

Joe Nucci
Psychotherapist and Influencer

Joe Nucci is an expert in breaking down how people talk about mental health. He's a psychotherapist who corrects widely misused terms, adds valuable nuance and explains complex ideas in ways anyone can understand. He can take a mental health lens to any hot button issue. Anyone who listens to him will walk away knowing themselves and others a little better.

Joe reached over 10 million people in his first 6 months of posting content. His upcoming book "Psychobabble" explores why mental health information is so confusing to navigate and how to more easily understand different perspectives about mental health. He also has an upcoming podcast, being produced by Luminary Podcasts, where he will take deeper dives into the different mental health topics that he explores on Instagram, Facebook and Tiktok @joenuccitherapy

