychCentral.com/show