

This Is Why is a creative platform for individuals who have lost a parent as a child or teenager. Their mission is to provide a safe space for individuals of all ages, with the option of anonymity, to share emotions, thoughts, and experiences. In turn, this will allow for an opportunity to build a community with others who have undergone similar circumstances. **This Is Why** is yet another wonderful way to break the stigma associated with grief and mental health. The Founder, **Bryan Jung**, explained their mission statement:

“We believe grief is a contextual, subjective, and lifelong journey. While bereavement may be universal, we know that each individual has his or her own unique story of loss. Each person experiences events, emotions, and feelings in his or her own ways. Each person has a different comfort level with their vulnerability and how much s/he is willing to share. We want to facilitate the grieving and healing process however we can.

This Is Why is a creative platform for individuals who have lost a parent as a child or teenager. We want to provide a safe space for individuals of all ages, with the option of anonymity, to share emotions, thoughts, and experiences. In turn, we can build a community with others who've undergone similar circumstances. We want to highlight how past experiences have made us who we are today, spotlighting our resilience and perseverance for more positive and optimistic lives ahead.

We feel that grief and mental health should be topics of discussion that are less stigmatized. If we can contribute even a small part towards a world where these topics are more openly welcomed, we will do what we can to do that.

We are with you, we are here for you, and we are so glad to meet you.”

For more information on **This Is Why** visit, <https://linktr.ee/thisiswhyife>

If you would like to share your story visit, <https://www.thisiswhy.life/submit-your-story>

This Is Why