

# COURTNEY PHILLIPS

MISS VIRGINIA FOR AMERICA 2020

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Courtney Phillips is a mental health warrior whose outreach initiative, [Hope for Invisible Wounds](#), provides resources and tools for those suffering from mental illness and substance abuse disorder. Reaching over 6000 people each day, she's working to provide a voice to the voiceless and make invisible wounds visible.

With over 15 years of pageant experience, Courtney views the crown and banner as instruments to empower women and girls to make impacts in their communities. She provides mentorship to other pageant women as a pageant and life coach helping her clients define their purpose and message through skills she's refined in her career in Marketing and Public Relations in the public and private sectors.

As Miss Virginia for America 2020, she focuses on empowering people to find ways to thrive during these difficult times, while continuing to work to normalize seeking care for mental illnesses and substance abuse disorders. This includes focusing on those high-risk populations most heavily affected by the current climate – i.e. youth, essential workers, the elderly and minorities.

As Mrs. District of Columbia International 2019, she placed Top 15 representing our nation's capital at Mrs. International, which enabled her to share her story of overcoming her own mental health struggles and bring her Hope for Invisible Wounds to an international audience.

Courtney publishes stories of those healing from mental health and substance abuse on her blog, *Spinning Through Life*; has been featured on local news segments and publications, podcasts, blogs and national publication, *Thrive Global*. She also is a comic book hero and featured in a documentary as part of the *SHERO* project. Through her advocacy efforts, she's represented World Federation for Mental Health at the United Nations General Assembly's Universal Healthcare Day and volunteered at UNICEF's World Children's Day at their world headquarters.

Courtney soon will be stepping back out on the pageant stage to represents the Commonwealth in the Miss for America 2021 competition at the Westgate in Las Vegas, Nev. from March 19-27!

