

JOHNNY CROWDER

After more than a decade in the trenches battling his own mental health and abuse demons, Johnny Crowder has emerged as one of America's exciting new voices on resilience, support, and people-first leadership. He is a 32year-old suicide/abuse survivor, TEDx speaker, Billboard-charting musician, mental health and sobriety advocate, and the Founder & CEO of Cope Notes®, a text-based mental health platform that provides daily support to users in nearly 100 countries around the world.

But in the years leading up to these incredible leaps in advocacy, every day was a battle against schizophrenic hallucinations and suicidal ideation. After a lifetime of resisting professional care and shying away from sharing his story, Johnny's curiosity flowered, and the healing slowly began.

Armed with 10+ years of clinical treatment, a psychology degree from the University of Central Florida, and a decade of peer support and public advocacy through the National Alliance on Mental Illness (NAMI), Johnny created **Cope Notes** in 2018. The award-winning startup continues to gain worldwide attention and adoption for its innovative approach to helping people of all walks of life build mental wellness on a daily basis.

Since his first keynote in 2011, Johnny's refreshingly vulnerable and candid perspective has attracted praise from hundreds of outlets, including *Upworthy*, *CNN*, and *Forbes*.

With authenticity, well-placed humor, and unconventional wit, Johnny draws on his own experiences to provide hopeful and proven insights into building greater mental health and a deeper connection with those around us.