

Kristen Rosario

Kristen Rosario is an outspoken and fierce mental health and suicide prevention advocate who uses her firsthand experience of battling and overcoming her mental illness, as well as surviving a suicide attempt, to give vital and valuable insights to the organizations she volunteers with across Long Island.

As part of the American Foundation for Suicide Prevention Long Island Chapter, Kristen is a trained “Talk Saves Lives” and “It’s Real” program presenter; tabling participant, and Education Committee member. She was previously selected as their volunteer of the month and has other upcoming events planned.

Kristen also works hand in hand with the National Alliance on Mental Illness Central Suffolk Long Island Chapter, where she serves as a trained Peer-to-Peer presenter, chair of the Youth Leadership Council, and is the youngest member of their chapter’s board. She presents her mental health story of tribulations and triumphs to a variety of audiences to eliminate stigma and increase awareness and hope throughout Long Island communities. Her success with her presentations led her to be selected as an Inspiring Speaker for the annual NAMI CSLINY Walk in 2024.

Kristen was also recently named Miss Long Island® 2025 – a further recognition of her accomplishments, talent, and contributions to the community.

She has found her purpose in life by spreading a powerful message of hope to everyone she meets.

Kristen is currently a student at Western Suffolk BOCES where she is a part of their Diagnostic Medical Sonography program. There, she serves as class president of the program and is one year away from receiving her certification.