

DR. JAY BARNETT

LICENSED THERAPIST
AUTHOR
MENTAL HEALTH EXPERT

MEDIA KIT

DR. JAY BARNETT

@kingjaybarnett

ABOUT DR. JAY



Dr. Jay Barnett is a licensed therapist, speaker, author, and nationally recognized mental health expert. With a unique ability to blend clinical expertise with lived experience, Dr. Jay has become one of the nation's most influential voices in mental wellness, particularly within underserved and Black communities.

He is the host of the *Just Heal* podcast on iHeartMedia's Black Effect Podcast Network, a healing-forward platform that creates safe spaces for people from all walks of life to explore emotional health, trauma, and identity. In 2023, he also founded the Just Heal, Bro initiative, a groundbreaking national tour dedicated to mental health awareness and healing.

Dr. Barnett's work has been featured across major platforms including *The Breakfast Club, Men's Health Magazine,* and *Black Enterprise*, positioning him as a trusted leader in reshaping narratives around masculinity and mental health.

In addition to his clinial practice,books,speaking engagements, and media presence, Dr. Jay serves as the Grand Marshal for the APA Moore Initiative, leading efforts to establish fair access to mental health services. His advocacy underscores his lifelong mission: to equip individuals and communities with the tools to heal, grow, and thrive, both mentally and spiritually.

BEST-SELLING BOOKS

AVAILABLE EXCLUSIVELY ON amazon

Hello King: Claim Your Throne

An empowering guide calling young men to embrace their identity, rise in confidence, and lead with purpose

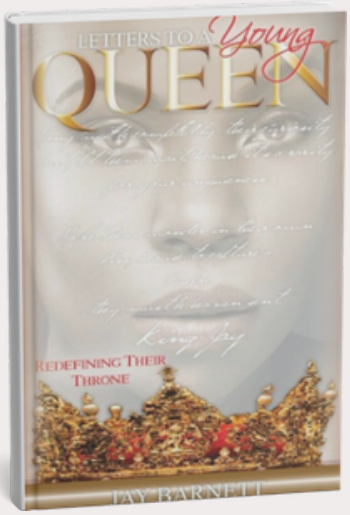
Letters to a Young Queen: Redefining Their Throne

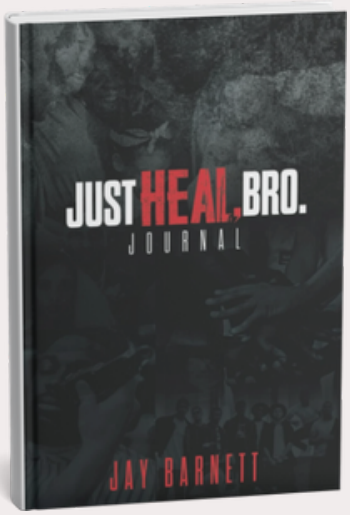
Poignant messages inspiring young women worldwide to heal, love themselves, and reign with confidence

Just Heal Bro Journal

A guided tool for men to confront their pain, embrace vulnerability, and begin the journey of healing







‘JUST HEAL’ PODCAST

Powered by iHeart Media’s Black Effect Podcast Network, *Just Heal* is a raw, healing-forward platform that blends therapeutic insights with honest conversations around healing, trauma, growth, and persona transformation. Each episode explores mental and emotional health through the lens of real-life experiences and spiritual insight.

Over 4.5M monthly reach

AVAILABLE ON

iHeart RADIO · YouTube · Spotify







DR. JAY BARNETT







DR. JAY BARNETT

WORK WITH DR. JAY

Speaking Engagements

Social Media & Brand Partnerships – Mental Health Workshops & Seminars

EventHosting–CommercialActing& Modeling

TOP MEDIA FEATURES

Full portfolioofmediahitsandfeatures,availableupon request

BLACK ENTERPRISE · KTLA 5 · THE BREAKFAST CLUB · Forbes · News channel WJBF-TV · abc · VIBE · FOX SOUL · BET · FOX 4 · CBS NEWS CHICAGO · sheen · Men's Health · 5 · WWW.THEHYPEMAGAZINE.COM THE HYPE MAGAZINE





COLLECTIVELY OVER

250K

FOLLOWERS

MONTHLY ACCOUNT REACH

MONTHLY ACCOUNT ENGAGEMENT

OVER 1.5M

OVER 250K

BOOKINGS
MEDIA INQUIRIES
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