

Chicago-based mental health therapist Ben Shabad recently won a Jeremy Allen White lookalike contest, an unexpected yet exciting experience that has given him a broader platform to advocate for mental health awareness. Through his Instagram, Ben shares insightful mental health tips and works to break the stigma surrounding mental well-being.

Beyond mental health advocacy, Ben also offers a behind-the-scenes look at Chicago's restaurant scene, highlighting local spots and the industry's unique culture. In addition to his social media presence, he runs his own private practice, helping individuals navigate their mental health journeys with expertise and compassion.

Follow Ben's journey on Instagram (@benshabadfinally) or contact him at benshabad@gmail.com.