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Olympic Silver Medalist Manteo Mitchell to Keynote Active Minds' Mental Health Conference

Active Minds reaches more than 8 million youth and young adults across 1,000 high schools, colleges, and communities by working directly with students to address mental health needs

WASHINGTON, D.C. – [Active Minds](#), the largest youth mental health nonprofit in the U.S., is thrilled to announce that [Manteo Mitchell](#), **Olympic Silver Medalist and dual-sport athlete**, will be the keynote speaker at the organization's upcoming [2024 Mental Health Conference](#), held in Washington, DC on August 2-3, 2024.

Manteo Mitchell, renowned for his athletic achievements, is also a passionate advocate for health and wellness. He dedicates much of his time to motivational speaking and serving as an ambassador for various brands and causes, especially those focused on supporting youth and young adults. Manteo is deeply committed to promoting a healthy lifestyle and mental well-being.

“As someone who has been deeply committed to mental and physical well-being, I am excited to connect with hundreds of young adults who advocate for mental health,” said Manteo Mitchell. “Youth are the key to solving the mental health crisis, and together, we can create a future where mental success is a priority for all generations.”

Manteo's choice to finish his relay race after breaking his leg during the 2012 Olympic Games has transformed Manteo into a symbol of mental strength and determination and this pivotal moment in his career fueled his passion for mental health advocacy, as he understands firsthand the mental fortitude required to overcome adversity. Manteo strives to inspire others to prioritize their mental well-being and seek support, reinforcing that mental health is as crucial as physical health in achieving greatness.

As a World and U.S. Champion, Manteo earned a silver medal at the 2012 Olympics in track and field and is a current member of the U.S. Bobsled team. He aims to become the seventh athlete in history – and the first African-American male – to medal in both the Summer and Winter Games.

"We are honored to have Manteo Mitchell join us as the keynote speaker for our 2024 Mental Health Conference," said **Alison Malmon, founder and executive director of Active Minds**. "His journey and dedication to mental health advocacy align perfectly with our mission to empower young adults to speak openly about mental health and seek help when needed."

The Active Minds 2024 Mental Health Conference will feature workshops, panels, and networking opportunities, bringing together students, educators, mental health professionals, and advocates nationwide. Attendees will gain valuable insights and resources to support mental health awareness and create positive change in their communities.

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***Active Minds** is the largest nonprofit in the United States mobilizing youth and young adults to change the culture around mental health. By amplifying the collective, diverse voice of youth and young adults, we are building a movement of lasting champions who improve mental health norms, forever changing how mental health is valued and prioritized in society. To learn more, visit www.activeminds.org.*