



Mental Health

A W A R E N E S S

active
minds



Ivy Tech Community College

- **What is Active Minds?** Active Minds is the nation's premier nonprofit organization supporting mental health awareness and education for young adults.
- **How did Active Minds get started?** It was founded by Alison Malmon when she was a junior at the University of Pennsylvania following the suicide of her older brother, and only sibling, Brian.
- **What is Active Minds Mission?** Dedicated to saving lives and to building stronger families and communities. Through education, research, advocacy, and a focus on young adults, Active Minds is opening up the conversation about mental health and creating lasting change.
- **How can I get involved?** Join Ivy Tech's Active Minds Chapter - attend monthly meetings and participate in events to raise awareness about mental health.
- **How do I sign up?** Contact Amy Lutzel, Advisor and Wellness Manager at alutzel@ivytech.edu.

WWW.ACTIVEMINDS.ORG