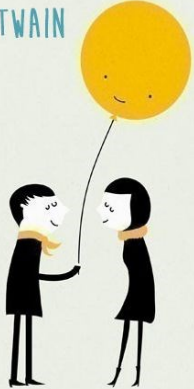


THE BEST WAY TO  
CHEER YOURSELF UP  
IS TO TRY TO CHEER  
SOMEBODY ELSE UP.

-MARK TWAIN



HEALTHYPLACE.COM

# active minds

changing the conversation  
about mental health

Active Minds is the leading nonprofit organization that empowers students to speak openly about mental health in order to educate others and encourage help-seeking. We are changing the culture on campus and in the community by working to reduce stigma, and providing information, leadership opportunities and advocacy training to fellow students.

## Past Events:

- Stomp Out Stigma
  - PostSecretU
- Gospel According to Josh
- Beat the Winter Blues (with Happy Lights)

## You May Have Seen Us at::

- Relaxation Night
- Relay for Life

## What's to Come:

- Triumph Over Trauma
  - All Tied Up
  - Pottery Painting

