



NO MORE MARTYRS

*Redefining Strength. Embracing Wellness. Building Community.*

## **2016 Minority Mental Health Awareness Summit**

*~ When Women Speak ~*



A'Driane Nieves

A'Driane Nieves, aka addyeB, is a USAF veteran, writer, artist, speaker, and postpartum depression and anxiety survivor living with bipolar disorder. A'Driane's writing, focusing on the intersections of life, motherhood, art, music, faith, race, and mental health, has been featured on BlogHer, UpWorthy, EverydayFeminism, Postpartum Progress, and the 2015 Austin Listen To Your Mother ensemble. In 2014, she was a BlogHer Voice of the Year. In 2015, she was nominated for an Iris Award for Most Thought Provoking Content. An activist with a heart for serving, social good, and mental health advocacy, she believes art and words can foster dialogue and serve as a catalyst for personal growth and responsibility. A'Driane is also the Founder of Tessera Collective, a community of mental health empowerment for women of color.