



Empowering corporate leaders to prioritize mental health for a healthy and happy workforce.

With more than 15 years of professional experience in mental health advocacy, communication, and change management, Linea helps leaders and teams create a positive and supportive environment for mental health in the workplace.

As a woman who has lived with bipolar disorder, Linea brings a unique perspective to her work and a passion for empowering others to make a difference.

Linea combines her vast knowledge of research and policy with a compassionate connection to her audience to develop actionable steps towards a healthier culture, empowered and vulnerable leaders, and an inclusive team mindset.



Past Clients

Speaker | Author | Advocate





Testimonials

Keri McDonough
Syneos Health



“An empathetic, highly informed and effective storyteller—a rare combination”

Frances Lindner
Lindner Center



“Thank you for being an extraordinary mental health advocate!!! No more toxic stigma!!! You are truly inspiring!!!”

Nanci Schiman
Private Practice



“Linea is a tremendous contribution to the world of mental health advocacy and education.”

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Linea@LineaJohnson.com



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[425-785-5310](tel:425-785-5310)



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Popular Programs

Beyond Survival: A Personal Journey of Mental Wellness at Work

Mental health awareness, stigma reduction, and fostering supportive work environments

Join Linea as she shares her personal odyssey with bipolar disorder, unveiling insights on thriving in the workplace and beyond.

Takeaway: Gain a profound understanding of mental health through Linea's journey, equipping yourself to champion awareness, reduce stigma, and cultivate a thriving workplace.

Speaking Change: Shaping a Stigma-Free Workplace

Inclusive language, stigma reduction, and building healthy work environments

Explore the power of language in dismantling mental health stigma. In this presentation, discover how inclusive language transforms workplace culture, fostering psychological safety and eradicating stigma.

Takeaway: Learn the art of inclusive language to forge a more compassionate and psychologically safe workplace, contributing to a culture that prioritizes mental wellness.

Culture Shift: Improving Mental Wellness in the Workplace [Workshop Only]

Stigma reduction, inclusion, fostering a healthy culture, leadership development

A transformative workshop addressing workplace mental health. Delve into inclusive leadership, effective communication, supporting employees, and daily actions for culture change.

Takeaway: Acquire practical skills to navigate and communicate change, assess biases, foster psychological safety, and be an inclusive leader, enabling you to champion a mentally healthy, resilient, and inclusive workplace.