

# INTRODUCTION



ACTIVEMINDS.ORG

THEHEARD

## COLLEEN COFFEY

It is our pleasure to welcome Colleen Coffey. She is a doctoral student in the field of Leadership where her primary research focus is help seeking behavior among college students for mental health issues. Colleen holds a Bachelors Degree in Social Work from Belmont University and a Masters in College Student Affairs from Eastern Illinois University. Colleen is a published author, trainer, instructional designer, and researcher. She has been working as a speaker for 6 years and has trained speakers for 2 years. Colleen is certified Pilates instructor and teaches for both the YMCA and Pinnacle Bank in Nashville, TN. She is an avid cyclist, reader, and animal advocate. Colleen Coffey is the manager, leader and mentor of The Heard program at Active Minds. The Heard is the nation's premier young adult mental health speakers bureau. Members of the Heard are honored to act as representatives of the young adult mental health movement. As advocates and survivors, they convey messages of mental health with relevance and sincerity, and it is their primary goal to empower people to join them in changing the conversation about mental health. Join me in welcoming Colleen.