

# WHAT IS active minds

## MISSION

- Reducing the stigmas associated with mental health disorder
- Fostering dialogue among students about mental health
- Programming aimed towards advocacy and awareness



## HOW DOES ACTIVE MINDS HELP STUDENTS?

We empower students to speak openly about mental health in order to educate others



We support students in making lifestyle changes that promote sounder mental health



We encourage students to seek help when they need it

We provide information on mental health

We help students develop the ability lead and advocate

