

Patrick Roche

Poet, Performer, Educator, Mental Health Advocate





Patrick Roche (he/him) is an award-winning poet, performer, and mental health advocate from New Jersey. Videos of Patrick’s work have amassed over 9.5 million views on YouTube. Patrick has competed or featured at multiple national and international competitions and festivals, including placing 3rd in the world at the 2016 Individual World Poetry Slam, 2nd at the 2017 Capturing Fire national queer slam, 9th at the 2017 National Poetry Slam as part of the Bowery Slam Team, and 3rd at the 2014 College Unions Poetry Slam Invitational (CUPSI, the national collegiate slam) representing Princeton University. Patrick serves as an ambassador for the JED Foundation, promoting mental health, suicide prevention, and substance abuse awareness.

For his work as a touring speaker and performer, Patrick was named the 2020 Spoken Word Artist of the Year by APCA (the Association for the Promotion of Campus Activities), and he has featured at numerous conferences and conventions including the national conferences for both APCA and NACA (the National Association for Campus Activities).

Patrick’s solo stage show debuted in New York City to sold out crowds in 2020 and was featured on BroadwayWorld. The show was part of Dixon Place’s HOT! Festival, the longest-running festival of its kind celebrating LGBTQIA+ theater.

Patrick is the author of *A Socially Acceptable Breakdown* (Button Poetry, 2021), as well as two chapbooks: *Wait 30 Minutes* (self-published, 2015) and *An Exercise in Necromancy*, winner of Bowery Poetry Club’s chapbook contest (Bowery Poetry/The Operating System, 2017). His work has appeared in or been published by Button Poetry, UpWorthy, BuzzFeed, The Huffington Post, MSN, Beech Street Review, Gal Pals Present, Freezeray Press, Voicemail Poems, and his mom’s fridge. He has shared stages with Darryl “DMC” McDaniels of RUN DMC, *Pitch Perfect* star Brittany Snow, *Everybody Hates Chris* and *The Walking Dead* star Tyler James Williams, and Olympic Gold Medalist Chamique Holdsclaw. His work explores mental health, grief, sexuality, body image, disordered eating, family, memory, love, joy, pop culture, and everything in between.

“Unbelievably heartfelt”
– BuzzFeed

“Just one word: Goosebumps”
– Z100/iHeartRadio

“Utterly moving and heart-breaking”
– Mind Equals Blown

Notable Venues & Organizations Where Patrick Has
Featured

Joe's Pub at The Public Theater

Brooklyn Bowl

The Stonewall Inn

The New Museum

The Jacob K. Javits Center

Cipriani Wall Street

The Plaza Hotel

The JED Foundation

Columbia University Medical Center & Columbia
Psychiatry

Dixon Place's HOT! Festival

Main stage showcases at NACA and APCA national
conferences

Feature showcases at the 2014 and 2015 National
Poetry Slams

Selected Accolades

3rd place in the world at the 2016 Individual World
Poetry Slam

2020 APCA Spoken Word Artist of the Year

2017 Grand Slam Champion at
Union Square Slam

3rd place at CUPSI 2014

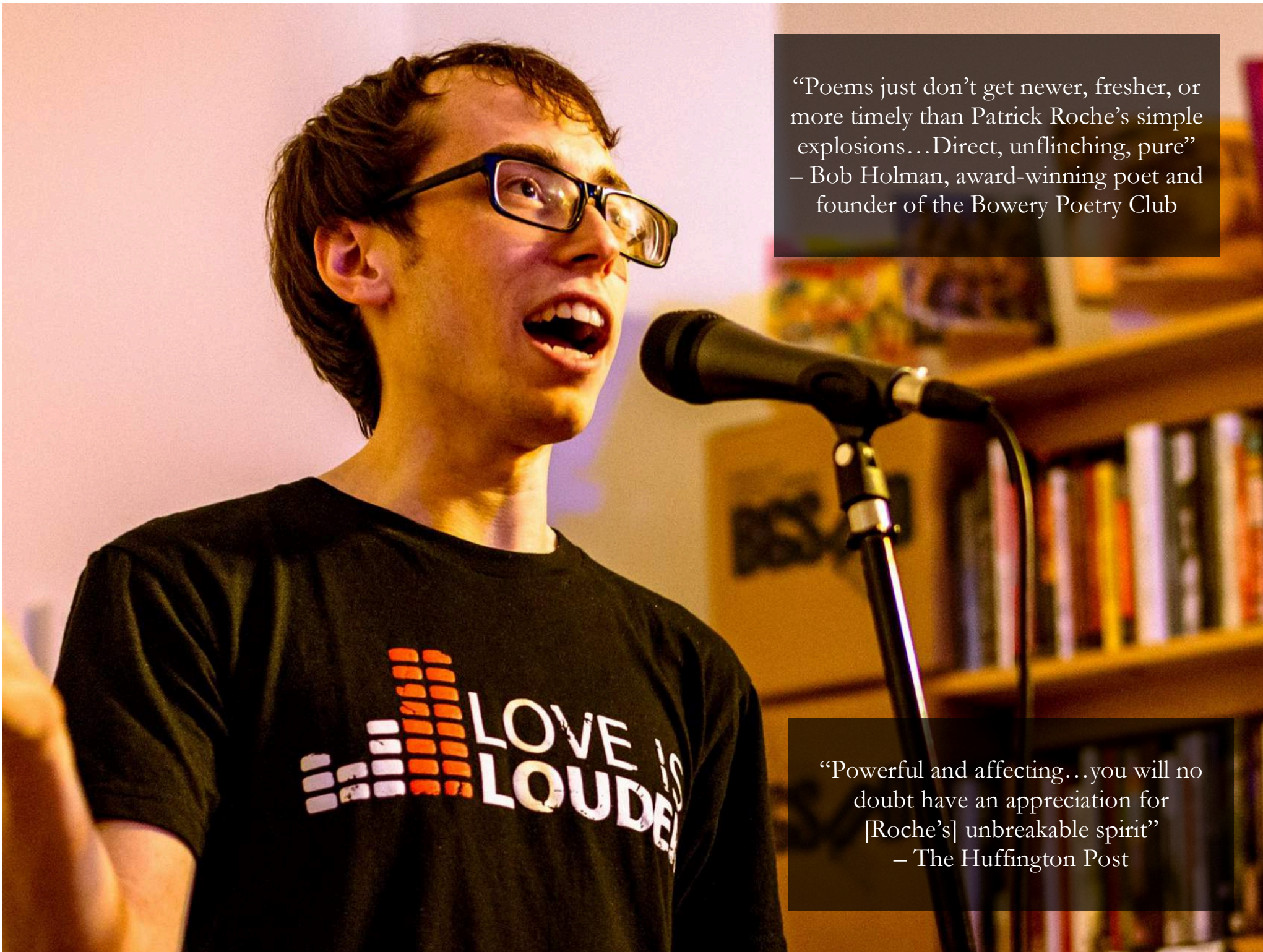
Individual award for Best Persona Poem at CUPSI
2014

2nd place at Capturing Fire 2017
(national queer slam)

9th place at the 2017 National Poetry Slam

2015 and 2017 NPS Nerd Slam winner

2016 NPS Group Piece Finalist, receiving a perfect
score for his group piece



“Poems just don’t get newer, fresher, or more timely than Patrick Roche’s simple explosions...Direct, unflinching, pure”
– Bob Holman, award-winning poet and founder of the Bowery Poetry Club

“Powerful and affecting...you will no doubt have an appreciation for [Roche’s] unbreakable spirit”
– The Huffington Post



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