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Active Minds

CHANGING THE CONVERSATION ABOUT

MENTAL HEALTH

About

Active Minds is a national college student organization dedicated to destigmatizing mental health on campuses.

Auburn's Active Minds chapter is entering its fifth year, and puts on annual programs such as Mental Wealth Week and the Out of the Darkness Walk for Suicide Prevention.



How Do I Get Involved?

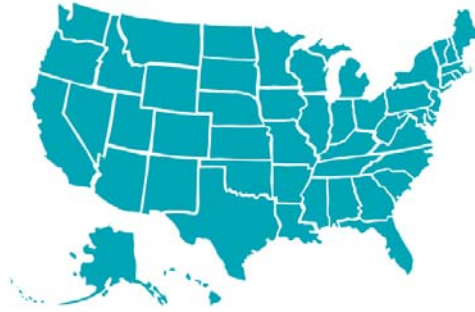
Active Minds meets twice a month on Tuesdays at 6:30 PM in the Auburn Student Center.

Come check out one of our meetings and learn about ways to be a mental health advocate on campus!

SIGN UP!
([HTTPS://AUBURN.CAMPUSLABS.COM/ENGAGE/ORGANIZATION/ACTIVEMINDSATAUBURN](https://auburn.campuslabs.com/engage/organization/activemindsatauburn))

Making a

Difference Around the Country

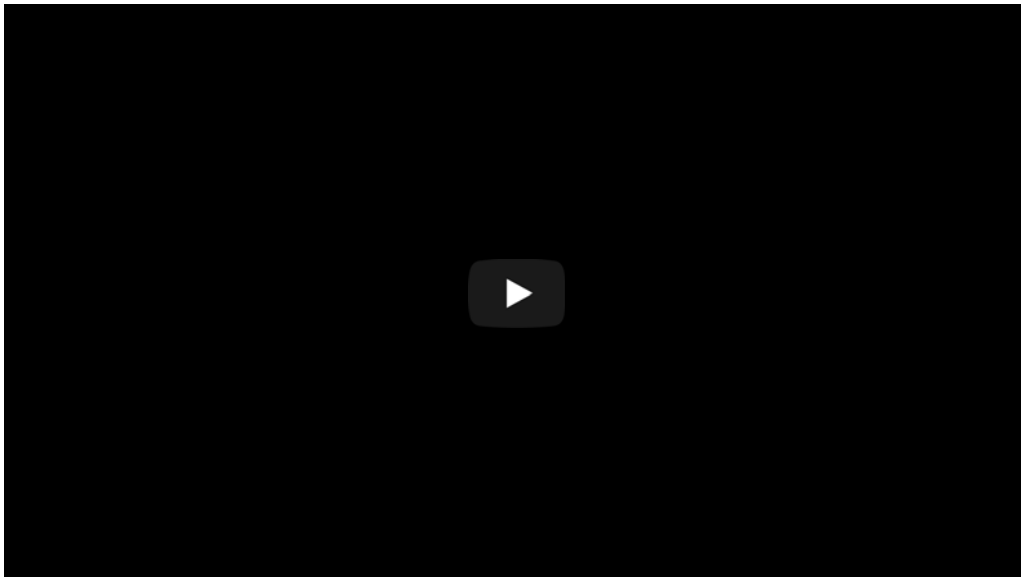


There are over 500 Active Minds chapters nation wide! Check out what the organization is doing on campuses like Auburn across the country by visiting the national web-page.

VISIT NATIONAL WEBSITE
([HTTPS://WWW.ACTIVEMINDS.ORG/](https://www.activeminds.org/))

NBC Nightly News Segment

Auburn's Chapter Featured for World Suicide Prevention Day



Upcoming Events

NEXT MEETING

November 6th at 6:30 PM in Student Center Room 2222.

MENTAL WEALTH WEEK

Monday, October 22th

- Aubie will be on the concourse with Active Minds and SGA
- Mental Health Student Leadership Panel- Foy Hall Auditorium at 6:00 PM

Tuesday, October 23rd

- “1 in 4” Theme on the Concourse
- 3 different ribbons (blue=lives with mental illness, green=knows someone with a mental illness, and silver=mental health advocate) will be handed out on the concourse.

Wednesday, October 24th

- “V.A.R.”: Validate, Appreciate, and Refer- a method that teaches students how to support other students
- We are going to have a giant white brain on a drop cloth that people can write either a validating comment, an appreciating comment, or a referral comment in colorful sharpie. By the end of the day, the plain white brain will be covered in colorful, positive comments!

Thursday, October 25th

- “Here for You” – a national Active Minds campaign
- Spin the wheel on the concourse and it will have prompt you to “give a compliment to a stranger” or “sit next to someone new in class”
- Free t-shirts to people who come and spin the wheel!

DID YOU KNOW

Most people aged 18-24 struggle with **completely normal** stressors, like anxiety, stress and body image.

For example:

of college students reported feeling so depressed that it was **hard to function**

44%

help us stop the stigma.

Visit us at www.facebook.com/ActiveMindsAuburn or tweet us at @ActiveMindsAU or visit www.activeminds.org to learn more.

want to learn more?

<https://www.activeminds.org/issues-a-resources>

https://www.nami.org/Content/Navigator/Menu/Find_Support/NAMI_on_Campus/Learn_About_The_Issue/Learn_About_The_Issue.htm

<https://www.creighton.edu/studentlife/officeoftheeast-dean/identity/sexual-orientation/health-information/health>

active minds

stop the stigma.

75% of college students reported being dissatisfied with their **weight** (and up to 20% of them may have undiagnosed eating disorders.)

and

80% of college students reported that they felt **overwhelmed** over everything they had to do in the past year

But *sometimes*, college students have trouble asking for help with their mental health concerns.

why?

activeminds
changing the conversation about mental health

it's all in your **head.**

stop feeling **sorry** for yourself.

just be **happy.**

man up.

(<http://wp.auburn.edu/healthandwellness/wp-content/uploads/2018/09/ca769de8-b4f5-4797-ae5b-dcfba6b7bfa893a43842-96d1-435f-b380-abc710a5218e-1024x792.jpg>)

Give to Auburn Active Minds

Support Mental Health Advocacy on Campus

Giving to Active Minds at Auburn University will help support student's efforts to raise awareness for mental health on campus by putting on annual programs and training our student leaders.

1 DONATE NOW! ([HTTPS://SECURE.AUBURN.EDU/S/1715/GIVING/FORM.ASPX?SID=1715&GID=2&PGID=965&CID=1768&DIDS=217&BLEDIT=1&APPE](https://secure.auburn.edu/s/1715/giving/form.aspx?sid=1715&gid=2&pgid=965&cid=1768&dids=217&bledit=1&app))



changing the conversation
about mental health



Contact

1206 Student
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36849
Main Office:
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(tel:334-844-1528)
24/7 Crisis
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(334)-844-
SAFE(7233)
(tel:334-844-7233)
Webmaster
(mailto:webmaster@auburn.edu)

Connect

Twitter
(<http://twitter.com/auburnhealth>)
Instagram
(<https://instagram.com/auburnhealth>)

Website Feedback

(<http://www.auburn.edu/websitefeedback/>)
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