

# Alyssa "Lia" Mancao, LCSW

### 2023 MEDIA KIT

<u>Instagram</u>

@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 digestable 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!

Alyssa "Lia" Mancao

#### <u>Website</u> <u>Contact</u> <u>Instagram</u>



### 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.





 $\checkmark$ 

<u>Contact</u>

**Instagram** 

### FEATURED IN...





mindbodygreen **POPSUGAR.** 



ELLE

THE OPRAH MAGAZINE

HUFFPOST

# Past Collaborations

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







HBO







Google



<u>Contact</u>

<u>Instagram</u>

#### **BOXLUNCH** GETSOMESGIVE BACK





the knot,

#### **Top Age Ranges:**

#### **Gender:**

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

#### **Top Cities:**

- New York
- Los Angeles
- London
- Chicago

#### • Women Identifying (90.8%)

 Male Identifying (9.1%)

#### **Top Countries:**

- USA
- Canada
- UK
- Australia

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<u>Instagram</u>

### SOCIAL MEDIA STATISTICS



@alyssamariewellness

167k+ followers 1 post per day

### ADDITIONAL PLATFORMS

### TIKTOK STATISTIS

5

@alyssamariewellness

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





### PINTEREST STATISTICS



@alyssamariewellness

## 7.4k+ followers2.3 milliion monthly views



## HOW TO BOOK

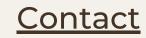
Let's work together!

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!





Instagram

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