



Chris Stephens

Founder of #milesformike
Creative Specialist at Stop Soldier Suicide
Suicide Loss Survivor



Chris Stephens is a writer, designer, and dedicated advocate for suicide prevention whose life was forever changed by the loss of his younger brother, Mike, to suicide in 2017.

Although only 18 months apart, Chris always thought of Mike as his “big brother” – the one who set the pace and called the shots. Mike’s service in the U.S. Navy, his artistry as a tile and stone craftsman, and his adventurous spirit as a mountain climber continue to inspire Chris every day.

In the days after Mike’s passing, Chris began running as a way to cope with his grief and feel close to his brother. What began as a way to

move through his grief has now become Miles for Mike – a movement that invites runners across the world to honor Mike’s memory and raise awareness for veteran suicide prevention. Since its launch in 2018, #milesformike has spread globally, with participants sharing runs and wearing bracelets in all 50 states and across continents from Europe to Australia and throughout countries from Greenland to Japan.

In 2023, Chris joined the Stop Soldier Suicide, a national nonprofit with a laser focus on preventing suicide within the military community. He serves as the Creative Specialist, channeling his professional talents and personal passion into life-saving work.

A LIFE-SAVING IMPACT



What began as a personal path through grief has ignited a global conversation and movement toward hope and healing - with Mike’s memory and story as driving Chris forward.

- #milesformike has reached all 50 states and 6 continents.
- Chris has been on NPR Atlanta, the Washington DC Fox affiliate, featured within numerous print publications, and on various podcasts.
- All speaking engagements include information on how individuals can access help and move toward hope and healing.
- Chris also supports other suicide loss survivors through the #milesformike community and his work with Stop Soldier Suicide.

SELECT ADVOCACY EXAMPLES



Washington, D.C., Fox affiliate show interview to highlight Stop Soldier Suicide's team running the Marine Corps Marathon.

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WABE News (NPR) "Closer Look" with Rose Scott radio interview during Suicide Prevention Month.

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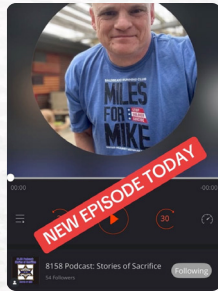


Military Families Magazine article about work with Stop Soldier Suicide and Miles for Mike community.

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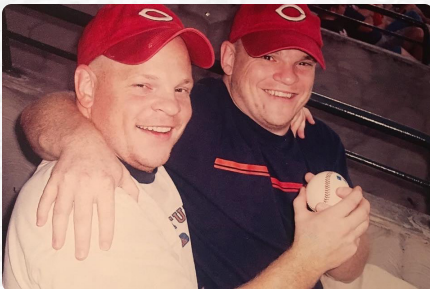
8158 Podcast:
Stories of Sacrifice

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Beyond the Darkness:
Living with PTSD Podcast

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"Going the extra 'Miles for Mike': Chris Stephens runs, helps Stop Soldier Suicide nonprofit in memory of his brother

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Pay It Forward Chattanooga News Channel 9 ABC: Miles for Mike: Dalton man turns grief into global support against soldier suicide

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