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Active Minds Launches Bold 2025 Policy Agenda

Youth Voice, Real Change: Building a Mental Health Movement for the Future

WASHINGTON, D.C. — [Active Minds](#), the leading nonprofit dedicated to youth mental health advocacy, unveiled its 2025 Policy Agenda today, focusing on two major legislative initiatives designed to transform mental health support for young people in the U.S. The announcement emphasizes the importance of youth leadership in mental health policy, with Active Minds calling on students, advocates, and supporters to join the movement and help make a real difference.

“Youth and young adults have always been at the forefront of mental health advocacy, and 2025 is our year to make lasting change,” **said Alison Malmon, Active Minds Founder & Executive Director**. “The policy agenda we are launching today reflects the urgent need for increased access to mental health resources and the equipping of young people to lead the charge in shaping a healthier future. We’re calling on every voice — from those who have personally experienced mental health struggles to those who simply care about a better future for all — to make a difference.”

Active Minds' Bipartisan Legislative Asks for 2025:

1. **Increase Awareness of 9-8-8 and School Mental Health Resources**

Active Minds is advocating for legislation that ensures students have seamless access to life-saving mental health resources. This includes embedding the 9-8-8 crisis hotline directly onto student IDs and launching school-wide awareness campaigns to ensure that every student knows where to turn when they need help.

2. **Fund Federally Supported, Youth-Led Mental Health Programs**

Active Minds is calling for federal investment in youth-led mental health programs such as [Active Minds chapters](#) and [A.S.K.](#) (Active Minds’ peer-to-peer mental health education initiative). These programs, despite their proven success, currently do not receive federal funding, creating a critical gap in peer-driven mental health education on campuses nationwide.

Why Your Story Matters

The backbone of Active Minds' policy agenda is the power of personal stories. Mental health challenges affect millions, and sharing personal experiences can inspire powerful change. By speaking out, individuals can encourage others to act, raise awareness, and advocate for meaningful policy changes.

“Stories are the cornerstone of advocacy,” **said Laura Horne, Chief Programming Officer at Active Minds.** “When we share our journeys, we humanize the issue of mental health. And when young people take the lead in that conversation, it sends a powerful message to policymakers that change is needed, and it’s needed now.”

How You Can Get Involved

Active Minds encourages youth advocates and organizations to join efforts in raising awareness, pushing for legislative action, and supporting policies that prioritize mental health for young people. Here are the ways you can get involved at **activeminds.org/policy**:

- **Join the Advocacy Movement:** Visit activeminds.org/policy to become part of the movement. Advocate for policies that support the mental health of young people and join a growing community of passionate advocates.
- **Share Your Story:** Whether you've personally faced mental health challenges or simply want to support this vital cause, sharing your story can make an impact. Submit a short video to share your personal journey and help support Active Minds' legislative goals.
- **Amplify the Message:** Use social media, email, and other platforms to engage your network, share campaign materials, and urge others to take action. Social media toolkits, including pre-written posts, graphics, and hashtags, are available for easy sharing.

For more information on the 2025 Policy Agenda and how to get involved, visit activeminds.org/policy.

About Active Minds

Active Minds is the largest nonprofit in the United States mobilizing youth and young adults to transform mental health norms across society. For more than 20 years, we have equipped the next generation of peer mental health advocates through a variety of programs, including the Active Minds Chapter Network, A.S.K., and Send Silence Packing. Our advocacy, initiatives, and campaigns foster lasting change in how youth view and discuss mental health, encouraging them to use their voices to influence broader conversations and inform mental health supports within their communities. Together, we are building a diverse movement of champions committed to improving mental health for all. To learn more about Active Minds, visit activeminds.org.