



Alyssa "Lia" Mancao, LCSW

· THERAPIST · WRITER
· EDUCATOR · SPEAKER

2023 MEDIA KIT

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[Contact](#)

[Instagram](#)

[@alyssamariewellness](#)

Hi! I'm Lia.

I am a practicing licensed mental health therapist, a group practice owner, content creator, and writer. My passions are in helping people find their voice, learn to walk in alignment with their truth, and to address the importance of human connection.

In addition to this, I create content on instagram that feels relatable and digestible with the hope of destigmatizing discussion around mental health. Lastly, I offer workshops and presentations for brands and organizations addressing mental health. Please inquire about the speaker kit if this resonates with your company!



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MORE ABOUT ME

- ✓ Representation in the mental health field is important to me.
- ✓ I enjoy making mental health information accessible through social media.
- ✓ I am a writer and contributor for various magazines where I address anxiety, depression, and coping.
- ✓ I am a big fan of French Fries and Forensic Files.




FEATURED IN...

STYLIST
MAGAZINE

yahoo!

mindbodygreen

P O P S U G A R .

WELL  GOOD

ELLE

O THE OPRAH
MAGAZINE

HUFFPOST

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Past Collaborations

Here are some brands and organizations who I have partnered with in the past!

purple

 **snapchat™**

BOXLUNCH
GET SOME • GIVE BACK

 TFD

 **FIRST AID BEAUTY™**

 **VIVE**

HBO

 **no cow.**

 **lionrock
recovery**

romind

Google

the knot

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Top Age Ranges:

- 25- 34 (50.7%)
- 35- 44 (22.4%)
- 18- 24 (16.3%)
- 45- 54 (6.8%)

Gender:

- Women Identifying (90.8%)
- Male Identifying (9.1%)

Top Cities:

- New York
- Los Angeles
- London
- Chicago

Top Countries:

- USA
- Canada
- UK
- Australia

SOCIAL MEDIA STATISTICS



@alyssamariewellness

167k+ followers
1 post per day

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ADDITIONAL PLATFORMS

TIKTOK STATISTICS



@alyssamariewellness

9.5k+ followers
Avg likes: 5k
Top Country: 43% USA

PINTEREST STATISTICS



@alyssamariewellness

7.4k+ followers
2.3 million monthly views

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HOW TO BOOK

Let's work together!

All collaborations are on a first come, first serve basis. If you've decided you'd like to collaborate in sharing the beauties of your product or service, please send an email to: info@alyssamariewellness.com

Include the product, website, your vision for the collaboration, and which service(s) you are interested in!

I am looking forward to connecting with you!

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