

No Thanks, Man Highlights Mental Health Awareness Month with Single Release



Austin, Texas May 26, 2023 ([Issuewire.com](https://www.issuewire.com)) - No Thanks, Man released the single '[Inside Out There](#)' today to emphasize the importance of Mental Health Awareness Month. The single comes at the culmination of a month-long effort by the recording artist to spread positive messages about mental health.

The music of [No Thanks, Man](#) is a celebration of joy in light of suffering, of hope in light of pain, and rebirth in light of destruction. It is an authentic musical expression that transcends genre, just as mental health issues transcend gender and race.

'Inside Out There', is about feeling trapped by negative perceptions and preconceived notions about mental health. "I wrote it during a period of my life when the people closest to me didn't believe that there was more to me than the pain and suffering of living a life I didn't want," says [Geraldine Espino](#), the person behind No Thanks, Man.

"I had a disoriented sense of self and projected this onto the 'people out there'. I assumed that they also saw a negative string of mental health issues as my entire identity instead of seeing all the things I could be and was working toward."

The song features vocals, metal drums, electric guitar, marimba, auxiliary percussion, bass, and drums. The instruments are chosen to create a soundscape of isolation, pain, and little glimmers of hope that trickles away as the mental health cloud can't be broken for good.

The music video for 'Inside Out There' is intentionally scheduled for release in June to keep the conversation going about mental health. No Thanks, Man believes that Mental Health Awareness Month should serve as the annual renewal of a year-long commitment to bring out the best in all those working through mental health issues.

About No Thanks, Man:

No Thanks, Man is the complete work of Geraldine Espino - musical vagabond, modern beatnik & polite revolutionary. Her deep vocals cut through percussive melodies and unexpected instrumentation, as a world of influences coalesces into 3-4 minute singles.

Empty & Awake, the debut, full-length album, comes out in Fall 2023 and No Thanks, Man has released two other singles to date. The previous single "Away Already" was the featured song of the week on Pandora's [AMP: Fresh Cuts Radio](#) from Sept 30, 2022, to Oct 7, 2022.



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