

Northwestern University Active Minds

Frequently Asked Questions

If you have more questions, please reach out to our Co-Presidents!

Email: activeminds@u.northwestern.edu

Linktree: <https://linktr.ee/nuactiveminds>

What is Active Minds?

Active Minds is a national organization with 550+ nationwide and international chapters dedicated to changing the conversation about mental health, and is the nation's premier nonprofit organization supporting mental health awareness and education for young adults. Northwestern's chapter, founded in 2003, is dedicated to fostering conversation about mental health and personal wellness, ultimately creating lasting change in the way mental health is talked about, cared for, and valued at Northwestern University.

Who can join Active Minds?

General membership is open to anyone!

What are some things Active Minds does on a regular basis?

We hold weekly meetings and/or events where we discuss current mental-health-related topics, provide students with strategies and resources, and overall work to establish a community based around wellness.

What are some larger events Active Minds does?

NU Active Minds hosts at least one larger event each quarter. Some things we have hosted in the past include:

- **Stigma Panel:** 4-6 students talk about their lived experiences with mental illness (or mental health struggles, mental distress, and other terms they might identify with). Panelists take turns sharing their stories with an audience of peers, followed by a loosely-structured Q&A session.
- **Stress Less Week:** A week full of giveaways, relaxation activities, and connecting with other students.
- **Speaker Events:** NU professors with a background in mental health research come talk about their experiences, history, and current projects.

How can I get more involved with Active Minds?

Join committees! NU Active Minds has 5 committees that each work on their own projects. A committee interest form is sent out at the beginning of each quarter for those interested in joining. The 5 committees we have are Special Events, Wellness Alliance, Outreach & External Education, Internal & Community Engagement, and Public Relations & Marketing. For more information about projects each committee is working on, be on the lookout for the committee interest form!