

About Active Minds at

Athens State University

Active Minds chapters are:

- ◆ Part of a national network of students on 450 campuses working to change the conversation around mental health
- ◆ A liaison between students, college/university administration and the mental health community
- ◆ A referral service, directing students to counseling services on campus mental health services and support in the community
- ◆ Open to all students – whether you live with a mental health disorder, you know someone who does, or you just care about the cause

Active Minds chapters are not:

- ◆ A support group
- ◆ Students providing clinical services/therapy
- ◆ Meant for only psychology students or students with a diagnosed mental health disorder

At Active Minds, Inc. we strive to:

- ◆ Provide education and resources about mental health, and available resources for seeking help so that all students know where to turn for support
- ◆ Empower students to engage their peers, school administrators and communities in education and awareness about mental health
- ◆ Equip student leaders with the tools and skills they need to succeed as the next generation of mental health advocates
- ◆ Connect all who are passionate about student mental health in order to energize a movement for change

What Does Our Chapter Do?

Meet to discuss topics like:

- Mental health and veterans
- Portrayal in the media
- Cultural perspectives
- Current events in mental health

Run awareness campaigns like:

- Eating Disorders Awareness Week
- National Day Without Stigma
- Stress Less Week

Connect students in need to the Counseling Center and other mental health resources

Give students an opportunity to speak about a cause that is important to them and work to **change our campus community for the better!**



For more information, please contact chapter advisors:

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