

**FOR IMMEDIATE RELEASE**

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## **Podcast Host Lexi Hidalgo Named Mental Health Youth Ambassador with Active Minds**

*Social media personality and content creator amplifies youth mental health support through authentic engagement*

**WASHINGTON** – Today, [Active Minds](#), the largest youth mental health nonprofit in the U.S., announced [Lexi Hidalgo](#), host of “[The Moments Podcast](#)”, as the organization’s newest ambassador.

Since 2021, Hidalgo has built a space where her listeners feel understood and empowered. “The Moments Podcast” delves into the ups and downs of young adult life, covering everything from therapy to self-care. Shortly after its launch, the podcast rose to the top of the charts, debuting at No. 4 on Spotify and maintaining a spot in the top 10 for consecutive weeks.

“I’m excited to work with Active Minds to support the mental health of young people,” **said Hidalgo**. “While I’ve always strived to spread joy and authenticity online, I look forward to bringing that energy directly to high school and college students nationwide. Through this collaboration with Active Minds, I hope to inspire others to embrace their true selves and prioritize their mental well-being.”

Hidalgo’s passion for encouraging young people to prioritize their mental health aligns with Active Minds’ efforts to address the growing mental health crisis among youth. A [recent survey](#) of U.S. college and university students found that nearly two-thirds (64.7%) of them report feeling lonely, and most (51.7%) are concerned about their friends’ mental health. With [youth suicide rates](#) on the rise, Active Minds aims to broaden the conversation about mental health and create lasting change in the way mental health is discussed, cared for, and valued, to ensure that no one struggles alone.

“Lexi has a remarkable ability to connect with young people and make them feel seen and understood,” said **Alison Malmon, founder and executive director of Active Minds**. “Her heartfelt approach and commitment to empowering others will be an important asset as we work together to create a culture of mental well-being and support for youth nationwide. We’re eager to see the difference she’ll make in inspiring young people to take charge of their mental health.”

To connect with Lexi Hidalgo or Alison Malmon, founder and executive director of Active Minds, please contact Romelo Wilson at 202-714-4178 or [rwilson@westendstrategy.com](mailto:rwilson@westendstrategy.com).

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### **About Active Minds**

Active Minds is a leading non-profit organization dedicated to promoting mental health awareness and providing resources for mental health support, with an emphasis on mobilizing youth and young adults. With a mission to reduce stigma and encourage open conversations, Active Minds is a pivotal force in fostering a supportive mental health community. To learn more, visit [www.activeminds.org](http://www.activeminds.org).