

MELISSA^{MD} SHEPARD

Psychiatrist & Psychotherapist



ABOUT ME

I began my work on social media in an effort to destigmatize mental health conditions and provide education to those without access. Through an active blog and thriving TikTok and Instagram profiles, I provide expert resources, fun facts, accessible and unfiltered education, and community to those searching for answers about their mental health.

I completed medical school at the University of Maryland School of Medicine and psychiatry residency at Johns Hopkins, where I served as Chief Resident. After my training as a medical doctor I see it as my responsibility to help people become the most fulfilled version of themselves.

1.3m+


TIK TOK FOLLOWERS

 @doctorshepard_md

10k+

MONTHLY WEB

VISITORS

 drmelissshepard.com

70k+

IG FOLLOWERS

 @doctorshepard_md

My mission

**A STIGMA-
FREE WORLD**

Mental health issues are incredibly common, but still highly stigmatized. I believe that the best way to reduce stigma is by providing compassionate and relatable education and advocacy. If users walk away with a better understanding of mental health and themselves, I've done my job!

AUDIENCE

Instagram:

66% located in the US
89% identify as female
49% age 25-34

TikTok:

66% located in the US
88% identify as female



SOME OF OUR PARTNERS



Tik Tok



NeuroStar



BetterHelp



Cerebral

Cerebral

RATES

Post Type

Post Type	Price
Tik Tok	\$2,000
IG Reel	\$2,000
IG Story	\$1,000
IG Post	\$1,000
Blog Post	\$600

All IG and TikTok collabs include link in bio for 2 weeks!

Events

Events	Price
Keynote	\$7,500
Panel/Q&A	contact us
Training	contact us

NEED A SPEAKER?

The voice of mental health awareness

Bring important and helpful mental health education to your next conference or training:

- Anxiety and depression management
- Stress management
- Wellness
- Productivity
- Mental health stigma

Contact Me: contact@drmelissashepard.com