

Still Here: A Memoir by Rowan Blanchard

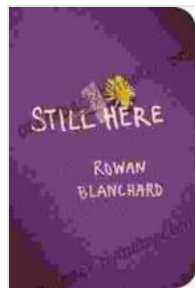


In her memoir, *Still Here*, Rowan Blanchard reflects on her childhood, her experiences as a child star, and her journey to becoming an advocate for mental health awareness. Blanchard is best known for her role as Riley Matthews on the Disney Channel series *Girl Meets World*. She has also starred in films such as *A Wrinkle in Time* and *The Goldbergs*. In *Still Here*,

Blanchard opens up about her struggles with anxiety and depression, and how she learned to cope with these challenges.

Childhood and Early Career

Blanchard was born in Los Angeles, California, on October 14, 2001. She began acting at a young age, appearing in commercials and television shows. In 2014, she landed the role of Riley Matthews on *Girl Meets World*. The show was a critical and commercial success, and Blanchard quickly became a household name. However, Blanchard's success came with a price. She struggled with anxiety and depression, and she often felt overwhelmed by the pressures of fame.



Still Here by Rowan Blanchard

★★★★☆ 4.6 out of 5

Language : English

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Screen Reader : Supported

Print length : 176 pages



Mental Health Struggles

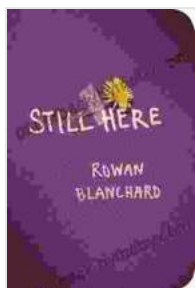
In *Still Here*, Blanchard candidly discusses her struggles with mental health. She describes how she first started experiencing anxiety and depression in her early teens. She also reveals that she was diagnosed with obsessive-compulsive disorder (OCD) and attention deficit hyperactivity disorder (ADHD). Blanchard's mental health struggles led her to withdraw from social situations and to develop unhealthy coping mechanisms, such as self-harm. However, with the help

of therapy and medication, Blanchard was able to improve her mental health and to learn how to manage her symptoms.

Activism and Advocacy

Blanchard has used her platform to speak out about mental health awareness. She has given speeches at schools and organizations, and she has written articles about her experiences with anxiety and depression. Blanchard's goal is to help others who are struggling with mental health issues. She wants to let them know that they are not alone, and that there is hope for recovery.

Still Here is a powerful and inspiring memoir that offers a unique perspective on mental health. Blanchard's story is a reminder that anyone can struggle with mental health issues, and that there is hope for recovery. Blanchard's memoir is a must-read for anyone who is interested in mental health awareness, or for anyone who has ever struggled with mental health issues.



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