

**Silence
the Shame**
PODCAST

IMPACT
REPORT
2024-2025

www.silencetheshame.com | [@silencetheshame](https://twitter.com/silencetheshame)

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Georgia
Department of
Behavioral Health
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Disabilities

Our Story

Our Mission

Silence the Shame's mission is to empower and educate communities on mental health and wellness.

Our Vision

A stigma-free, culturally competent world where mental wellness is universally embraced and prioritized.

About STS

Silence the Shame, Inc. (STS) is a pioneering nonprofit founded in 2017 by Shanti Das with the purpose of destigmatizing mental health, especially within underserved communities. Inspired by Ms. Das' personal experiences with depression and the loss of loved ones to suicide, STS was born from a deep commitment to change the conversation around mental health and empower individuals to seek support without fear or shame.



STS Podcast: Our Origin and Journey

The Silence the Shame Podcast was born from a passionate commitment to mental health, especially within the music industry and diverse communities. In 2017, founder Shanti Das teamed up with friend and fellow music executive Dina Marto, who generously offered a recording space at her Atlanta-based 12 Studios. Recognizing the urgent need to normalize conversations around mental health, especially for people of color, Das launched the podcast with the aim of breaking down stigma through open and honest storytelling.

The inaugural episode featured Rhonda Morgan—now a valued advisory board member—who courageously shared her personal journey of loss following her daughter's death by suicide. Her story set the tone for the podcast's mission: to create a safe space for dialogue, healing, and advocacy.

Since then, STS Podcast has grown into a vital platform, amplifying diverse voices and expert perspectives while reaching thousands of listeners across the globe. To date, we have launched 97 episodes!

Lifetime Podcast Achievements

1 Views & Listens

93.6K All Time Plays
44.7K All Time Views
Global Reach: 49 Countries

2 Special Guests

We are grateful to every guest who has joined us on the podcast. It's been our privilege to feature an inspiring mix of celebrities, community leaders, and distinguished professionals. Here are just a few memorable guests we've hosted:

- Killer Mike
- Bishop TD Jakes
- Bobby Brown
- Trevor Jackson
- Antonio Hamilton
- Kevin Hines
- DJ Drama
- Les Twins
- Tracy Nicole
- Monaleo
- Marcus Smith
- Anthony Hamilton
- AND MANY MORE!

3 Notable Episodes

Across our 97 episodes, we've explored nearly every facet of mental health, offering insights and resources to support individuals across diverse populations and communities. Our conversations have covered a wide range of topics—including faith and religion, sports, school climate, caregiver support, youth empowerment, financial and physical wellness, and managing stress and trauma—highlighting both the challenges and strengths that shape people's mental health journeys. If you're looking for a place to start, here are a few standout episodes to check out.

Click on the Title Below to View or Listen

[TD Jakes: From the Storefront to the Forefront of Mental Wellness](#)

[STSU - Supporting College Students Through Transitions Into Adulthood](#)

[Biography: Bobby Brown](#)

[Mental Health Champions: Athletes Advocating for Wellness](#)

[STS x Usher's New Look - Impact of Violence on Youth Mental Health](#)

2

Seasons

16

Episodes

4,493

Viewers & Listeners



Fall 2024 Season

August 2024 - December 2024

YouTube Views: **74**
 Audio Listens: **235**



Redefining Mental Wellness with Brandon Chubb

8/28/2024
 Brandon Chubbs (former NFL player)

[Click Here to View](#) [Click Here to Listen](#)

YouTube Views: **60**
 Audio Listens: **259**



Rennie Curran and Normalizing Mental Health

9/11/2024
 Rennie Curran (former NFL player)

[Click Here to View](#) [Click Here to Listen](#)

YouTube Views: **300**
 Total Across Three Episodes



STSU - Self-Love and Self-Care Series

9/25/2024
 Various STSU Members

[Click Here to View Part One](#)
[Click Here to View Part Two](#)
[Click Here to View Part Three](#)

YouTube Views: **55**
 Audio Listens: **223**



A Crown of Hope: Angelica Resto's Advocacy for Mental Health

10/9/2024
 Angelica Resto (2024 Miss Peachtree City and Podcast Host of The Angelic Life)

[Click Here to View](#) [Click Here to Listen](#)

YouTube Views: **30**
 Audio Listens: **199**



Embracing Vulnerability - Lessons of Resilient Parenting

10/23/2024
 Joya Hicks (Jack & Jill Mom)

