

Kathy Mullen

Spirited ~ Change Maker ~ Servant Leader



Kathy Mullen is an angel mom, music lover, adventure seeker focusing on healthy, joyful living, and the founder and executive director of a nonprofit organization, Mullen's Miracles. Ms. Mullen had a successful career when her life was turned upside down by a rapid succession of tragic losses. This series of life-altering events led Kathy to her calling. After 35 years in the technology sector, Kathy created Mullen's Miracles, a nonprofit that offers relief and recovery strategies to those considering suicide or in crisis. She started Mullen's Miracles in honor of her son Eric, whom she lost to suicide on October 2, 2018.

Mullen's Miracles provides individualized options, respective support systems and support provisions to those on the edge, those assisting others in crisis, and for those that have lost a loved one to suicide. The organization fills a gap that Kathy and Eric experienced personally when seeking help during a critical time - a lack of individualized available resources that they desperately needed, quickly. The goal of Mullen's Miracles is to compile useful and easily accessible resources, so that anyone in

crisis can find the tools and support they need to cope in their time of need. Kathy works to ensure fewer families and friends have to face a life shattered by the impacts of suicide and is committed to nourishing the needs of those in crisis and changing the stigma associated with mental illness.

Kathy's story and experiences levy her credentials to speak on topics such as:

- » **Is There Life After Suicide? One Mother's Story of Loss**
- » **Putting Your Life Back Together After Tragedy Strikes**
- » **Integrating Back Into the Workplace After a Tragic Loss**
- » **What to Say When There Are No Words**
- » **Grief and Loss - Now What?**
- » **Organ Donation**
- » **Mental Illness and Suicide Awareness to Help**
- » **Hope... Keep It, There Is More to Your Story**

Book Mullen for media opportunities, or as a speaker for your next digital or live event/conference by contacting **Jim Vinyard: (404) 925-2978** Jim@VCGexperience.com





Mullen's Miracles

NOURISHING THE NEEDS OF THOSE IN CRISIS

Providing Individualized Options, Respective Support Systems and Support Provisions to those on the edge, those assisting others in crisis and to those that have lost a loved one to suicide.

www.mullensmiracles.org

MISSION: Mullen's Miracles is providing individualized options, respective support systems, and support provisions to those on the edge, those assisting others in crisis and those that have lost a loved one to suicide.

VISION: Provide confidential resources that can be accessed and utilized anywhere to help at-risk individuals develop healthy coping skills and find much-needed support in crisis times.

MULLEN'S MIRACLES - ESTABLISHED 2020

- » PROVIDING THE BEST CHANCES FOR **RECOVERY**
- » ENABLING CLIENTS TO **RESET** THEIR LIVES
- » CREATING **RESILIENCE** THROUGH SUPPORT

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Kathy's love for Eric continues in her daily life. In this photo, she is wearing Eric's trademark gift to her, a smile, and holding the favorite hat he loved to sport. The bear, a gift, made from Eric's favorite shirt ❤️