



Heather Ann Pitcher is an award-winning mental health educator, advocate, and individual living with a mental health condition whose lived experience informs every aspect of her work. As the founder and CEO of The Brain and Body Coalition, she is dedicated to advancing mental wellness—particularly within BIPOC communities—through culturally informed education, stigma-dismantling dialogue, and accessible, community-centered programming.

Heather Ann's leadership and impact have earned wide recognition. She is a Chronogrammie Award recipient for Public Health Educator, is featured in *Who's Who in America*, and was recently honored for *Shaping the Leaders of Tomorrow through Environmental Education*—a reflection of her belief that wellness, leadership, and nature are deeply interconnected.

A core pillar of Heather Ann's mission is her conviction that wellness must be held together from head to toe. She champions a holistic approach that recognizes the inseparable relationship between the brain and body as a pathway to dismantling stigma, strengthening resilience, and empowering communities to heal.

Heather Ann is the designer and facilitator of the signature workshop “It Is What It Is: Breaking the Barriers of Stigma,” grounded in the HEAL Framework—Healing, Empathy, Action, and Listening. Through this model, she guides participants in exploring self-forgiveness, cultural humility, embodied awareness, and compassionate action. Her workshops are known for being interactive, culturally grounded, and transformative, offering practical tools that participants can immediately apply to support themselves and others.

Recognizing the scientific and emotional benefits of nature, Heather Ann intentionally integrates the outdoors into her community work. Her personal connection to fishing and outdoor exploration—her favorite pastime—reflects her belief in nature as both a healing modality and a powerful educational tool. She regularly incorporates environmental engagement into youth programming, community events, and wellness initiatives.

Heather Ann is also the author of *Pen Your Journey: A Guide to Build Resilience*, a reflective tool designed to help individuals strengthen emotional awareness and personal growth. Guided by a lens of lived experience and cultural humility, she brings extensive expertise to her field. She is a certified Mental Health First Aid Instructor, New York State Mental Health Trainer, New York State Board Certified Peer Specialist, Wellness Coach, and Narcan Instructor—roles through which she has equipped thousands with the skills to respond to mental health challenges and crises with confidence and compassion.

Her impact continues to be widely acknowledged. Heather Ann has been named a Community Changemaker for the Hudson Valley and is a sought-after keynote speaker known for her powerful, relatable, and thought-provoking presentations. She speaks boldly about the seriousness of mental health conditions, the importance of early intervention, and the essential connection between the brain and body.

A trailblazer in the mental health sector, Heather Ann Pitcher remains steadfast in her mission to push boundaries, challenge stigma, and create inclusive spaces where individuals can prioritize their mental wellness. Through The Brain and Body Coalition, she continues to transform lives, strengthen communities, and cultivate a culture of healing, resilience, and connection.

