

CHRIS MORRIS



MEDIA KIT



CHRIS

I help Christians see God's compassionate heart for mental health, offering hope and understanding through my personal journey and Biblical truth.

MORRIS

If there's one thing I've learned on my journey, it's that faith and mental health are not at odds—though many have been led to believe otherwise. Here's the truth: every person is created in His image, deeply loved, and called to walk in freedom. Regardless of diagnosis.

That's why I speak—not just to teach, but to invite people into a deeper understanding of God's grace and their own identity in Christ. I equip audiences with practical tools to challenge destructive thought patterns, renew their minds, and step into the abundant life God has for them.

With a unique blend of theological depth, lived experience, and a pastoral heart, I create space for real conversations that leave people encouraged, challenged, and truly seen. Your audience will walk away not just inspired but empowered.

In the pages ahead, you'll find more about the topics I cover, the lives that have been changed, and the ways we can work together to bring this message to your audience. I'd love to partner with you to bring a message of hope, healing, and transformation to your community. Let's start the conversation.

Chris Morris

matters most to you, what encourages
and what fuels your passions.



Most Requested Topics

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

Christians finding themselves struggling with their mental health can assume that God is fed up with them or antagonistic toward them, which just adds to the pressure and the pain. But that's simply not true. In this talk, you'll learn what the Bible does and does not say about common maladies like depression and anxiety, and you'll discover how to allow God to partner with you in building up your mental health.

Unshakable Faith: Coaching Your Kids to Be Tenacious

Today's parents can often be too afraid to address their children's mental health. That fear keeps them from opening up a dialogue with their kids about what they are feeling and what they need. Not having the tools to have a conversation with their child leaves parents feeling powerless and their child feeling unsupported. But it doesn't have to be this way.

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

Do you want to support those struggling with mental illness but feel unprepared? The good news: you don't need a degree—just a willing heart. This session offers a fresh perspective on Romans 12, revealing simple yet powerful ways to make a lasting impact.



Mission/Vision/Values

I'm called to equip churches to compassionately address mental health by sharing stories, strategies, and biblical truth that break stigma and spark healing.

My vision is for a future where every church becomes a safe, supportive space for those facing mental health challenges—offering hope, not harm.

My values are rooted in the belief that:

- Compassion Win Out Over Condemnation
- Faith & Psychology Can Coexist
- Transparency Builds Safe Spaces
- Honest Conversations Matter
- Hope is Holy

BIOGRAPHY

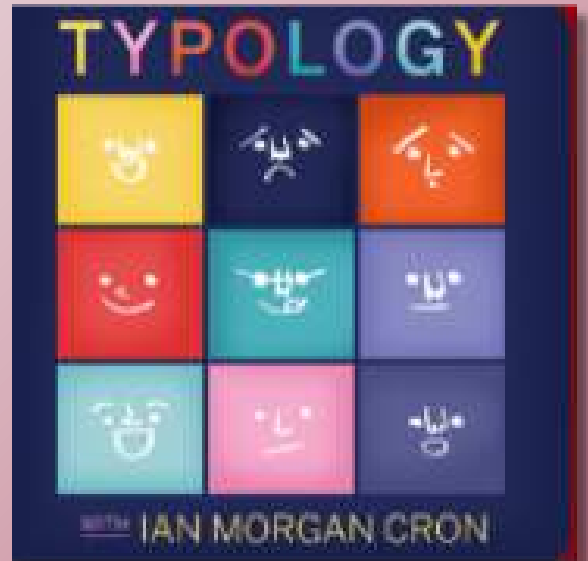
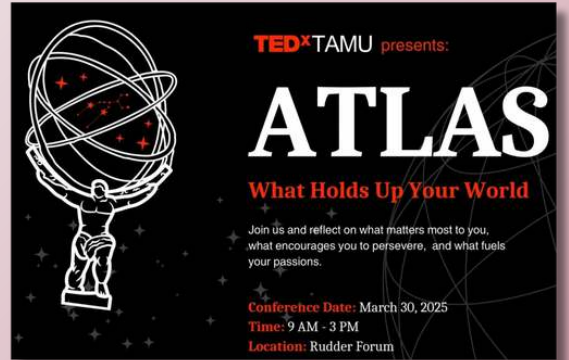
In 2020, Chris Morris experienced a life-changing encounter with God that transformed his struggle with mental health. After a suicide attempt, Chris heard God's radical message: "I still love you," which gave him the strength to rebuild his life. Today, Chris is a passionate author, speaker, and ministry leader, helping others navigate mental health challenges through faith and therapeutic tools.

He leads a mental health ministry at his church, which launched with 70 attendees on its first night—reflecting the deep need for safe spaces to discuss mental health and spirituality. Chris has authored three books on the intersection of faith and mental health, sharing his personal journey and spiritual insights.

As a graduate of Northern Seminary, Chris is able to process deep theological concerns with creativity and faith. A sought-after speaker, he regularly presents at national conferences, including the Disability and the Church conference. With humor and authenticity, Chris makes tough conversations easier, encouraging others on their own paths to healing and hope.

