

THE MENTAL GAME

ATHLETES
MUSICIANS
CELEBRITIES
BREAKING THE STIGMA





A podcast that saves lives

The Mental Game has been featured on...



OUR 
STORY



BRANDON SAHO

Sports reporter Brandon Saho created **The Mental Game** after battling depression and suicidal thoughts for years.

In 2022, Brandon checked himself into a mental health hospital, began treatment and found a new purpose to help others.

Saho's mission is to break the stigma and save lives with impactful conversations around mental health.





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PODCAST

The Mental Game has become a safe space for the biggest stars to share their mental health stories.

Brandon hosts emotional interviews with athletes and celebrities to help break the stigma and save lives.

These conversations have helped millions that struggle with anxiety, depression and suicidal thoughts.



2 million downloads



55K 28K 12K 6K 2K

MEN

WOMEN



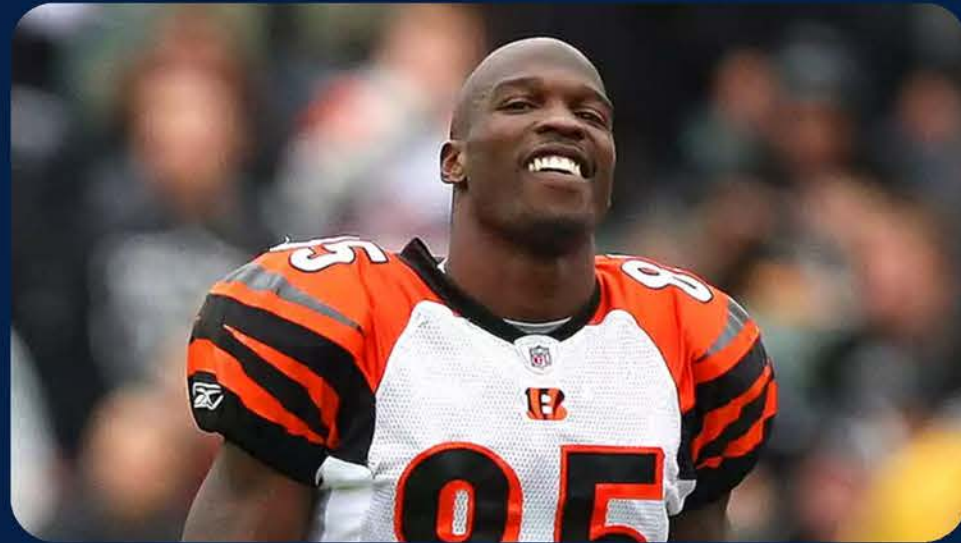
25-34



35-44



PODCAST GUESTS



ATHLETES

CHAD JOHNSON

RYAN SHAZIER

KIRK HERBSTREIT

GENIE BOUCHARD

RICKY WILLIAMS



CELEBRITIES

KATE FLANNERY

TERRY CREWS

KAY ADAMS

DON LEMON

NATE BURLESON



MUSICIANS

KEVIN GATES

ELI YOUNG BAND

BRYCE VINE

DANIELLE BRADBERRY

KYLE



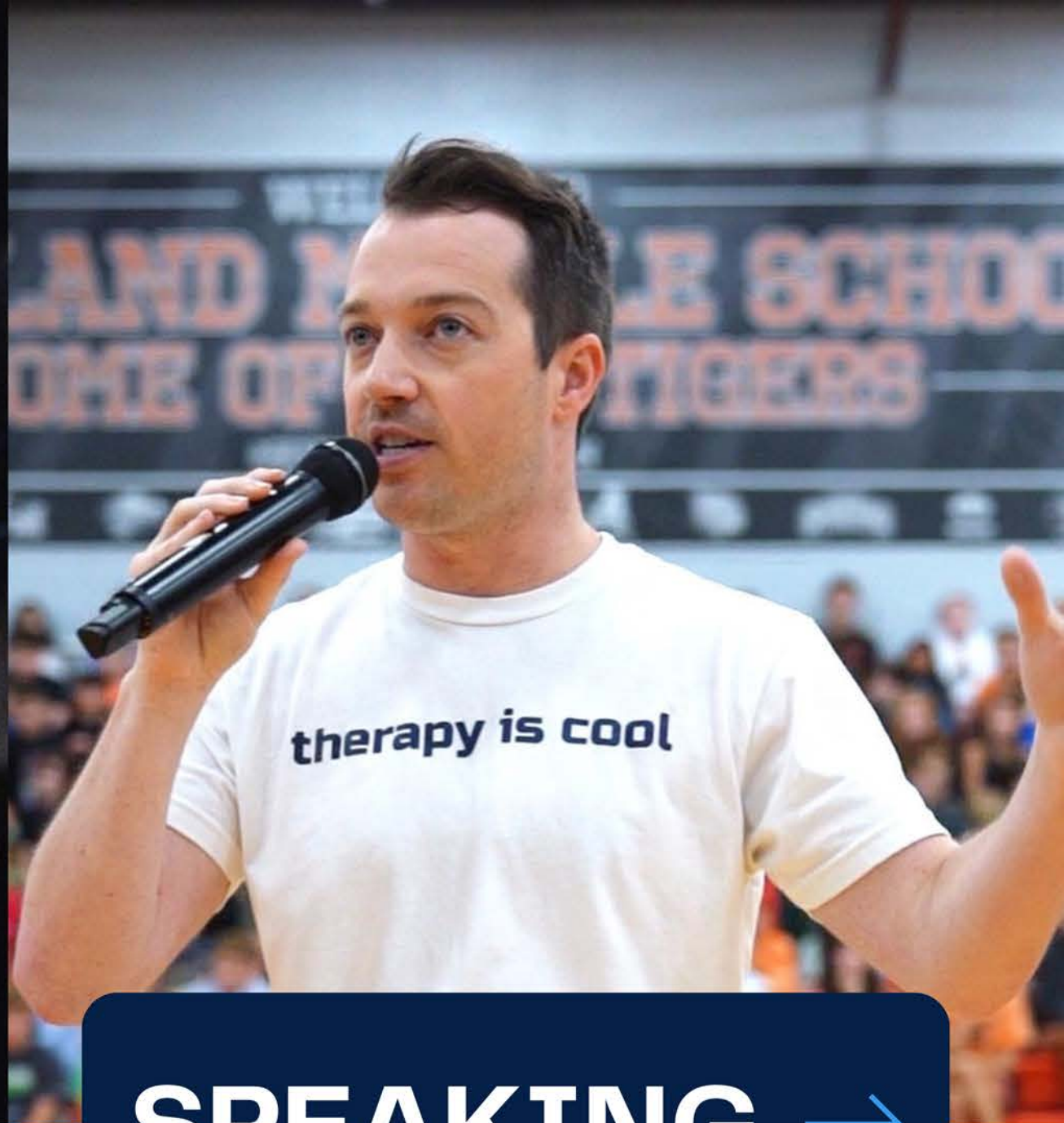
