



# Joseph Reid

AUTHOR & SPEAKER  
Mental Health Advocate

# SPEAKER

MEDIA KIT



## ABOUT

Joseph Reid is the founder and Executive Director of [Broken People](#), an international mental health peer support group. He is the best selling author of [Broken Like Me, An Insider's Toolkit for Mending Broken People](#), and has helped thousands of people with his writing since its publication in the summer of 2021. He is also very active as a Peer Support Specialist, Family Advocate, and In Your Own Voice presenter with [NAMI Kent County](#) (National Alliance on Mental Illness), the nation's largest grassroots mental health nonprofit organization.

He is extremely passionate about following God's direction and has had a passion for loving and helping people from a very early age. He is deeply devoted to loving and serving his wife Melissa of 25 years, and trying to keep up with his four awesome grown kids.



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## BOOK

- [Broken Like Me, An Insider's Toolkit for Mending Broken People](#)
  - Amazon **Best Seller** Categories
    - Popular Psychology and Medicine
    - Psychology and Christianity
    - Bi-polar disorder
    - Lifespan development
    - Practice Management
  - Amazon **#1 New Release** Categories
    - Popular Psychology and Mental Illness
    - Physiological Aspects in Psychology
    - Practice Management

## Interviews

- [THE LEFT OF GREG PODCAST](#)
- [NPR WGVU](#)
- [WOODTV](#)
- [FOX 17](#)
- [BEHIND THE SMILE](#)
- [GRACE STORY](#)
- [BETTER CALL DADDY with Reena Watts](#)
- [LIVING IN THE LIGHT](#)
- [THREADS LIFE UNFILTERED](#)
- [NAVIGATING LIFE IN THE SPIRIT](#)
- [TIARA'S TEARS AND TRIUMPHS](#)
- [THE MEANINGFUL MENTOR](#)
- [The Guy Shrink](#)
- [MENTAL HEALTH FILM COMMENT](#)
- [MENTAL TALK](#)
- [ReChoice Podcast](#)

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## TALK TOPICS

### From Psych Ward to Best Selling Author.

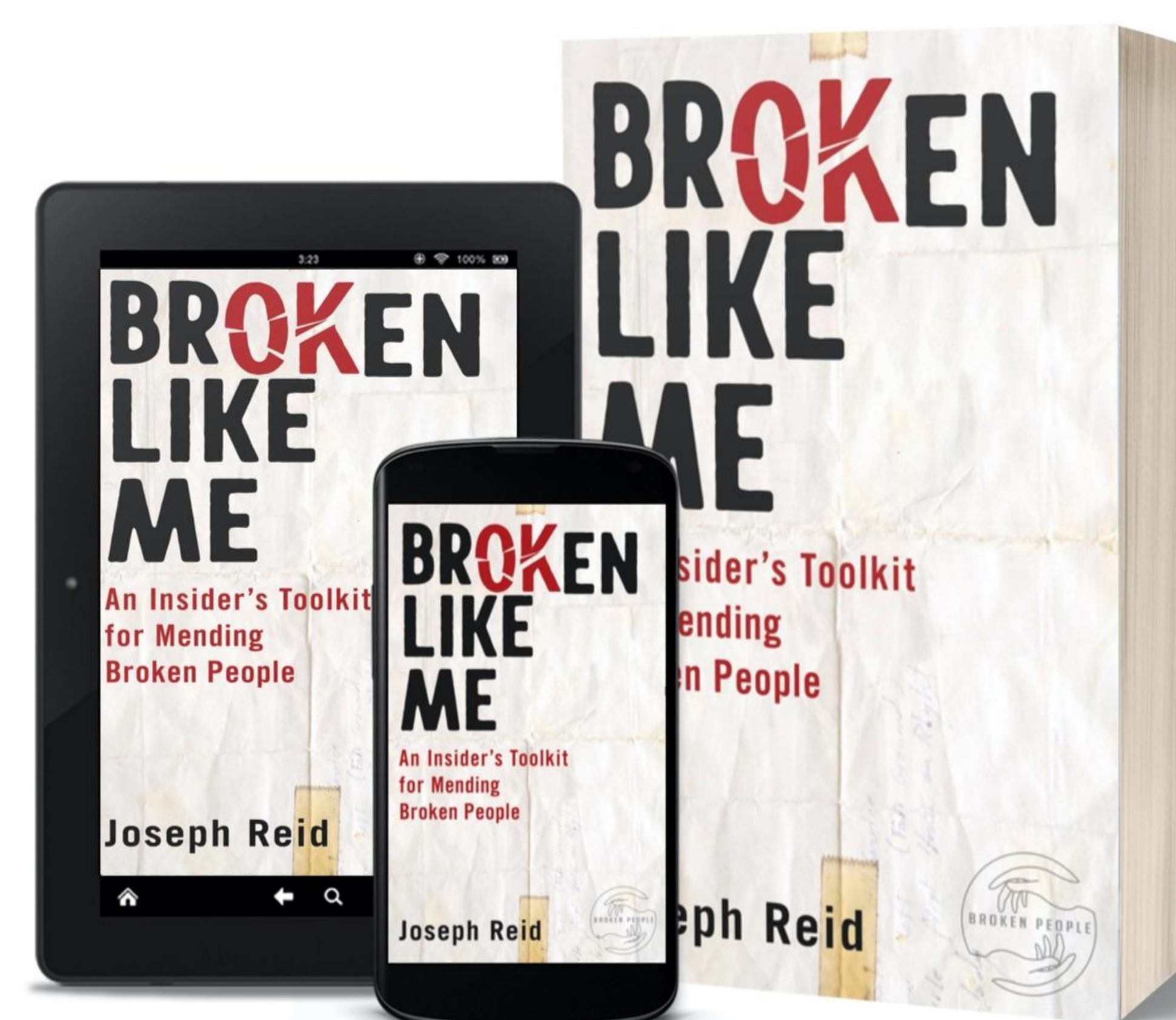
Joe has been hospitalized for depression on three separate occasions (2002 - Forest View Hospital and 2012-Holland Hospital, twice). He never intended or even wanted to write a book. But when personal tragedy and his passion collided, his purpose became clear. Joe would love to share his journey with you and inspire you and your community to reach for that greater purpose in your lives.

