



## INTRODUCTION - SHORT

### **Cathy Costello**

On August 23rd, 2015, Cathy Costello's life changed forever. Her oldest son, who for many years battled with mental illness, had quit taking his medication. Meeting on a quiet summer evening with his parents at a local restaurant in Oklahoma City, Christian Costello inexplicably stabbed his father, Labor Commissioner, Mark Costello, to death. Mark died in Cathy's arms.

Through her deeply rooted faith in God and incredible resilience, Cathy has transformed an immense tragedy into a source of hope for so many. As a national speaker who travels across the country sharing her story and advocating for mental health awareness, Cathy hopes to first honor the legacy of the late, great Mark Costello, and second, to break through the stigma of mental illness and allow her personal experience to be a source of change, strength, and hope for others.

Please join me in giving a warm welcome to Cathy Costello.

**Cathy Costello for Hope**

"Transforming Tragedy into Hope"

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