



“How are you? Really.”

BETTER HUMANS author
reflects on pandemic life & the future.

Journalist, mental health advocate and author Janeane Bernstein pens **BETTER HUMANS** about the mental health pandemic. Erin Raftery Ryan, Executive Director of NAMI, the National Alliance on Mental Illness, Westside Los Angeles, wrote the moving foreword and describes Bernstein’s work as, “Authentic stories of the previously untold silent battles with mental health and the voices of youth, our future leaders.”

BETTER HUMANS - What the Mental Health Pandemic Teaches Us About Humanity, published by Post Hill Press and distributed by Simon & Schuster, reveals how our mental health crisis was exacerbated by Covid-19, the global impact, and the overdue wake-up call to create a better future. Bernstein reveals why the global pandemic fueled the fire of a pre-existing mental health crisis, and how the United States was left with a mental health pandemic; this opened a Pandora's box revealing what was long denied—we must prioritize mental health, eliminate disparities, and end the stigma surrounding mental health struggles. “How else will we become better humans?” she asks. “There are a multitude of reasons why we lost millions of teachers in the pandemic and mental health professionals. We have important lessons to be learned and this was our societal wake-up call.”

After experiencing her own unraveling in the pandemic and emotionally moving conversations with people of all ages, Bernstein knew she had the foundation for her next book.

"Mental health initiatives in our schools, businesses, and communities must be embedded as yearlong blueprints for the health and well-being of our society; they cannot be a weeklong event, a series of talking head workshops, and on-line resources. We need a foundational blueprint with impactful mental health policies for change now," says Bernstein. "The past few years were undoubtedly a time to reflect on how we can be better to ourselves, and to one another for the sake of humanity."

Bernstein reinforces the importance of in-person connection, compassion, kindness, and purpose-driven initiatives that students and adults can be a part of. The Covid-19 pandemic took a toll on people who were already struggling, especially marginalized communities. We are living in the aftermath of what we experienced mentally and emotionally the past few

years, which is now a mental health pandemic. Students of all ages are feeling anxious, depressed, and socially disconnected. We have not fully processed and dealt with what we went through and the ramifications throughout our society." says Bernstein.

BETTER HUMANS includes insightful perspectives of thought leaders, mental health advocates and professionals; their insights and expertise shed light on how we must become better to ourselves and to one another. Bernstein's messages are timeless, and she is on a mission to promote kindness, empathy, compassion, and connection for the betterment of future generations.

ABOUT JANEANE BERNSTEIN

Janeane Bernstein is a journalist, mental health advocate, and speaker. In response to the global pandemic, she founded [Outside the Box](#), a mental health and wellness podcast and event series.

She is the author of *Get the Funk Out! %^&* Happens, What to Do Next!* in which she shares stories of resilience. Bernstein hosts Get the Funk Out! a weekly radio show on KUCI 88.9 FM. She graduated from Syracuse University with a focus on communications and education and earned a doctorate from Boston University in Curriculum & Teaching. She is a 2021 Age Boom Academy Fellow with the Robert N. Butler Columbia Aging Center in partnership with Columbia Journalism, and an eCornell Course Facilitator at Cornell University.

BETTER HUMANS - What the Mental Health Pandemic Teaches Us About Humanity is published by Post Hill Press, and available in paperback, eBook, and audiobook (Highbridge Audio, Audible, etc.) – wherever books are sold.

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