



TEDX SPEAKER & AUTHOR

# Chris Morris

In 2020, Chris Morris experienced a life-changing moment when God's love pulled him from despair after a suicide attempt.

As a TEDx speaker, author, and ministry leader, Chris helps others navigate mental health struggles with faith and therapeutic tools. He leads a thriving mental health ministry, sharing hope and healing.

## PRAISE FOR CHRIS



"Chris is a gifted author and speaker whose work flows from a deep love for Jesus and the hard-won wisdom of lived experience. When I invited Chris to speak at my church, our community walked away with practical tools to support their mental health—both personally and as families—and a renewed sense of hope. I'm deeply grateful for Chris and the important work he's doing in this cultural moment."

— David Ruybalid, Religious Trauma-Informed Coach & Associate Pastor at Life Church Peoria

## Most Requested Topics

### **Not Disqualified: Depression, Anxiety, & the Heart of God**

Mental health struggles don't disqualify you from God's love—discover what Scripture really says and how to partner with God in building your mental well-being.

### **Unshakable Faith: Coaching Your Kids to Be Tenacious**

Equip your kids with resilience by learning how to have open, honest conversations about mental health and faith.

### **From Overwhelmed to Equipped: Practical Ways to Serve and Support Mental Health**

You don't need a degree to make a difference—learn simple, impactful ways to support those struggling with mental health through deep listening and compassionate action.

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## CONTACT

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