

2025 Active Minds Policy Agenda

Youth Voice, Real Change

Youth and young adults across the country are ready to lead the charge for better mental health, and Active Minds is calling on YOU to join the movement! We're taking big steps in 2025 to change the future of mental health in the U.S. — and we need your voice, your story, and your support to make it happen.

Our Bipartisan Legislative Asks for 2025

In 2025, Active Minds is championing two powerful, youth-centered legislative initiatives:

Increase awareness of 9-8-8 and campus mental health resources.

- This will ensure students have clear access to life-saving mental health resources — including a direct link to 9-8-8 services — right on their student ID cards or through campus-wide awareness campaigns.

Pass laws for federally funded, youth-led mental health programs.

- Programs like Active Minds chapters and A.S.K. (Active Minds' peer-to-peer mental health education) currently don't receive federal funding, even though they're a lifeline for students across the country.

Why Your Story Matters

Mental health struggles are real, and they affect so many of us. Sharing your personal journey with mental health can inspire action, raise awareness, and help drive policy change, and that's why we're asking to bring those stories to the forefront of the policy conversation. Real people with real stories, advocating for real change.

How You Can Get Involved

- Join Our Advocacy Movement: Get involved in our advocacy at activeminds.org/policy and help drive the change young people need! Join a passionate community dedicated to raising awareness, advocating for policy change, and supporting the mental health of young people. Are you an Active Minds chapter or student organization? E-mail policy@activeminds.org to endorse and show support for the policy agenda.
- Share Your Story: Whether you or someone you know has struggled with mental health, sharing those experiences can inspire others to speak up and take action.
 - Submit Your Story: Record a short video sharing your story to support Active Minds' legislative goals. Your video may be shared on social media, with U.S. representatives, or with the Active Minds community. **Click here** to submit your story today.
- Amplify the Message: Help us spread the word about these important legislative changes!
 - Post on social media: Share policy-related content from Active Minds on your social channels. Please use the social media graphics and captions on the next page.
 - Email your network: Encourage friends, families, and other people in your network to become an Active Minds advocate. Please use the email script on the next page.

Sample Social Media Content

Amplify Active Minds' message by posting on social media! Sample captions and graphics are provided below. **Click here** to download the graphics. Please tag @Active_Minds and use the hashtag #YouthVoicesRealChange to join in conversation.

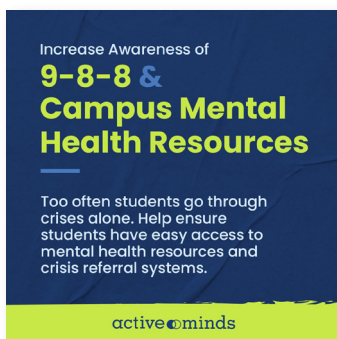


Sample Captions:

Every young person deserves #MentalHealth support. I'm joining @Active_Minds to advocate for legislation promoting 9-8-8 awareness and youth-led mental health programs. Join me and sign up to be an advocate for change: activeminds.org/policy #YouthVoiceRealChange

@Active_Minds is advocating for increased awareness of 9-8-8 and campus #MentalHealth resources. Sign up to join their efforts and make a difference: activeminds.org/policy #YouthVoiceRealChange

@Active_Minds is advocating for increased funding for youth-led #MentalHealth programs. Sign up to support their efforts and help create change: activeminds.org/policy #YouthVoiceRealChange



Sample Email Template

Subject: Sign Up to Join Active Minds' Advocacy Movement!

Dear **[Insert Name]**,

Active Minds is taking big steps in 2025 to change the future of mental health in the U.S. — and they need our voices, our stories, and our support to make it happen.

In 2025, Active Minds is championing two powerful, youth-centered legislative initiatives:

- **Increase awareness of 9-8-8 and campus mental health resources**

This will ensure that students have clear access to life-saving mental health resources — including a direct link to 9-8-8 services — right on their student ID cards or through campus-wide awareness campaigns.

- **Pass laws for federally funded, youth-led mental health programs.**

Programs like Active Minds chapters and A.S.K. (Active Minds' peer-to-peer mental health education) currently don't receive federal funding, even though they're a lifeline for students across the country.

Join me and get involved in their advocacy efforts at activeminds.org/policy and help drive the change young people need!

Lastly, help amplify their message on social media! Please see attached for their toolkit.

Thank you for your support,

[Your Name]