

ANDI CHRISMAN

Mental Health Advocate • Public Speaker • Owner of Betterfly Wellness

ABOUT

Andi Chrisman is a mental health advocate and public speaker with over 12 years of experience sharing lived experience, recovery education, and practical coping skills with audiences across Virginia. Through honesty, humor, and relatable storytelling, Andi creates conversations around suicide prevention, mental health stigma, chronic suicidality, and what support actually feels like during moments of crisis.

As the founder of Betterfly Wellness, Andi provides presentations, workshops, and discussions focused on making mental health information approachable, realistic, and usable in everyday life. Her work combines firsthand lived experience with professional training to help audiences better understand mental health challenges, recovery, and accessible support resources.

Andi has spoken for hospitals, nursing schools, police academies, CIT trainings, psychiatric units, community organizations, and public events throughout the Richmond area and beyond.

TESTIMONIALS

"Her presence is both approachable and warm, creating a space where people feel safe, seen, and supported. What makes her especially impactful is her ability to draw from both her lived experience and her professional training."

"She is honest on her journey — that is the sort of inspiration that comes in a real leader because they are a real person with real problems."

"She shared a lot of helpful information about mental health signs, coping tips, resources, and treatment avenues. She would be a gift to any organization."

SPEAKING TOPICS

- ★ Suicide Prevention & Lived Experience
- ★ Mental Health Coping Skills
- ★ Recovery & Resilience
- ★ Long-Term Survival Mode & Chronic Suicidality
- ★ Mental Health Stigma
- ★ Low-Income Mental Health Resources

IDEAL AUDIENCES

- ★ Healthcare Staff and Management
- ★ Community Organizations
- ★ Mental Health Conferences
- ★ Nursing & Healthcare Educators
- ★ Crisis Intervention & Peer Support Programs

TRAININGS & CERTIFICATIONS

- ★ Adult/Youth Mental Health First Aid
- ★ WRAP (Wellness Recovery Action Plan)
- ★ ASIST (Applied Suicide Intervention Skills Training)
- ★ Peer Core Recovery Specialist Training
- ★ NAMI In Our Own Voice, Peer-to-Peer Trainer Training
- ★ MHA – CELT (Consumer Empowerment and Leadership Training)

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