



Michelle E. Dickinson

Michelle Dickinson is a passionate potter who loves to spend time with her Jack Russell Terriers Chloe and Trooper, and her rescue cat, Chance—has been in the pharmaceutical industry for over 18 years. She is currently an associate director at Johnson & Johnson, a company she adores because it feels like her second family.

Michelle's memoir offers a rare glimpse into a young girl's experience living with—and loving—her bipolar mother. After years of playing the role of child caregiver, she embarked on her own healing journey of self-discovery. She emerged with a strong desire to turn that challenge on its head and positively impact the mental health landscape.

Michelle is out to raise awareness and compassion for those struggling with mental illness along with those who care for them, so that more people get the treatment and help they need and deserve. She believes that together we can eradicate the mental health stigma once and for all.

Determined to share her story of perseverance and triumph as well as what she's learned about dealing with mental illness in the workplace, Michelle launched what she hopes will be a public speaking career on Johnson & Johnson's TEDx stage. She would love nothing more than to touch people's lives with her story and insights in forums across the country.