



KATHERINE GRILL, PHD

CEO & Co-founder, Nealth
Forbes 30 Under 30
Behavioral Neuroscientist & Trained Therapist

BRIEF BIOGRAPHY

Dr. Katherine Grill is the CEO and co-founder of Nealth, a technology company that provides personalized mental health support to teens through a self-guided platform. Prior to founding Nealth, she worked at Children's National pediatric hospital conducting NIH research, co-founded a community health program for young adults, worked clinically in outpatient and inpatient psychiatric care, and was a university professor teaching courses in psychology and neuroscience at undergraduate and graduate levels.

Dr. Grill received a BS in Art Therapy, MA in Psychology, and a PhD in Behavioral Neuroscience. She has expertise in school-based mental health and using digital interventions with adolescents and young adults. She developed and deployed a mobile application for mental health on college campuses and in K12 schools throughout the country, which has recently expanded to 20 countries in APAC. She has also deployed mobile solutions for adolescent behavioral health in national healthcare organizations and the corporate sector, such as leading providers of student financial services. She has worked with hundreds of students throughout her career and often provides mentorship to students during life transitions, such as graduation to early-career. A sought-after speaker and thought leader, Dr. Grill has authored 18 publications about digital mental health, student wellness, and quality of life. She has been an invited speaker at prestigious organizations such as Stanford University, Carnegie Mellon University, Google, 500 Startups, HLTH and more. She's received personal invitations to meet world leaders like Dr. Jane Goodall and work with the US Surgeon General's Office on a youth mental health initiative.

SELECT AWARDS

Dr. Grill has won 25+ awards for her work in youth mental health, including:

- Mental Health Innovation Challenge Winner, Telosity
- Rising Star Award, American University
- Digital Health Top 150 in North America, CB Insights
- West Coast Winner, Global EdTech Startup Awards
- Outstanding Young Alumni Award, Canterbury School
- Youth Mental Health Challenge Winner, World Economic Forum
- 30 Under 30 in Education, Forbes Magazine
- Public Health Innovation Challenge Winner, Loyola University
- People's Choice EdTech Winner, Startup of the Year
- Top 100 Startup, Startup of the Year
- Times Square Jumbo Screen Feature, Nasdaq Tower

SPEAKING ENGAGEMENTS

Dr. Grill has authored 18 publications and been an invited speaker over 100 times, including:

- Kids, the Pandemic and Mental Health, TVW Washington to Washington
- Inspiring Minds, Google
- Alumni Awards, American University
- Founder Mental Health, HLTH
- Eco-anxiety is harming young people's mental health, Agenda by the World Economic Forum
- Moonshot Moment: Adolescent Mental Health, Startup Health
- Century Summit, Stanford University
- Mental Health Matters, EdUp EdTech Podcast #1 Episode EVER

