

Sally's Bio

Long

Clinical psychologist, inspirational speaker, podcaster, and impact entrepreneur, Dr. Sally Spencer-Thomas sees the world of mental health from many perspectives. She began her innovative work in suicide prevention after her brother Carson died of suicide in 2004. After his difficult battle with a bipolar condition ended in tragedy, she searched for bold, gap-filling strategies to prevent what happened to Carson from happening to other people.

Now known nationally and internationally as an innovator in social change, Spencer-Thomas has helped start multiple large-scale, gap-filling efforts to remove bias around mental health and ensure more people have access to the tools and assistance they need to thrive and stay alive. These efforts include:

- The award-winning [Man Therapy](#) campaign
- Lead author of the [National Guidelines for Workplace Suicide Prevention](#)
- Co-founder and current president of [United Suicide Survivors International](#), a non-profit dedicated to lifting up the voices of people with lived experience to effect systems and culture change
- Past Executive Secretary for the [American Association of Suicidology](#)
- Leadership positions with:
 - The International Association for Suicide Prevention
 - The National Suicide Prevention Lifeline
- Co-editor of [Guts, Grits & the Grind](#), a book series about men's mental health

Spencer-Thomas has won multiple awards for her advocacy work, including:

- The 2014 Survivor of the Year from the American Association of Suicidology
- The 2014 Invisible Disabilities Association Impact Honors Award
- The 2012 Alumni Master Scholar from the University of Denver
- The 2015 Farbarow Award from the International Association for Suicide Prevention
- The 2016 Career Achievement Alumni Award from the University of Denver's Graduate School of Professional Psychology

In 2016, Spencer-Thomas was honored to accept an invitation to speak about men's mental health at the [White House](#). In her TEDX talk, [Stopping Suicide with Story](#), she shares her goal of elevating the conversation to make mental health promotion and suicide prevention a health and safety priority in our schools, workplaces, and communities.

Her degrees include:

- Doctorate in Clinical Psychology from the University of Denver
- Masters in Non-profit Management from Regis University
- Bachelors in Psychology and Studio Art with a Minor in Economics from Bowdoin College

She lives with her partner and three sons in Conifer, Colorado.

Connect with Sally via:

- [Her website](#)
- [Facebook](#)
- Instagram/Twitter (@sspencerthomas)
- [LinkedIn](#)
- Her [Hope Illuminated](#) podcast

Medium [94 words]

Clinical psychologist, inspirational speaker, podcaster, and impact entrepreneur, Dr. Sally Spencer-Thomas began her innovative work in suicide prevention after her brother died of suicide. Known as an innovator in social change, Spencer-Thomas has helped start multiple large-scale, gap-filling efforts in mental health, including the award-winning [Man Therapy](#) campaign and work as lead author of the [National Guidelines for Workplace Suicide Prevention](#). She currently serves as executive secretary for the [American Association of Suicidology](#) and president of [United Suicide Survivors International](#).

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Short [35 words]

- [Dr. Sally Spencer-Thomas](#) is a clinical psychologist, inspirational international speaker and an impact entrepreneur. She currently serves as the president of [United Suicide Survivors International](#). [[Facebook link icon](#)] | [Twitter icon and hyperlink (@sspencerthomas)] | [[LinkedIn icon](#)]