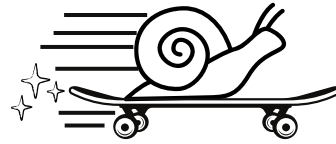


Aditi Surendra

Mental health content creator

BPD-expert-by-experience



Writing
Graphic design
Instructional design

Bangalore | www.aditisurendra.in | 91-9916822415 | aditisurendra@gmail.com

Well-researched, inclusive, easy-to-understand,
appealing and localised content creation

Skills and digital proficiency

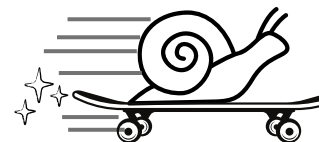
Educational content
Reporting
Books (Cover-to-cover)
Infographics
Audio-visual production

Adobe Illustrator
Canva
Inkscape
Adobe InDesign
Sony Vegas Pro

Worked with



The whole story



I have always been curious and creative. But...

I was an average student

I wrote very slowly

I fell sick and missed school often

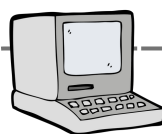
Formal education was fast, rigid and overwhelming



In 2000, When I was 15 years old...

I started going to a special school where...

my English teacher encouraged me to start writing



and we got a desktop!



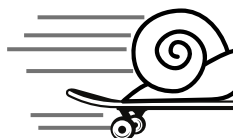
But...

2004

There was more formal education in the way

I dropped out of college and started working

I wrote about music and organised concerts



2007

I gave college another shot...

while continuing to work on the side

2008

Tragedy struck

Twice

My mental health declined

In my final year, I gave up. Again.



I went back to work

2010

Copywriting at an AD agency

I co-founded a creative activism firm

It was the first time I held a job for more than six months

I enjoyed working in the social sector

But we weren't making any money

2011

2012

I took up DJing at a local pub on the side

It wasn't enough so we shut the firm

I started working as a producer at an online radio station

Then, my mom died



2013

I had a mental health crisis

I saw a psychiatrist for the first time

I started treatment

I took a sabbatical...

during which I selflearnt graphic design



2014

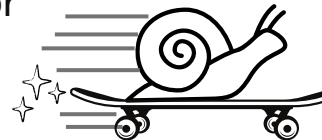
I started freelancing as a graphic designer

for storytellers, educators and wildlife warriors...

2016

I started to offer both writing and design...

but only for the social sector



Another mental health crisis

Some more freelancing

A diagnosis, finally.

Better treatment

Started dream job at White Swan Foundation



2017

2019

Began struggling around the 10-month mark

They made reasonable accommodations allowing me to work from home

Worked with them until they shut down in 2021



2020

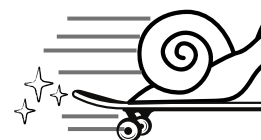
2021

Since then...

(ghost)created three Amazon bestseller mental health books

Created content for a digital mental health research lab

Been creating content for PCVC since 2023



I am a testament to what treatment and reasonable accommodation can do!

to be continued....

Experience

Organization	Role	Description	Year
NP One Source	Content creation	Educational material for psychiatric mental health nurse practitioners in training	March 2025 - Present
International Foundation for Crime Prevention & Victim Care (PCVC)	Content creation	Content on domestic violence and gender-based violence to increase help-seeking behaviour	November 2023 - Present
The PARC Academy	Graphic design	Flyers, brochures, training manuals, certificates and other promotional creatives	Sept 2022 - Present
Ranjitha Jeurkar Connex Coaching	Instructional design and graphic design	Worksheet designs for training sessions	November 2023 - Present
Publisher on Upwork	Writing, Instructional design and graphic design	Conceptualization, ghostwriting and design of three books for teenagers: A DBT workbook An anxiety toolkit A CBT workbook	February 2021 - March 2025
AID 4 Mental Health, Center for Addiction and Mental Health, Toronto, Canada	Content creation	Creating infographics, scientific writing, editing, creation of print and audio-visual content on research projects	August 2021 - July 2022
White Swan Foundation for Mental Health	Content creation	Reporting, personal stories, slideshows, infographics, video columns and ebooks	April 2019 - January 2021

Timbaktu Collective	Graphic design	Created over 200 pieces of educational material and a field guide, A Beginner's Guide to Kalpavalli Conservation Area	March 2018 - February 2019
Centre for Child and Law, National Law School, Bengaluru	Graphic design	Designed a handbook for children on the Right To Education (RTE) Act	October 2017 - December 2017
The News Minute	Writing	Series on sexual health in collaboration with Dr Sandip Deshpande, psychiatrist and relationship therapist	2016
ever after	Graphic design	Flyers, posters, stage backdrop, e-mailers, decks, standees, bookmarks	2014 - 2016
My Opus Radio	Producer	Managing radio channels, scripting radio shows, assisting the audio editor; and occasional voice-overs	2012 - 2013
Eight Octaves	Music journalism	Concert reviewer	2012 - 2013
I'm Still Thinking	Co-founder	Assisted social impact projects by creating impactful campaigns and content to enable change.	2010 - 2012
Origami Creative Concepts	Copywriting	Internal communication for MNCs, newspaper ADs, website content, and other creatives	2010

The Hindu, Mangalore	Music journalism	Concert reviewer	2008 - 2010
Manipal Jam Team	Co-founder	A non-profit student organisation that organised live music and provided local musicians with a platform	2008 - 2010
Guruskool DNA Networks Unwind Center Alliance Francaise and colleges (UVCE and IISC)	Concert management	Stage management, artist management and operations of concert event management	2004 - 2007

Experience

College	Course	Year of (non) completion
School of Communication, Manipal	BA in Journalism and Communication	Discontinued in 2010
Jyothi Nivas College, Bengaluru	BA in Communicative English, Literature and Psychology	Discontinued in 2005
MES College, Bengaluru	PUC in History, economics, Logic and Sociology	2003

Interests

Sewing | Piano | Dance | Wildlife | Puzzles