activeminds
changing the conversation about mental health

New Member Recruitment

Why should you be concerned about student mental health?

- The average age of onset of most mental health disorders is 18-24.
- 1,100 college students die by suicide each year making it the 2nd leading cause of death on college campuses.
- 44% of college students report having felt so depressed in the past year it was difficult to function.
- 2/3 of students who need help don't receive it.

Active Minds' goal is to help students become emotionally healthy before they reach the point of crisis. This includes:

- Empowering students to speak openly about mental health in order to educate others;
- Supporting students in making lifestyle changes that promote sounder mental health;
- Encouraging students to seek help when they need it; providing information, leadership opportunities and advocacy tools.

Join us!

For more information contact: JaNae' Taylor, Office of Counseling Services, at j1taylor@odu.edu or call (757) 683-4401