

BEHIND THE SCENES INTERVIEW: ForeverFierce

1) What is the essence of your organization and why and how did you start it?

Our mission is to raise awareness for physical and mental health while supporting teens on their own wellness journeys. I struggled with my health (mental and physical) for a long time. I knew I wanted to have an impact, so I decided I wanted to be a doctor. I realized that being a doctor wasn't for me, but I figured out that I could still make an impact in those fields without being a doctor. That's when I decided to stand up and speak up against the stigma. I created my website, found some people to join my team, and the rest just fell into place.

2) What good experiences have you had so far with your organization?

I love my team. They're all amazing people; super hardworking and dedicated. I can tell that they're serious about standing up against the stigma around mental and physical health and it makes me really happy. I can't wait to see how far we will come.

3) How do you feel your organization has made an impact or will make an impact on the world?

I think this world can be so negative sometimes. I hope that ForeverFierce can be part of the light in the darkness. I want ForeverFierce to be this positive place that teens can come to and can just be themselves; without any judgment; without any negativity; just a safe place.

4) How and why did you choose mental health as the focus for your organization?

I think mental health is an important issue, that people don't take seriously. I've personally dealt with mental health issues and it was really hard. I felt like I didn't have anyone to lean on, it was extremely isolating, I don't want other teens to feel the same way.

5) Why is mental health awareness important to you?

Mental health is important to me because it's dangerous, especially among teens. Approximately one in five teens suffer from at least one mental illness and suicide is the third leading cause of death for adolescents. With those numbers, it's crazy that there's still a stigma around mental health. I want to shine truth on what mental illness is and how it affects different people.

6) What makes ForeverFierce unique?

Our ability to understand and empathize. I and a few others on our team have had our own experiences with mental and physical health, so I feel like ForeverFierce is a big community; where everyone understands or seeks to understand what you're going through.

7) What is your plan for the future to grow your organization?

Currently, I'm working on some other partnerships. Hopefully, I can also do some other interviews like this one. But mostly just being present on social media and making sure our voice is heard and that teens feel like ForeverFierce is a safe place to talk.

8) What are you most excited about for the future?

I honestly can't wait to see where I can go with ForeverFierce. I love making an impact in other people's lives and I feel like creating ForeverFierce will give me a platform to make that impact.

9) For fun: What's your favorite drink?

I love sprite. I used to hate it as a kid, but now I love it haha.