



Amber Ginter **Johnson**



Author + Speaker



AMBER GINTER JOHNSON

AUTHOR, SPEAKER + MENTAL HEALTH ADVOCATE

Amber is a teacher-turned-author who loves Jesus, her husband Ben, and a good bag of granola. Growing up, she searched for faith-based mental health resources and found none. Today, she equips young Christians with hope and practical tools for navigating anxiety and depression—because you can love Jesus and still struggle. When she's not writing or speaking, you can find her hiking Ohio trails, curled up with a thriller book, or dancing her heart out. Explore her free faith and mental health resources at amberginter.com.



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Amber Ginter Johnson is a teacher-turned-traditionally published author, speaker, and mental health advocate. She's passionate about helping young adults navigate faith and mental health by providing practical yet biblical resources through honest and raw conversations. Amber equips audiences to find hope when life feels heavy. She's the host of the Authentically Amber podcast and represented by Blythe Daniel at the Blythe Daniel Agency.

Education

Master-Level Certificate in Professional Nonfiction Writing | Business & Entrepreneurship |

The Author Conservatory
July 2021-September 2025

MCMHC with Trauma-Informed Care Specialization |

Light University (AACC)
June 2024- August 2024

B.S. in English (AYA) & A.A. in Biblical Studies |

Ohio Christian University
August 2014 - May 2019

Peer Recovery Supporter | Ohio Department of Behavioral Health

January 2026- March 2026

Fun Facts

- Dog Mom
- Loves to travel
- Obsessed with granola
- Enjoys reading thriller books
- Has 11 food allergies
- Dancer + Leads Worship

Speaking Highlights

- Ink Writer's Conference- National Recognition
- Disability in the Church- National Recognition
- Mental Health First Aid USA (100+)
- Step-Up Conference (1,000+)
- The Author Conservatory (500)
- He's Making Diamonds (200)
- Polaris (1,000+)
- Ohio Christian University (300)
- A full list of speaking events is available upon request.

Amber is available for speaking with organizations, churches, mental health professionals, schools, college campuses, retreats, events, small and large groups, worship nights, and more. She's also open to giving campus lectures, teaching at church events and conferences, and leading workshops.

POPULAR PRESENTATION TOPICS

Deceptive Words and the Power of Your Thoughts

Did you know half the thoughts you're feeding yourself are probably starving your soul? This faith-based session explores how the words we hear and tell ourselves shape our mental and physical well-being. Using Scripture and personal story, attendees learn to recognize destructive thoughts, replace lies with truth, and harness the power of God's Word to fight mental battles with hope and confidence.

Tired on the Inside: Finding Hope When You Aren't Okay

This session equips young adults struggling with mental health by combining real stories, biblical wisdom, and practical tools. Drawing from one of the six dimensions of wellness—environment—attendees learn how relationships and surroundings impact mental health and how to offer validation, set boundaries, and point others toward hope. Note: This talk can focus on any of the six wellness dimensions depending on audience needs.

Sound Mind: 3 Steps to Combat the Stigmas of Mental Health

Want to learn how to break mental stigmas that keep you stuck? Using her story, Amber offers three simple yet powerful steps: ditching the negative self-talk that holds you back, recognizing that it's okay to seek help beyond prayer, and reaching out to people and resources who get it. This talk is honest, breaks the silence, and creates a space where healing and hope can happen.

Silencing Stigmas and Asking: Do you want to be well?

Mental health in the church can feel awkward—but silence only makes struggles worse. This session gets real about anxiety, depression, and the fears no one sees. Through raw storytelling, biblical truth, and practical tools, Amber challenges listeners to stop hiding, start healing, and answer Jesus' question from John 5: "Do you want to be well?"—inviting participants to pick up their mat and step into the freedom God already offers.

God, I'm Tired: Finding Biblical Truth When You're Feeling Drained

When chronic illness drains your body, mind, and soul, it can feel like you're falling apart and alone in the fight. Amber shares her journey through physical pain and mental exhaustion, breaks down common lies, and replaces them with powerful biblical truths. She offers practical, compassionate tools on how to hold on to faith when life gets heavy.

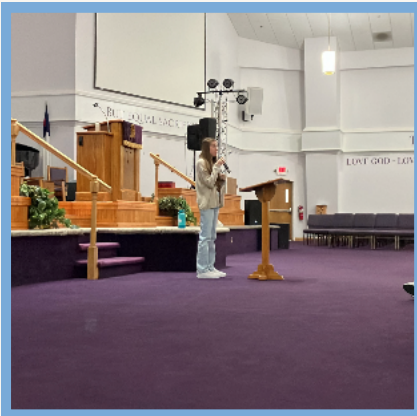
3 Life-Changing Truths to Courage: Finding The Diamond Within

Feeling stuck and scared? This session explores how courage isn't about being fearless—it's about showing up anyway. With real talk and Bible stories, Amber reminds you that you're not broken—you're a diamond, being shaped by your challenges, and you're never alone in this.

****Amber can also customize topics to your event. Please email to discuss.**

AMBER@AMBERGINTER.COM

TESTIMONIALS



Amber Ginter Johnson is a gifted communicator whose passion for both faith and mental health shines through her work. As a writer and speaker, she brings a compassionate, biblically grounded perspective to the often-overlooked intersection of Christianity and mental wellness. Her ability to weave personal insight with practical truth makes her a trusted voice, encouraging others to pursue hope, healing, and spiritual growth.

... Valerie Jones

Former Dean of Ross County Christian Academy

I have had the privilege of hearing Amber speak in both intimate settings and in a university chapel service, where she shared with honesty and grace about her journey with anxiety and depression. Drawing from her own seasons of being misunderstood and enduring years of struggle, Amber spoke with vulnerability, but her words were powerfully anchored in the hope we have in Jesus Christ. Amber offers clear biblical insight, comfort, and courage to listeners who may be navigating their own challenges.

... Krista Stonerock

Provost at Ohio Christian University & Dean of the School of Arts and Sciences

Amber did a great job speaking to our Mental Health Lunch and Learn group. We had a good turnout, and everyone stayed the whole time. She certainly has a gift for speaking and a heart to help people, so I'm glad she had a chance to use both of those gifts with us. While Amber was speaking, I kept thinking how great an MFHA Instructor she would be. She talks about faith and mental health—two potentially touchy subjects—genuinely and with ease.

... Janet Gora

Mental Health First Aid Collaborative Director

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