[Click Here to View](#) [Click Here to Listen](#)

YouTube Views: **83**
 Audio Listens: **144**



The New Era of Parenting: Understanding Mental Health Through a Generational Lens

11/20/2024
 Tondra Harris (Jack & Jill Mom)

[Click Here to View](#) [Click Here to Listen](#)

YouTube Views: **86**
 Audio Listens: **174**



Redefining Mental Wellness with Brandon Chubb

8/28/2024
 Brandon Chubbs (former NFL player)

[Click Here to View](#) [Click Here to Listen](#)

YouTube Views: **294**
 Audio Listens: **216**



Rennie Curran and Normalizing Mental Health

9/11/2024
 Rennie Curran (former NFL player)

[Click Here to View](#) [Click Here to Listen](#)

Spring 2025 Season

February 2025 - May 2025

YouTube Views:
188
Audio Listens:
148

Trusting the Process - Antonio Hamilton's Story of Faith and Resilience
 2/19/2025
 Antonio Hamilton Sr. (American Professional Football Cornerback,.)
[Click Here to View](#) [Click Here to Listen](#)

YouTube Views:
20
Audio Listens:
146

Vulnerability as Strength - A New Era for Black Men's Mental Health
 3/5/2025
 Tasnim Sulaiman, LPC and Founder/CEO of Black Men Heal
[Click Here to View](#) [Click Here to Listen](#)

YouTube Views:
58
Audio Listens:
190

Adjusting Your Crown After Life's Storms
 3/19/2025
 Nyree Reed (Spiritual Inspirational Speaker, Author, and Actress)
[Click Here to View](#) [Click Here to Listen](#)

YouTube Views:
21
Audio Listens:
476

Behind the Helmet: Discussing Mental Health with NFL's with Amber Cargill
 4/2/2025
 Amber Cargill (Psychologist and Director of Player Wellness and Affairs at the NFL Players Association)
[Click Here to View](#) [Click Here to Listen](#)

YouTube Views:
18
Audio Listens:
113

From Crisis to Care: Connecting with 988
 4/16/2025
 Aaron Santiago, the 988 Digital Operations Coordinator
[Click Here to View](#) [Click Here to Listen](#)

YouTube Views:
222
Audio Listens:
186
Total Across Three Episodes

STS Podcast x STSU - Let's Unpack Series
 4/30/2025
 Various STSU Members
See Below

YouTube Views:
59
Audio Listens:
153
Total Across Three Episodes

STS Podcast x YAC Podcast - Healing Connections Series
 5/14/2025
 Various STS YAC Members
See Below

24 25 Podcast Series

Youth and Young Adult Empowerment



STSU Let's Unpack Series PART ONE - Faith in College

4/30/2025

Alani Williams, Ca'Miyah King, William Cox, and Dr. Nicole LaBeach

YouTube Views:

70

Audio Listens:

39

[Click Here to View](#)
[Click Here to Listen](#)



STSU Let's Unpack Series PART TWO - Black Men & Mental Health

4/30/2025

Miles Kilpatrick, Aaniya Riddick, Mark Torphy, and Nick Farthing

YouTube Views:

135

Audio Listens:

40

[Click Here to View](#)
[Click Here to Listen](#)



STSU Let's Unpack Series PART THREE - Relationships in College

4/30/2025

William Cox, Ca'Miyah King, and Aria Armstead

YouTube Views:

17

Audio Listens:

107

[Click Here to View](#)
[Click Here to Listen](#)



STS Youth Advisory Council Podcast - Healing Connections Series (Part One)

5/14/2025

Elle Newbury - Moderator
Savannah Elehee - Guest

YouTube Views:

15

Audio Listens:

36

[Click Here to View](#)
[Click Here to Listen](#)



STS Youth Advisory Council Podcast - Healing Connections Series (Part Two)

5/14/2025

Savannah Elehee - Moderator
Bre'Asia Williams - Guest

YouTube Views:

12

Audio Listens:

29

[Click Here to View](#)
[Click Here to Listen](#)



STS Youth Advisory Council Podcast - Healing Connections Series (Part Three)

5/14/2025

Kayla Pierce - Moderator
Miles Kilpatrick and Tyler Smalls - Guests

YouTube Views:

32

Audio Listens:

88

[Click Here to View](#)
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Silence the Shame

Contact Information



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