



*Mental Health Awareness, Education, and Advocacy on the College Campus*

---

Active Minds is a student-run mental health awareness, education, and advocacy organization for young adults on the high school and college levels. Our mission is to utilize peer outreach to increase students' awareness of mental health issues, provide information about available resources, encourage students to seek help as soon as it is needed, and serve as liaison between students and the mental health community.

By planning campus-wide events that promote awareness and education, the group aims to remove the stigma that surrounds mental illness and create an open environment for discussion of mental health issues.

### **What does Active Minds do?**

The organization targets the entire campus community through large-scale educational campaigns and events such as:

- \* Mental Health Awareness Week campaign
- \* Movie screenings, keynote speakers
- \* Panel discussions, with topics ranging from students' privacy, to mental health issues in the African American community
- \* Stress relief activities during final exams, including free massages from a massage therapist
- \* Silver Ribbon Campaign for the Brain
- \* An annual 5k or 2 mile run to "Stomp out Stigma" and promote mental health awareness
- \* Monthly flyering of Active Minds on Campus' "Did you Know?" Fact Sheets

In addition, at every event there is a table of resources obtained from national mental health organizations and the campus counseling center for participants and passer-bys to take.

### **The National Headquarters**

Active Minds was founded in 2001 by Alison Malmon following the suicide of her older brother, Brian, one year earlier. Recognizing that few college students were talking about mental health issues though many were affected, Alison was motivated to change that culture on her campus. She wanted to promote understanding of this issue and prevent future tragedies like the one that took her brother's life. After searching unsuccessfully for existing groups that she could simply bring to her campus, Alison created her own model and formed a group now known as Active Minds.

Active Minds, Inc. was incorporated in 2003 as a non-profit organization whose purpose is to develop and support chapters of the student group, Active Minds on Campus, on college campuses nationwide. With a comprehensive website and annual Mental Health on Campus conference, it also serves as a resource for and link between all young adult mental health advocates.

Each chapter of Active Minds on Campus is able to take advantage of a double tie with both the university and mental health communities, as it obtains status as a student group by its Student Activities Council as well as having an affiliation with the national Active Minds organization.

There are currently Active Minds chapters being developed at colleges and universities across the country, including University of Maryland, Frostburg University, Dartmouth College, Georgetown University, University of Wisconsin, West Chester University, and Middle Tennessee State University. The complete list is on our website!

*To get more information about Active Minds or how to start a new chapter of Active Minds, visit our website at [www.activeminds.org](http://www.activeminds.org)*