



A Mile a Minute with Alexis Zinkerman

<http://amileamminute.blog>

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A Mile a Minute *Fresh Takes on Mental Health* serves to educate, advocate, and inform those in and outside of the mental health community about issues and policy related to mental health. Through interviews, profiles, and other journalistic devices, **A Mile a Minute's** goal is to erase stigma. Part art, part journalism, this blog functions as an online news magazine serving people with mental illness, those who love them, policymakers, and mental health professionals. Personal stories are vital to this blog's growth as one life can shed light on a thousand, inspiring many on their own healing journeys.

Highlight Reel The following people are just some of the influencers, thought leaders, advocates, activists and authors who have joined in my conversation. I have also written on topics including mental health and law enforcement, the non-profit Art with Impact, and reviewed a This is My Brave Show. Guests have included: Melody Moezzi, Kathy Flaherty, Hannah Blum, Rudy Caseres, Jamie Lowe, David Leite, Dyane Harwood, Nikki Webber Allen, Steve Leder, Joel Kutz, Gabe Howard, Lauren Hope, Caroline Mazel-Carlton, Carrie Cantwell, Conor Bezane, Sarah Fader, and Karen Kangas.

Bio Alexis (Maislen) Zinkerman is a writer, journalist, and blogger at **A Mile a Minute** *Fresh Takes on Mental Health* [<http://amileamminute.blog>]. She holds a Master's in Writing from DePaul University and an MLIS from Dominican University. She has been published in the *Hartford Courant*, the *Hartford Advocate*, the *Hartford Business Journal*, the *Windy City Times*, We-Ha.com, CTNewsJunkie.com, and the *Shore Line Times* in Madison, CT. At age 19, while in college, she was diagnosed with bipolar 1 disorder and continues to live successfully for over 20 years with the illness. Her knowledge as a mental health consumer as well as a journalist interplay in her life's work to eradicate stigma and educate about the science of mental illness. She has worked with the Chicago chapter and the national organization of the Depression Bipolar Support Alliance as well as the National Alliance on Mental Illness' Connecticut affiliate. She has appeared in *BP Magazine*, *U.S. News and World Report*, and the *Chicago Tribune* on topics of mental illness, as well as being featured in the *Psychology Today* book *Taming Bipolar*. She is a blog columnist for the International Bipolar Foundation and has written for Stigma Fighters and Narratives of Hope. She also authored a novella about teen suicide, *Brooklyn's Song*, available on Amazon. Her web site is www.alexisazinkerman.com.



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Contact Alexis Zinkerman azinkerman@gmail.com (860)597-9029