

Christine Marie Frey

Christine XP



www.instagram.com/iamchristinexp



Founder of Brain XP

Mental Health Advocate

International Award-Winning Author

Recording Artist

Founder of Brain XP

Hey everybody! My name is Christine Marie Frey (A.K.A. Christine XP). I am a teenager dedicated to ending the stigma that exists in our teenage world today. I created the Brain XP Project to help teens find mental health resources and connect with other teens who are struggling with similar challenges as them. A huge part of the Brain XP Project is the Brain XP Community. This community is all-inclusive and everybody is welcome.

Join the Brain XP Community by following these social media accounts!

www.instagram.com/brainxpproject

www.twitter.com/iamchristinexp

www.facebook.com/iamchristinexp

Find more about Brain XP on our website:

www.brainxp.org !





Mental Health Advocate

Mental health advocacy is my passion! I love contributing to my community and finding ways to improve mental health awareness. I currently serve on the San Diego Children, Youth, and Families System of Care Council to share my lived experience suffering from mental health challenges. I also serve on the TAY (Transition Age Youth; ages 16-25) Council in San Diego to give my input regarding TAY topics in our area.

I am a mental health blogger, vlogger, and public speaker. I also run a mental health podcast. My blogs, videos, presentations, and podcasts focus on teen topics.

Check out my blog at www.brainxp.org/blog !

Watch my videos at <http://bit.ly/32Kd8OI> !

Check out my presentations at <https://www.brainxp.org/presentations> !

Listen to my podcast at <https://www.brainxp.org/christines-frequency-podcast> !

International Award-Winning Author

I figured out shortly after I began struggling with my mental health that finding materials and resources that come from people my own age is nearly impossible. I searched for years trying to find teens to connect with.

When I couldn't find those materials, I decided that I had to create them.

That is when I wrote my autobiography, *Brain XP: Living with Mental Illness, A Young Teenager's Perspective*.

I wrote my book at age 16 and self-published it at age 16. It has since won the IndieReader Discovery Award for "Best Psychology/ Mental Health Book of 2019"! It has placed finalist in another large international award for "Young Authors Under 25". It has also won a local award for "Best Biography/ Autobiography" in my hometown of San Diego!

Check out my book at www.brainxp.org/store !





Recording Artist

My favorite coping skill has always been songwriting and playing guitar. I take my personal struggles and create songs about them. It is therapeutic for me, and it gives other teens a chance to relate to my lyrics.

I currently have a soundtrack out that corresponds with my book. You can listen to it for free at <https://www.brainxp.org/brainxp-the-soundtrack> !

**I have more music on all platforms including Spotify and Apple Music!
Christine XP is my artist name, and you can find my music at <https://open.spotify.com/artist/2N8udTX5bTCgm8Vo7LCOhP> !**