



# Matt G Morris

Speaker, Author,  
Mental Health Coach

## Who is Matt?

Matt is on a mission to help young adults overcome depression and stop suicide with the power of vulnerability, authenticity, human connection, and living in the present moment. He became a certified life coach (CPCC) in 2013, and has helped thousands of people learn how to live their best life. He has written five books, two of which have become Amazon #1 bestsellers.

Matt spent many years in and out of depression after facing many traumatic events at a young age. From being in a plane crash that killed his mother, to having permanent disabilities and getting bullied in school, and losing his dad to a drug overdose, Matt has experienced many of the same struggles young adults do today. Through all of this, Matt has taken these challenges and chosen to use them to inspire and fuel his mission of helping others with what he's learned.

Watch Matt's talk at UCLA on "Dancing With Depression:"

<https://bit.ly/2Ng1GTk>



### CONTACT INFO:

 619-254-2868

 [www.mattgmorris.com](http://www.mattgmorris.com)

 [mattgmorriscoaching@gmail.com](mailto:mattgmorriscoaching@gmail.com)

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 /mattgmorriscoaching

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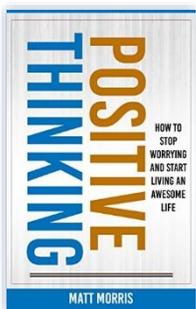


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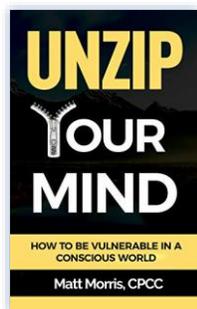
### Why Matt?

Matt connects with the audience by sharing his own compelling story of dealing with depression. He isn't another professional speaking from textbooks and policy. He has known how ugly the fight with depression can be and is open and honest about it. Matt has been through the struggles his audience has, and is authentic in his delivery of what he has learned along the way to help him cope. His impactful words have been known to give audience members chills as he shares how powerful vulnerability, authenticity, and human connection can be. He also teaches the listener how to step away from the negativity of the past and invest in the potential that's in the present moment.

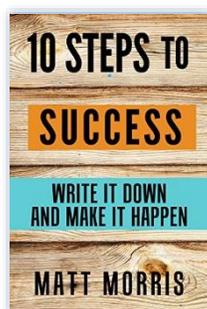
Matt shares insight on controlling your thoughts, embracing your feelings, and other mental health strategies that can change peoples' lives forever. He is always researching and looking for new ways to help people improve their mental health. He is recognized for his passion for life coaching, traveling and connecting with people all around the globe, as well as his bestselling books.



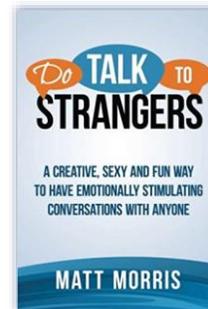
**How to Live in the Present Moment 2.0: Let Go of the Past & Stop Worrying About the Future**



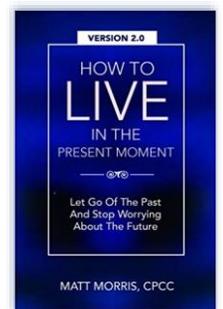
**Unzip Your Mind: How to Be Vulnerable in a Conscious World**



**Goal Setting: 10 Steps to Success: Write it Down & Make It Happen**



**Do Talk To Strangers: A Creative, Sexy, and Fun Way to Have Emotionally Stimulating Conversations With Anyone**



**How to Live in the Present Moment 2.0: Let Go of the Past & Stop Worrying About the Future**

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