PODCAST →

1M+
DOWNLOADS



**SOCIAL
MEDIA** →

100K+
FOLLOWERS



SPEAKING →

100K+
ATTENDEES



THE MENTAL GAME

LIVE  EVENTS



GAMEPLAN

✓ **Brandon shares his story**

An engaging presentation showing Brandon's powerful journey and live-saving coping strategies.

✓ **Interactive audience Q&A**

Brandon creates a safe space for mental health questions, tips and resources for the crowd.

✓ **Meet and greet**

After the program, Brandon stays to meet, talk to and take pictures with as many attendees as he can.

Custom programs for you

SCHOOLS

K-12 and college student assemblies and workshops



EVENTS

Corporate and non-profit keynote speaking events

WORK

Workplace mental health resources and team building



**THE
MENTAL
GAME
TOUR**

BOOK  BRANDON

50 STATES **BREAKING THE STIGMA**

FEB 18-21 OH, IN, KY	MAR 24-26 CO, UT, WY	MAY 1-2 CA
MAR 3-5 AL, GA, NC, SC	APR 1-4 AR, FL, MS, TN	MAY 12-16 OH, IN, KY, MI
MAR 6-8 LA, OK, TX	APR 7-11 IL, KS, MN, MO, WI	SEP 2-5 AZ, NV, NM
MAR 17-18 ME, MA, NH, VT	APR 22-25 DE, MD, PA, VA, WV	SEP 8-10 IA, NE, ND, SD
MAR 19-21 CT, NJ, NY, RI	APR 28-30 AK, OR, WA	SEP 11-12 ID, MT



Contact Us

We'd love to talk about teaming up with The Mental Game!

- **Management**
The Mental Game
- **Email Address**
team@themental.game
- **Website**
themental.game