



SAMANTHA RUTH

Expert Grief + Anxiety Coach
Psychologist

WEBSITE
www.SamanthaRuth.com

EMAIL
sam@samantharuth.com

PHONE
+1 (248) 730 5544

BIO

Samantha Ruth, Licensed Psychologist, best-selling author, and founder of GriefHab and Samantha Ruth Coaching, is changing the way the world views mental health, so people can openly speak about their issues and get the help they not only need but deserve without fear of judgment, labels, or repercussions. After the sudden passing of her husband, Samantha experienced the common misperceptions and imposed timeline surrounding grief. Inspired by her own healing journey, she presents her clients with a safe place to fully indulge in their emotions on their own time and terms.

Through GriefHab, Samantha has crafted a service that honors her client's mental and emotional well-being by combining her support as a Psychologist with concierge-level care in handling all of the details that can often feel burdensome and overwhelming when navigating a loss. From estate paperwork to meal delivery, GriefHab supports the entire client.

Samantha is a firm believer that grief, or mourning a loss, is a significant part of mental health and does not only apply to those who have lost a loved one. By applying her principles of transforming perceived weaknesses into strengths, Samantha Ruth Coaching empowers clients to be uniquely themselves and embrace their differences.

With over 10,000 hours and 25 years of coaching, Samantha's expertise includes but is not limited to:

- restoring countless relationships between at-risk teens and their families,
- restoring countless individuals' moods and overall levels of functioning,
- and helping countless individuals and families move from grief to remembrance.

Samantha is a member of the American Psychological Association and serves on the board of the National Alliance on Mental Illness. Her best-selling book, *Faces of Mental Illness*, has earned Samantha the honor of being named Woman of the Month with IAOTP and both Transformational Psychologist of the Year and of the Decade from P.O.W.E.R. The 2022 Mental Health Awards honored Samantha with Most Compassionate Grief Program Founder. She lives in Boulder, Colorado, with her two beloved dogs, Sassy and Dallas.

POTENTIAL INTERVIEW TOPICS

- Giving yourself Permission (to grieve)
- Grieving your way
- Breaking Mental Health Stigmas
- What Grief and Mental Health have in common
- Living successfully with anxiety (Embracing anxiety)
- How to ask for help
- What makes you different makes you beautiful
- Being your true self not who you think you need to be
- Surviving in the most challenging times
Surviving after loss; Picking up the pieces and putting them back together again:
Better/ Turning Pain Into Power

SOCIAL MEDIA

- /samanthamruth
- Griefhab
- @samanthamruth
- Samantha M Ruth
- The Be Ruthless Show

FEATURED ON



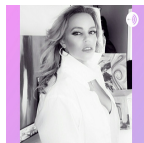
CUTV News



Soul Centered CEO Show



Mighty Parenting Podcast



La Dolce Vita with Virginia Rose



RVN TV - Dr Sue & You