

Bio

Vonnie Woodrick is an author of the book, *iunderstand pain, love and healing after suicide*, podcast host of the “Be the One” and “Behind the Smile” podcasts, certified life coach and a social change agent who is passionate about changing the perception and conversation surrounding mental health and suicide. She founded the non-profit organization iunderstand, which exemplifies her determination to reduce stigma and judgment surrounding mental health/brain health illnesses.

Her work with the organization has included creating a petition to change the definition of suicide from an old and outdated definition to an updated more accurate definition, public speaking, and leading support groups for those who have loved ones suffering with mental/brain health illness and for those who have lost a loved one to suicide. Partnerships with Helen DeVos Children’s Hospital, the Michigan Sheriff’s Association and many community organizations and businesses have led to awareness raised and stigma reduced.

Vonnie is always willing to share her passion of change, to hear your story, and recognize “love heals” and comes from the most unexpected places.

