

UNFILTERED CONVERSATIONS BECAUSE YOUR MENTAL HEALTH MATTERS.



youths aged 12-17 in the U.S.
have severe major depression.¹



of college students felt lonely and
isolated in 2022, with record high
rates of anxiety and depression.²

Say It Brave on Campus is a free, stigma-ending storytelling series that tackles the uncertainties and complexities of mental health with real conversations and resources for students and campus professionals.



September 21

Alone in a Crowd: Exploring Loneliness
and Its Impact on Student Well-Being

October 26

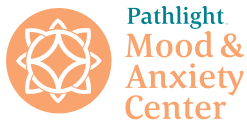
The Hidden Struggle:
A World Mental Health Day Discussion

January 25

Embracing a New Narrative:
Challenging Diet Culture in the New Year

February 29

Mind Over Mirrors: Dismantling
Stereotypes of Eating Disorders



Register Today
and be part of a community
paving the way to end
mental health stigma.



1. Reinert, M, Fritze, D. & Nguyen, T. (October 2021). The state of mental health in America 2022. Mental Health America, Alexandria VA

2. Healthy Minds Network. (2023). The Healthy Minds Study 2021-2022. University of Michigan, University of California Los Angeles, and Wayne State University