

Cohen Miles-Rath

Author • Speaker • Mental Health Advocate

A STORY TO INSPIRE

Cohen nearly killed his dad during a mental health crisis. The police arrested him at gunpoint. For days, he thought he was in Hell. But he was in jail, trapped by psychosis and incarceration.

It's been years since jail. He's embraced treatment. He's managed his mental health. He's risen against shame, obtained a master's degree in social work, and has worked in mental health advocacy, education, and programming for half a decade.

A STORY TO EDUCATE

Cohen's crisis wasn't spontaneous. Growing up in a separated family and impoverished home, he latched onto his talent in sports. He'd rise to be a national elite runner and first-generation college student. But in college, he crashed. Injury. Heartbreak. Drugs to cope. For years, mental health challenges stacked on each other. Then, mental illness emerged.

Nothing stopped the incident with Cohen's dad. Not even two hospital visits within a month before. Now, with expertise in large-scale mental health issues and storytelling, he captivates the audience and discusses ways to better support mental health within systems of care, community resources, family, and more.

A STORY TO SUPPORT

Mental health challenges can impact anyone. Yet stigma, misinformation, lack of knowledge, and systemic failures often hinder support. Cohen's story reveals these difficulties and what it took to overcome them.

Presentation topics can include

- ACEs, Risk & Protective Factors
- The Wellness Continuum
- Mental Health Challenges
- Mental Illness Signs & Symptoms
- Substance Use
- Psychosis & Mood-Related Illness
- Recovery, Support, & Hope
- Awareness & Literacy
- Social & Emotional Intelligence
- Intervention & Insight
- Crisis Response & Stabilization
- Treatment & Hospitalization
- Law Enforcement & Incarceration
- Mental Health Related Policy

Cohen's story is raw and riveting. He exudes inspiration and aligns his remarkable experience with moving testimony about mental health complexities.

- Joan Dickinson, Adjunct Faculty, Stony Brook University

Cohen has inspired me to share my story, help others seek help when the first signs appear, and advocate for those in need. I hope to inspire others someday.

- Gabriela Costa, Student, Bachelor of Social Work

Cohen's talk can be designed for high schools, colleges, not-for-profits, mental and behavioral health professionals, and civic-related organizations.

Available online and in-person. Rates are flexible.

Contact today!

cohenmilesrath.com

