

Danielle Betts

Struggling with mental illnesses through most of her life, Danielle has always had a drive to change how the world talks about mental health and how they see it.

Danielle began Mental Health Mondays during high school, where she made an announcement each morning regarding a mental health topic. The intent was to start the conversation, and that it did. She continued her mental health work by taking part in YouthTalk, a club through the Canadian Mental Health Association, run by students, for students. On top of this, she has been dancing since she was 3 years old and writing poetry, songs, and stories for as long as she can remember.

In university now, she continues to follow her dreams by pursuing a degree in psychology. Danielle has always had a passion for helping, advocacy, activism, and creativity. She is looking forward to what this new adventure will bring for her and for the world.