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:
Dr. Vanessa Miller
Vanessa.Miller@athens.edu
Lisa Philippart
Lisa.Philippart@athens.edu
Or club president
Rachel Dickerson
rdickers@my.athens.edu

www.activeminds.org