JEANNIE RITTER
MENTAL HEALTH AMBASSADOR

AUTHENTIC, WELCOMING, APPROACHABLE,
unpretentious, compassionate and relatable are all adjectives that others use to describe Ms. Ritter. Through her role as Mental Health Ambassador she challenges communities to address mental wellness in new and inspiring ways.

Jeannie Ritter joined the Mental Health Center of Denver in 2012 as Mental Health Ambassador where she continues her advocacy efforts for mental health which she made her focus as former First Lady of Colorado (2007-2011).

Through her efforts to bring a voice to mental health, she is creating communities that view mental illness with the same compassion as all other illnesses. She speaks publicly at hundreds of businesses, civic organizations, faith-based groups, chamber meetings and community gatherings each year. Her passion for improving access to mental health is underscored by her belief that mental wellness is the foundation for healthy families and stronger communities.

Her earlier work with severely emotionally disturbed children in Denver Public School lead her to champion this issue as she could see the impact mental health had on families. She has also navigated the behavioral healthcare systems as a family advocate and has seen first-hand the need for greater awareness and better access to services to those in need.

Ms. Ritter reinforces that the mental health dialogue must shift from the question of “What’s wrong with you” to “What happened to you?” It’s not about pointing fingers; it’s about opening minds and hearts.

“Mental health issues are very real and intersect all lives at some point in some manner. The real work is recognizing that and putting a voice to it and a community behind it. The purpose of my work is to align a community behind mental wellness.”

TOP 5 STRENGTHS:
Arranger, Activator, Woo, Developer, Positivity

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