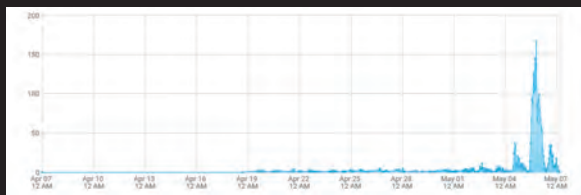


Silence the Shame

The Silence the Shame movement launched in 2016, and Nick Cannon became the first Artist/Entertainer to endorse Silence the Shame (STS) for our viral campaign.



In 2017/2018, Silence the Shame launched social media campaigns that garnered more than 90 million impressions and received online support from musicians and influencers across the country.



Silence the Shame at American Sushi Recording Studio

In July 2017, American Sushi Recording Studio and The Black Media hosted an intimate mental health discussion in their Little 5 Points Studio in Atlanta, Georgia. The room was full of music creatives that appreciated Shanti's unique point of view.



Silence the Shame

&



RECORDING ACADEMY
MUSICARES



In June 2017, Founder Shanti Das joined Singer Lalah Hathaway, Rapper Vic Mensa, Singer Charlie Wilson, and Dr. Reef Karim for a panel discussion called *The Health of Hip-Hop and R&B* moderated by Justin Hunte. The event took place in Los Angeles at The Grammy Museum. That marked the beginning of our relationship with MusiCares.

In partnership with the Grammy's Foundation, MusiCares, panel discussions were curated for creatives and executives in the music industry that enabled a safe space to discuss mental health and wellness in the music industry.

In 2019 STS kicked off Mental Health Awareness Month (May) in New York City with *The Soundtrack of Mental Health Vol. 2* at Island Records. Panelists included Founder Shanti Das, Media Mogul Charlamagne the God, Manager Michael "BLUE" Williams, Music Exec David Lighty, Music Exec Joi Brown, and Cynthia Lewis, MD.



On November 20, 2019 Silence the Shame partnered with the Recording Academy's Atlanta Chapter for a panel entitled *Life Support: Honest Conversations and Necessary Resources Regarding Addiction, Mental Health, and Other Stressors*. Shanti Das was a featured panelist along with Heroes and Villains' Daniel Pollard, and Pauli Gray who provided a NARCAN Training.





Fireside Chat with Big K.R.I.T

Silence the Shame ended 2018 with a Fireside Chat with recording artist Big K.R.I.T. at The Gathering Spot. The event sold out online within a few minutes of opening registration. Shanti and Big K.R.I.T. had an enlightening conversation about his own battle with depression, self-medication and how therapy changed his life.



Keri Hilson

Grammy-nominated artist Keri Hilson opened up about her own battle with depression at the Giants (a Dramatic YouTube Series) Community Conversation in February 2018. She continues to support Silence the Shame on social media and by participating in our Community Conversations.



Royce 5'9

Shanti and Royce 5'9 had an intimate conversation at the Trap Museum in Atlanta to celebrate the release of his new album, *The Allegory*, and to discuss Royce's journey to sobriety and mental wellness. (Feb 2020)



Women in Music

In March 2019, Women in Music Atlanta hosted a brunch with a Fireside Chat between Music Executive Dina Marto and Shanti Das. The event was so well received, Women in Music, which is a national organization, expressed interest in bringing the event to other markets.



A3C Music Conference

For the past 3 consecutive years, Silence the Shame has held Community Conversations at the A3C music conference, in Atlanta, Georgia. The panels included music industry executives/creatives and mental health professionals. All panels were well received by the creative community. Silence the Shame looks forward to having an even greater impact in 2020.



Podcast

Silence the Shame has a bi-monthly podcast hosted by founder, Shanti Das and Free the Vision that features clinicians, celebrities, and people with lived experiences. Each 60-90-minute show invites a subject matter expert in areas of trauma, grief, faith, depression, anxiety, and overall mental health, clinical interventions, community resources, substance abuse and much, much more.



Click below for the podcast episodes featuring music artists:

Pick Yourself Up ft. Big K.R.I.T



Michelle Williams (Destiny's Child) on Overcoming Depression & Suicidal Ideation



Girl Disrupted with Sevnyn Streeter



Shanti Das/ Silence the Shame Media & PR Clippings

The Breakfast Club



2018

2019

Sway Universe



VIEW

Ebro In the Morning

VIEW

Big Tigger

VIEW

A3C 2018 Panel Discussion

VIEW

Soundtrack of Mental Health Vol. 2

VIEW

Keri Hilson Clip

VIEW

Shanti Das Discusses STS on NBC

VIEW

Video Content

Silence the Shame has ongoing video content, and the following music artists have done video shout outs for STS since our launch in 2016.

Nick Cannon	Jermaine Dupri	Teedra Moses	Estelle
Common	David Banner	Big K.R.I.T.	Bell Biv Devo
Lecrae	Big Sean	Stephanie Mills	Nicci Gilbert Daniels
Keri Hilson	Lloyd	Rapsody	Miss Mulatto
Chloe x Halle	T-Boz	Andra Day	
Jeezy	CeeLo	Jeezy	
Killer Mike	Shanice		

YouTube Silence the Shame TV

www.silencetheshame.com



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