

Gabe Howard Bio & Important Links

Approx 1500 Characters:

Gabe Howard is an award-winning podcast host, author, and sought-after speaker, but he wouldn't be any of those things today if he hadn't been committed to a psychiatric hospital and diagnosed with bipolar disorder in 2003.

Gabe is the author of *Mental Illness is an Asshole and Other Observations*, as well as the host of the *Inside Mental Health* podcast. He has also appeared in numerous publications, including *Bipolar* magazine, *WebMD*, *Healthline.com*, and the *Stanford Online Medical Journal*. He's been a guest on several podcasts, including *Mental Illness Happy Hour*, *The One You Feed*, and *The Savvy Psychologist*. He also appeared on all four major news networks, ABC, NBC, CBS, and FOX. In November of 2022, Gabe had the distinct honor of speaking at Oxford University in England.

Gabe's podcast can be found on the world's largest health website, *Healthline.com*. Each week, he interviews celebrities, experts, and other notables about psychology, mental illness, and mental health. His show has been honored by the National Alliance on Mental Illness (NAMI) and *Wego Health*. Previous guests have included Dr. Phil McGraw, Alanis Morissette, and *Jennette McCurdy*, among others.

Among his many awards, he is the recipient of Mental Health America's Norman Guitry Award and received a resolution from the Governor of Ohio naming him an "Everyday Hero."

Gabe makes his home in Central Ohio with his wife, Kendall, and a Miniature Schnauzer that he never wanted, but now can't imagine life without. Learn more at gabehoward.com.

Approx 750-Characters:

Gabe Howard is an award-winning podcast host, author, and sought-after speaker, who was diagnosed with bipolar in 2003 after being committed to a psychiatric hospital.

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Learn more at gabehoward.com.

Approx 400-characters:

Gabe Howard is the host of Healthline Media's *Inside Mental Health* podcast, author of *Mental Illness is an Asshole*, and an award-winning speaker. He was diagnosed with bipolar in 2003 after being committed to a psychiatric hospital.

He received a resolution from the Governor of Ohio naming him an "Everyday Hero" and had the distinct honor of speaking at Oxford University in England.

Learn more at gabehoward.com.

Approx 250-characters:

Diagnosed in 2003 with bipolar disorder, award-winning speaker **Gabe Howard** is the host of Healthline Media's *Inside Mental Health* podcast and author of *Mental Illness is an Asshole*.
Learn more at gabehoward.com.

Links:

Please Note: All podcasts can be found on your favorite podcast player

Gabe Howard's Website: <https://www.gabehoward.com/>

Inside Mental Health podcast: <https://www.healthline.com/health/podcast/psychcentral>

Inside Bipolar podcast: <https://www.healthline.com/health/podcast/ibp>

Mental Illness is an Asshole (signed – direct from author):

<https://www.gabehoward.com/merchandise/mental-illness-asshole/>

Mental Illness is an Asshole (unsigned available on Amazon):

<https://www.amazon.com/Mental-Illness-Asshole-Other-Observations/dp/0974133744>