

## FOR IMMEDIATE RELEASE

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### MEDIA CONTACTS

Dante Worth (Dante@activeminds.org)

## Active Minds Celebrates Historic Milestone: Surpassing Goal to Reach 1,000 K-12 Schools in 1,000 Days Nationwide

**Washington, D.C.** – [Active Minds](#), the nation's leading nonprofit organization mobilizing youth and young adults to transform mental health norms, has surpassed its unprecedented goal of reaching 1,000 K-12 schools in 1,000 days and done so with months to go before the 1,000 day mark. Since the launch of the 1K in 1K campaign, 1,194 new K-12 schools have joined Active Minds. All of these schools have engaged with Active Minds in one or more of the following ways: starting an [Active Minds Chapter](#), bringing an [Active Minds Speaker](#) to their school, having at least one student attend the [Mental Health Advocacy Academy](#), participating in an Active Minds workshop, or taking part in our middle school pilot program.

The relationships that the organization has achieved during this period of time yielded programs, the launch of clubs and chapters, the use of curriculum and resources, and other collaborations with schools nationwide. Since 2003, [Active Minds](#) has been at the forefront of mobilizing youth and young adults to lead a transformative movement in mental health and this achievement demonstrates the expansive reach and influence the organization has built to forever change how mental health is valued and prioritized in society.

"Exceeding reaching over 1,000 K-12 schools in 1,000 days is a significant milestone, but it's just the beginning," said **Alison Malmon, Founder & Executive Director of Active Minds**. "This achievement underscores the growing need for mental health education and support in our schools. With the alarming rise in youth and young adults' mental health struggles, we're committed to expanding our programs and equipping students to become advocates within their schools and communities. Together we can create a future where mental health is a priority and every student feels safe, supported, and equipped to reach their full potential."

According to the most recent [Youth Risk Behavior Surveillance System \(YRBSS\) data](#), mental health challenges among youth remain a pressing issue. Nearly 40% of students reported experiencing persistent feelings of sadness or hopelessness. Groups particularly affected include female students, LGBTQ+ youth, and those from marginalized racial and ethnic communities, who face higher rates of violence, bullying, and suicidal thoughts. It is essential to address these alarming trends, and Active Minds plays a vital role in equipping the next generation to tackle mental health issues in their schools and communities.

"The United Health Foundation is honored to partner with Active Minds in their mission to transform mental health norms in schools," said **Anne Yau, president of the United Health Foundation, the philanthropic foundation of UnitedHealth Group**. "Reaching over 1,000

K-12 schools in 1,000 days is an important milestone for improving access to mental health resources, and we applaud Active Minds for this accomplishment.”

Thanks to supporters such as the United Health Foundation, Humble Bundle, J Willard & Alice S. Marriott Foundation as well as a number of partners, and educators, the organization will continue to build off of this work and will announce new plans to further grow its impact over the next couple of months.

Active Minds invites educators, administrators, and community leaders to join its movement and collaborate to grow the network of youth and young adults who champion mental health and are prepared to bring others with them through the journey.

Additionally, media can view a special video celebrating this remarkable milestone at <https://youtu.be/PQENCsfJZ9o>

For more information about Active Minds and how to get involved, please visit [activeminds.org](https://activeminds.org).

**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](https://activeminds.org).