

Ross Szabo Bio

Talking about emotions can be a challenge, but Ross's brutally honest, relatable and humorous approach puts audiences at ease as they confront a difficult topic.

When Ross was a freshman in college, everything on the surface seemed to be fine. He was making friends, getting good grades and had a fun social life. However, no one could have imagined how many emotions he was suppressing. Ross was diagnosed with bipolar disorder at age 16, was hospitalized for attempting to take his own life during his senior year of high school, and like so many other freshman, just wanted to fit in. He tried to hide what he was feeling to convince everyone that everything was ok, but that can only last for so long. Ross's story resonates with the millions of college students who are putting on a happy face to hide their true emotions.

Ross uses tasteful humor and insights to help participants understand common mental health conditions and individual differences. He also covers warning signs that students can look for in their friends and peers, as well as resources that can provide guidance in these sensitive situations.

Ross is NOW the CEO of the Human Power Project. He is an award-winning mental health speaker, writer, trainer and Returned Peace Corps Volunteer. Ross has spoken to more than 1 million students about the importance of mental health and provided a positive example to empower them to seek help. He received the 2010 Didi Hirsch Removing the Stigma Leadership Award, 2012 Changing Minds Award and had his advocacy work entered into the Congressional Record. He is the co-author of *Behind Happy Faces; Taking Charge of Your Mental Health* and a blogger for The Huffington Post.

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