

# Mike's Open Journal

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[www.MikesOpenJournal.com](http://www.MikesOpenJournal.com)

[Mike@MikesOpenJournal.com](mailto:Mike@MikesOpenJournal.com)

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3,500+  
Followers



1,000+  
Followers



150+  
Followers

# The Blog

MOJO Blog includes Mike's personal stories and experiences. These will often be focused on mental health, with the added fun of local and occasionally national events, activities and campaigns Mike is involved with, visiting or invited too.



## The Audience

**Top Countries:** UK, USA, Canada, Australia  
**Unique Weekly Website Views:** 250 (average)  
**Blog Posts Reach:** 100 - 500 (per post)  
**Podcast Downloads:** 100 - 300 (per episode)  
**Most Popular Episode:** 1,000+ downloads  
**Guests:** 90+  
**Domain Authority:** 22  
**Page Authority:** 24



## The Podcast

MOJO Podcast focuses on mental health, illness, wellness, stigma and support. Episodes range from rambling with Mike, collaborations with other podcasters and importantly (and mostly) the shared stories of people with lived experience of mental health illnesses or a passion of mental health conversations, awareness and education.

Mike and his guests discuss a range of topics including: health, relationships, education, exercise, local events and product reviews.





# The Brands & Collaborations

- Vuelio
- Mental Movement Magazine
- Human Givens
- Gillette
- Vue Cinemas
- Guildhall Games Festival
- Eastleigh Pride
- Good Mental Health Cooperative
- Stonegate Pub Company
- Gracie Anne's Tea Room
- The Point, Eastleigh
- East Hampshire District Council
- Zumos, UK
- Instant Counselling
- Calm Man
- FunkyPigeon.com
- Boston Tea Party
- Comic Con, Portsmouth
- STOP Suicide
- CPSL Mind
- Go Ape, Southampton
- Time to Change
- The Body Shop, Chichester
- Middlesbrough and Stockton Mind
- Las Iguanas
- Magellan
- Pryzm
- Fareham Shopping Centre
- Meridian Shopping Centre
- DYSPLA
- Lime Green Communications
- Hollywood Bowl
- Yobu
- MenTell Health
- nOCD
- Portsmouth Pride
- Szen Zone
- Message on a Mango





## Mental Health Blog Awards

Mike created the Mental Health Blog Awards, which was first held in Portsmouth during July 2018. These are the first mental health blog specific awards. The awards were designing to be as inclusive and celebrate the amazing work, effort, energy, emotion put into raising awareness, supporting, signposting, explaining and destigmatising mental health.

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## Pompey Bloggers

Mike founded Pompey Bloggers in March 2017. It is a group for Bloggers to meet up, chat casually, share ideas, network and be able to enjoy the social side of blogging. The group currently consists of 49 Bloggers.



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