



## Annette Whittenberger

*Retired Army Veteran  
Blogger  
Speaker  
Mental Health Advocate*



Your Mess is  
Your Message



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## Speaking Topics

### Living with PTSD, Anxiety and Depression

Having a mental illness should not define you. The stigma should not stop you from asking for help. Sometimes knowing that you are not alone is the key to living as normal life as possible.

### Your Mess Is Your Message

We often feel that when we are going through hard times in our life, that there is no light at the end of the tunnel. I have learned that God has placed us exactly where we need to be. Our mess is our message to tell in order to help others.

### It is ok to not be ok

It is ok to have a bad day. It is ok to want to be alone and take some "me" time. I am here to remind you that tomorrow is a new day to start again. It is ok to not be ok.

## Bio

Annette Whittenberger is an Retired Army Combat Veteran, mother and military spouse.

She is the creator and found of blog called A Wild Ride Called Life™, LLC. She initially started the blog as a platform to share her story in order to help others who were living with a mental illness. She has also recently created The Truths We Hide Podcast in order to create a platform and a safe space to share peoples stories of overcoming triumph.

Now she uses it to coach veterans and military families on how to cope with the mental illness and how to overcome trauma.

### Contact Info

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### Website:

[www.awildridecalledlife.com](http://www.awildridecalledlife.com)

*Offerings and rates*

### Instagram:

[www.instagram.com/a\\_wild\\_ride\\_called\\_life](http://www.instagram.com/a_wild_ride_called_life)

Originally Southern California, currently located in Northern Virginia.