

Meghann Simpson

Consultant



Mental Health Professional • Trainer • Peer Advocate | B.A., YPA-C, CRPA-P

Meghann is a passionate advocate who draws on her lived experience with trauma, mental illness, addiction, and recovery to drive systemic change and empower communities. Her work spans supporting diverse populations through leadership in peer support, survivor-centered services, and community education. She collaborates with organizations and individuals to co-create transformative spaces that promote healing, elevate lived expertise, and strengthen programs through education, advocacy, and inclusive engagement.

SERVICES



Training & Education

- Mental health, support services, recovery
- Real-world examples and interactive tools
- Customized to each group's needs



Professional Development

- Youth and Adult Peer Advocates
- Advance & Enhance skills
- Honors lived experience
- System navigation, core competencies, and professional wellness.



Public Speaking

- Conferences, panels, summits, and more
- Trauma recovery, mental health reform, survivor leadership, and youth voice.
- Inspire reflection, perspective shifts, and meaningful action.

LIVED EXPERTISE, PROFESSIONAL INSIGHT, TRANSFORMATIVE IMPACT

Known for her authenticity, compassion, and powerful presence, Meghann is praised for creating safe, empowering spaces and delivering trainings that truly resonate. She combines lived expertise with professional insight to foster healing and transformation for individuals, professionals, and the community. Her work spans peer support, mentorship, anti-violence advocacy, trauma-informed care, civic engagement, and education. Meghann also brings strengths in systems collaboration, program development, supervision, and evidence-based practices.

Meghann strives to inspire survivors of violence to believe—with certainty—that they can live happy, meaningful, and successful lives regardless of what they've been through.

**Contact Meghann
for more information**

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