### Four Words to Move Forward.

One of the hardest things Joe has had to learn to do is communicate with professionals and loved ones when he is emotionally at rock bottom. As a result, he created the You Scale (To watch Joe's video on the You Scale, [click here](#)) and a 4 pronged method to inspire people to You-tilize their own unique talents and abilities to get moving in the right direction.

### If You Don't Take Care of You...

"If you don't take care you, you can't take care of me...and I need you." This is the simple message Joe has spent the last year sharing with police, correction's officers, EMS, and mental health professionals all across Michigan. This surprising message will leave you inspired and better equipped to take better care of you...and me.....and those you love.



## MY AUDIENCE

Broken People and the book, Broken Like Me, were created to normalize the discussion around mental health. Joe's story isn't just for those who struggle with a mental illness, but for anyone who finds themselves going through a period of life where they're feeling broken...like him.

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Over 1k Members  
43 countries





**Clarkston Morgan**

Commissioner, City of Kentwood, MI



Whether it's reading the book *Broken Like Me* or hearing Joseph speak, I find his testimony inspires me and others to keep pushing through life's greatest battles. Seeing him turn his struggles into victories is a living example of seeing God's strength made perfect in the midst of our weakness.



*[I] had the pleasure of meeting Joe when he spoke to the GVSU Police Academy during a Behavioral Health Crisis training program. Joe's love of people was evident as he shared his story, struggles, and genuine desire to see public safety officers take care of themselves, so that they can take care of the rest of us. Being open and transparent in front of a group of strangers, let alone a group of future law enforcement officers, is no easy task. As if that wasn't enough, he even raised enough money through his nonprofit to provide each police recruit with a copy of his book, [Broken Like Me: An Insider's Toolkit for Mending Broken People](#). On a personal note, I have found many of the tools and "Youtilization" strategies presented in his book extremely helpful in my own life and struggles. In short, Joe is an amazing person!*



**Billy Wallace**

Former Director of Criminal Justice at  
Grand Valley State University

## Let's start a conversation...

I would love the opportunity to share my stories and experiences with you and your community.

For more information, to view my promotional video, and to book me for your next event, visit [www.BROKEN-PEOPLE.org/booking](http://www.BROKEN-PEOPLE.org/booking) or reach out via phone or email.

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