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Friday, September 6, 2024

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Olympian and Mental Health Champion Manteo Mitchell Joins Active Minds as Ambassador

Olympic silver medalist and mental health advocate promotes mental and physical wellness

WASHINGTON – Today, [Active Minds](#), the largest youth mental health nonprofit in the U.S., announced that Olympian and mental health advocate **Manteo Mitchell** will serve as the organization's newest ambassador. Known for his remarkable achievements on the track, Mitchell is equally passionate about championing mental and physical wellness. As an advocate dedicated to fostering a healthy lifestyle and promoting mental well-being, Mitchell brings his inspiring journey and commitment to the forefront of the Active Minds mission.

During the 2012 Olympic Games, Mitchell gained acclaim for finishing his relay race with a broken leg, transforming him into a symbol of mental strength and determination. This pivotal moment in his career fueled his passion for mental health advocacy, as he understands firsthand the fortitude required to overcome adversity. Mitchell 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.

"It's time to normalize conversations surrounding mental health in sports, recognize the courage necessary to ask for help, and provide support when it counts," said **Manteo Mitchell**. "I look forward to working with Active Minds and our country's current and future changemakers. I hope my experiences inspire others to continue fighting until they reach the finish line."

As a world and U.S. champion, Mitchell earned a silver medal in track and field at the 2012 Olympics and is currently a member of the U.S. bobsled team. He aims to become the eighth athlete in history – and the first African-American male – to medal in both the Summer and Winter Olympics. Outside of athletics, Mitchell 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.

Mitchell attended this year's Active Minds' National Mental Health Conference, where he spoke about his experiences with mental health and gave advice on how to support ourselves and those around us.

“We are inspired by Manteo’s openness about his mental health, particularly when it comes to his struggles – and triumphs – in sports,” 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. We’re excited to see Manteo continue sharing his experience with mental wellness and recovery to tackle the mental health crisis and inspire today’s youth and young adults.”

As its newest ambassador, Mitchell partners with Active Minds to broaden the conversation about mental health and create lasting change in how mental health is discussed during a critical time for youth as [youth suicide rates](#) are rising. A [recent survey](#) of U.S. college and university students found that nearly two-thirds (64.7%) report feeling lonely, and the majority (51.7%) are concerned about their friends' mental health.

To connect with Manteo Mitchell or Alison Malmon, founder and executive director of Active Minds, please contact Romelo Wilson at 202-714-4178 or 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.