



“People respond to his heart.”

- Oprah Winfrey

Breaking the stigma one conversation at a time.



Kroger

Fidelity INVESTMENTS

CareSource

goodwill

GREAT AMERICAN INSURANCE GROUP

An unforgettable one-hour experience that **saves lives.**

TRUSTED BY

Former NFL reporter **Brandon Saho** turned his battle with suicide into a new mission – leading real conversations and creating safe spaces that have impacted millions through his podcast, social media, and live events.

The Mental Game has reached more than 250,000 people across 46 states in person since 2024. This is more than a presentation – **it's prevention in action.**

Brandon's winning gameplan...



Emotional Storytelling

Brandon shares his mental health journey – showing why vulnerability is a strength.

- ✓ Hitting rock bottom
- ✓ Finding his purpose
- ✓ Emotional interviews



Mental Health Tips & Tools

Research-backed strategies, coping mechanisms, and mental wellness education.

- ✓ Warning signs
- ✓ How to ask for help
- ✓ Life-saving resources



Interactive Experience

Large group discussion and guided exercises in a safe space for all attendees.

- ✓ Engaging conversations
- ✓ Audience Q&A session
- ✓ Meet-and-greet

What will attendees walk away with?

- ✓ Powerful techniques to regulate emotions and navigate stress with confidence.
- ✓ Meaningful ways to show up for someone facing mental health challenges.
- ✓ Easy next steps and trusted resources for professional support when needed.
- ✓ A deeper sense of community and reminder that no one fights alone.