

# ODAWNI AJ PALMER

Mental Health Writer

## EDUCATION

PSYCHOLOGY, MA 2017  
Antioch University, Seattle

COMMUNICATIONS, BA 2006  
University of Washington, Seattle

## PUBLICATIONS

“SUICIDE IS ABOUT WANTING TO LIVE: THE PARADOX OF SUICIDAL THINKING”  
Medium, March 2024

“INSTAGRAM HELPS ME MANAGE BIPOLAR: HOW SOCIAL MEDIA CAN BE GOOD FOR YOUR MENTAL HEALTH”  
Medium, March 2024

“SO YOU’RE THINKING ABOUT SEEING A THERAPIST: TIPS FOR THERAPY NEWBIES”  
Medium, July 2021

“ARE YOU AWARE OF YOUR NEGATIVE AUTOMATIC THOUGHTS?”  
Medium, June 2018

“THE KEY TO RELATIONSHIPS WHEN YOU HAVE DEPRESSION”  
The Mighty, June 2017

[See more in my writing portfolio](#)

## WORK EXPERIENCE

WRITER Current  
Freelance

USER EXPERIENCE DESIGNER 2023-2024  
Zardite, Remote

RESEARCHER 2021-2022  
Yohana, Remote

RESEARCH COORDINATOR 2007-2021  
University of Washington, Seattle

## ADVOCACY

BIPOLAR.BRAINED  
Bipolar community support on Instagram

SENESCENCE  
Multi-media sci-fi about teen depression

PODCAST GUEST (DEPRESSION & SUICIDE)  
Psychology in Seattle

VOLUNTEER  
Crisis Textline, Crisis Connections

## CONTACT

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