



Everyone has mental health, and each of us deserves to feel confident we can turn to our community for support when we are struggling. It's with strength of character that we ask for support when we need it, and to show up for the people around us when they are struggling.

Active Minds is the nation's leading nonprofit working to empower young adults to change the conversation about mental health. Through education, research, and advocacy, Active Minds is opening the conversation about mental health and creating lasting change in the way mental health is valued in our communities.

We are proud to be a philanthropic partner of Alpha Sigma Phi, together bettering the world through better men who are committed to the mental health of their peers and communities.

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To learn more, visit activeminds.org/alphasig
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