



FEARLESS
AUTHENTIC
RESCUER
TRAILBLAZER

WOMEN ON A MISSION

We are both a nonprofit and for-profit movement that strives to empower and support women. And we're here to create an army of like minded females to support and uplift one another as we overcome mental health issues and rise above life's challenges.

True, we do need more doctors and mental health professionals in our world, but if we continue to create forums led by real people such as myself and other advocates thriving after their diagnosis, we will be creating less institutionalized environments where people don't feel threatened or psychoanalyzed, which undoubtedly adds to the perpetuation of the stigma.

This safe space—a place where people can actually talk and vent—will ultimately lead more people to treatment. Through our forum, people will gain awareness of their condition, seek help, then be able to return to Real Girls F.A.R.T. to feel heard and whole. Because if you truly want to change the culture as it relates to mental and behavioral health, you must treat it holistically. The mind (your will, emotions and intellect) and the brain (your chemistry and neurons) must be addressed as two separate entities, yet changes must be made to both.



MEET ACHEA

Achea Redd is a wife, mother, public figure, speaker, writer, and the founder of Real Girls F.A.R.T. She is an advocate for women wanting to overcome anxiety, depression, and eating disorders by encouraging self-love, healthy self-image and self-expression.

"I started Real Girls F.A.R.T.® because of my recent bout with anxiety/depression disorder. I've always had anxiety and depression to a limited degree, but in early 2016, it became very intense and started to affect me physically to the point of almost having a nervous breakdown. I was extremely ashamed and didn't want to tell anyone, and the anxiety got worse. It wasn't until I came out and acknowledged the situation I was facing to my loved ones that things started to get better."

- Achea Redd, Founder



LET'S COLLABORATE

VIDEOS

EVENTS

BLOGGING

Real Girls F.A.R.T. is a platform that fosters communication and support among women through events, videos and blogs. We cover various self-care topics such as exercise tips, mom life, friendships, entrepreneurship within the female community, fashion and more.

Email your ideas, campaign goals, and budget to Achea@RealGirlsFart.com, and we'll talk details!

GOOD GOSSIP

"I just found your site through Facebook and I love it. I suffer from depression and anxiety myself, plus OCD and Borderline Personality Disorder. I really love what you are doing." - Brittany

"I would like to thank you for what you are doing! This movement empowers so many women, and as soon as I saw one of your videos, I knew I wanted to be part of it!" - Shelly

LET'S TALK NUMBERS

120K

Page Views



Over 102k Followers

Over 101K Likes

@Realgirlsart



Over 3,600 Followers

@realgirlsart



Women Ages

16-45