



“Bridgehaven accepts people when they feel helpless and hopeless and assists them in finding ways to cope, to set and achieve their own goals, and to live better lives.”

-- Judy Lyons,
Bridgehaven Ambassador

Mental illness affects one in five people during his or her lifetime. Bridgehaven Ambassador Judy Lyons has seen firsthand how surrounding those people with caring support makes recovery possible.

Judy moved to Louisville nearly 15 years ago to take the position of President and CEO of Bridgehaven because she was impressed with its mission, its members and the chance to help make a difference. She was able to witness happy endings and new beginnings for many clients of Bridgehaven, and she is proud to have played a role in their recovery process. After her retirement five years ago, Judy continues to support the work of Bridgehaven through her active involvement as an Ambassador and a member of the Bridge Builder Society.



In addition to working with Bridgehaven, Judy also serves on the Metro United Way Program Review Team and is a member of the Sierra Club. She and husband Robert have three children and are the proud grandparents of five. Judy enjoys a wide range of activities, including travel, searching for wildflowers, walking, swimming and reading.