



BIOGRAPHY

Alex Crotty (*she/her*)
Hero, Episode "Alex"

Alexandra (Alex) Crotty is a 21-year-old college student from New York City. Having experienced depression as an adolescent, Alex felt empowered to share her story so that fewer people would have to suffer in silence. Since first speaking about her experience with depression, Alex has partnered with the Child Mind Institute, NBC News, and most recently Disney+ to help reduce the stigma around mental illness. She hopes that sharing her story will help other kids like her get the help they need.