

INTRODUCTION



ACTIVEMINDS.ORG

THEHEARD

CAMERON MACK

It is our pleasure to welcome Cameron Mack. Cameron Mack hails from Burlington, VT where he has been involved as a speaker for Outright Vermont, a queer youth organization. In college, he joined Active Minds and became involved with mental health activism. Today, Cameron works as an EMT and with children, attends the University of Vermont and is applying for nursing schools in the fall. Cameron loves memoir writing and live music. Cameron is with us today from The Heard, the nation's premier young adult mental health speakers bureau and a program of Active Minds. Members of the Heard are honored to act as representatives of the young adult mental health movement. As advocates and survivors, they convey messages of mental health with relevance and sincerity, and it is their primary goal to empower people to join them in changing the conversation about mental health. Join me in welcoming him.