

MARIANGELA ABEO

MENTAL HEALTH ADVOCATE &
CREATOR OF THE FACES OF FORTITUDE MOVEMENT

MEET MARIANGELA "M"

Mariangela Abeo (they/them) is a Mental Health Advocate, Speaker, Podcast host, Photographer + Creator of the Faces of Fortitude movement, which began as a series of intimate portraits documenting the healing process of those affected by suicide. After losing their brother over a decade ago to suicide, and surviving their own attempt as a teen, M started Faces of Fortitude to share their healing journey with others.

M presents high impact live and virtual sessions customized to each client's event themes, centered around building a safe space to talk about difficult topics and celebrating resilience and growth. Their open, honest and authentic messaging fosters community connection and empowers the individual to find strength in the midst of change and loss.



KEY TOPICS & THEMES

- Mental Health & Suicide Prevention
- Creating Community
- Inclusive Wellness & Empowerment
- Discovering Resilience & Purpose from Trauma
- Interactive Photography exhibits

WHAT PEOPLE ARE SAYING

M was able to create a safe space for me to heal. I had to stop thinking big and expansive to heal everyone and look inward. I realized I wasn't broken. There was a lot of strength I didn't know was in there.

— Zak Williams (Son of Robin Williams)

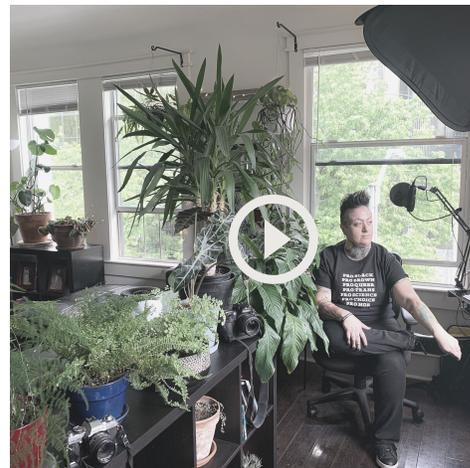
Mariangela Abeo is a fierce person, but also a person who emanates warmth and compassion. They're a perfect balance of blunt and to-the-point, yet kind and nurturing.

—SRL Lounge

IN ACTION



TEDx Youngstown:
Celebrate the Survivor



Thrive Talk:
Faces of Fortitude
Celebration of Life

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FACES OF FORTITUDE

Faces of Fortitude is a photo and storytelling project that lays a foundation of healing through shared portraits of those personally affected by suicide. M's Faces movement creates a safe, stigma-free space for mental health to be discussed, and stories of loss, survival and hope to be shared.

When it's safe, M travels the country to capture portraits of those affected by the suicide epidemic as a step towards healing, and to educate people as both a mental health advocate + suicide loss and attempt survivor.



THE PODCAST

FACE TO FACES

A CONVERSATION SERIES THAT PROVIDES A PLATFORM FOCUSING ON THE LGBTQ+ POC COMMUNITIES AND ALLIES IN THE AREAS OF ACTIVISM, POLITICS, MENTAL HEALTH, ARTS & ENTERTAINMENT AND COMMUNITY.

WE DISCUSS THE HUMAN EXPERIENCE IN OUR EVER CHANGING WORLD. THIS SPACE IS A REMINDER THAT YOU ARE NOT ALONE AND THERE IS ALWAYS SOMEONE HERE THAT CAN CONNECT TO YOUR JOURNEY.



CONNECT WITH MARIANGELA



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