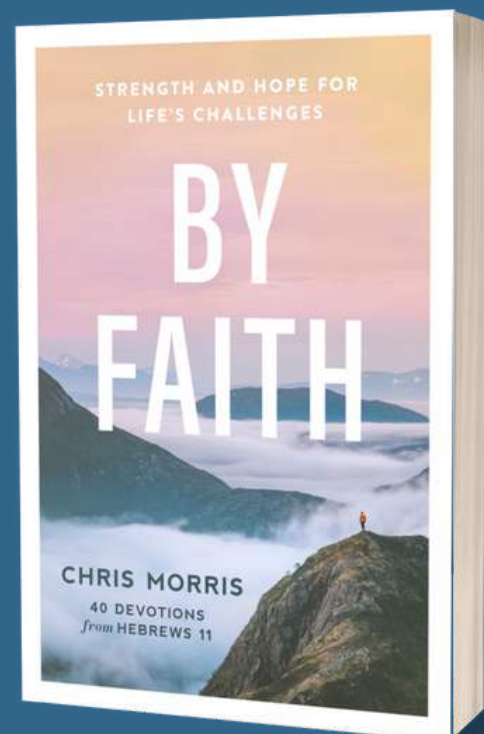
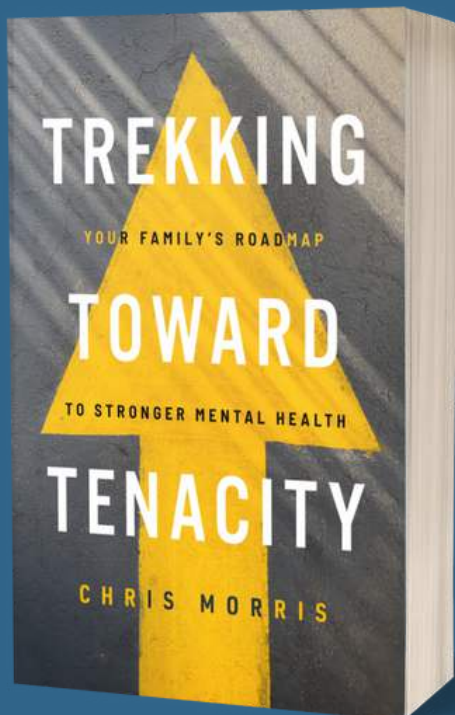
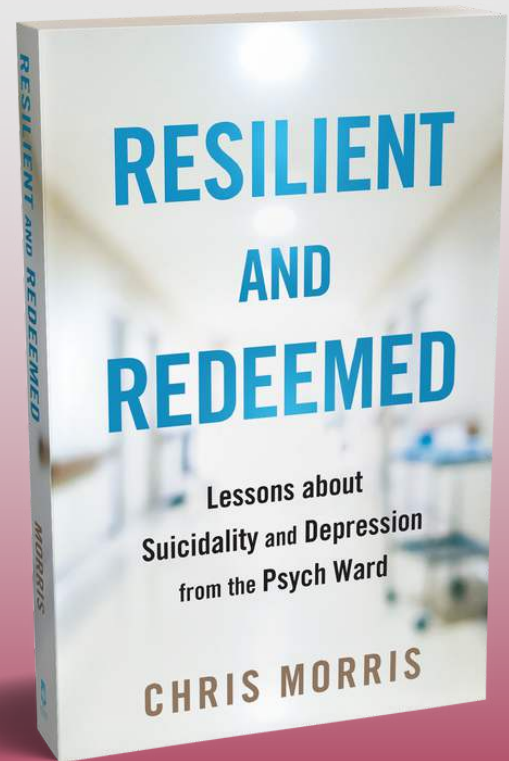
One thing Chris has learned along the way? It's important to laugh at yourself. He's a six-foot-seven guy who's terrified of heights (ridiculous, right?), so he doesn't take himself too seriously. Life's tough enough as it is, and bringing humor and authenticity to hard conversations always makes them a little bit easier to navigate.

Speaking Engagements



BOOKS

- ***Resilient & Redeemed*** combines my history with mental illnesses with a strong biblical basis for a solid identity in Christ.
- ***Trekking Toward Tenacity*** offers parents a guide to coach their children toward tenacity in their faith and their mental health through transparency.
- ***By Faith*** is a 40-day devotional that introduces readers to the perseverance hidden in the stories of Hebrews 11.



Speaking Endorsements

“Chris is a gifted author and speaker whose work flows from a deep love for Jesus and the hard-won wisdom of lived experience. 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

“Chris is an articulate and dynamic speaker who weaves personal stories with professional insights. Through his engaging and authentic style, he creates a safe spaces for difficult conversations, equipping listeners with practical tools to create more supportive and understanding faith communities.”

Marty Kaiser, Executive Pastor at Vineyard Church North Phoenix

“Chris tackles topics that churches and other groups need to hear, but are often afraid to address. He speaks with a pastoral heart to those who are hurting and to those who lead the church, guiding everyone toward a stronger sense of community and sensitivity.”

Kate Boyd, Author of Untidy Faith



Getting Connected

If you'd like to bring Chris into your event, check his availability, or share the vision for your event to see how it can align with what Chris brings to the stage, then connect with him now!

HERE ARE SOME QUICK NEXT STEP OPTIONS FOR YOU:

EMAIL: CHRIS@CHRISMORRISWRITES.COM

ON THE WEB

[INSTAGRAM](#)

[FACEBOOK](#)

[TWITTER](#)

CONTACT

623.451.8182

www.chrismorriswrites.com/speaking

