



# Samantha Ruth

## PSYCHOLOGIST

Founder of Griefhab, Expert Grief + Anxiety Coach

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## AN INTRODUCTION

Samantha is a Psychologist, Speaker, Best Selling Author, and Host of The Be Ruthless Show, a podcast dedicated to Making Noise and Breaking Stigmas. Samantha is also the Proud Founder of Griefhab, rehab for grief: an entirely new approach to grief and mental health support services.

After unexpectedly losing her husband, Sam realized just how much support she needed on a daily basis. She vowed to create these services so that others would have the support she didn't in their times of need. Samantha understands that life happens outside of business hours. She combines counseling AND concierge services - so that you can focus on what matters the most: yourself and your healing!

Samantha's mission is to change the way the world views both grief and mental illness, so people can get the help they deserve without the fear of judgment, labels, and repercussions.

In her free time, you can find Sam and her pups, Sassy and Dallas, on one of their outdoor adventures. They love living in Colorado and never miss an opportunity to explore their beautiful surroundings. Music fuels Sam's soul, family means everything to her, and honoring her late husband, Jim, gives her life daily purpose.

## POTENTIAL INTERVIEW TOPICS

- Giving yourself Permission (to grieve)
- Grieving your way
- Breaking Mental Health Stigmas
- What Grief and Mental Health have in common
- Surviving in the most challenging times
- 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
- Picking up the pieces and putting them back together again: Better/ Turning Pain Into Power

## AS FEATURED ON



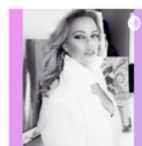
CUTV NEWS



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MIGHTY PARENTING  
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LA DOLCE VITA



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