



# SEND SILENCE PACKING

**Send Silence Packing is an emotionally powerful exhibit that increases awareness and openness about suicide prevention.**

The visually striking display of more than 1,000 backpacks represents the number of college students whose lives are tragically lost to suicide each year. The exhibit travels to college and high school campuses around the country to inspire action for mental health awareness. Highly trained Active Minds outreach staff accompany the exhibit to each school.

Send Silence Packing is a trademarked educational program of Active Minds. For more than a decade, the exhibit has broken through the silence that surrounds mental illness and suicide in a profoundly impactful way.

“Seeing all the lives lost really touched me, helped me, and showed me that I am not alone.”



## About Active Minds

Active Minds ([www.activeminds.org](http://www.activeminds.org)) is the nation's premier nonprofit supporting mental health awareness and education for students. Through award-winning programs and services, Active Minds is empowering a new generation to speak openly, act courageously, and change the conversation about mental health for everyone.

Active Minds' national office supports a vast and vibrant network of campus chapters located at more than 400 colleges, universities, and high schools nationwide. Each

year, more than 12,000 students join Active Minds chapters to serve as passionate advocates, stigma fighters, and educators for mental health.

Founded in 2003 and based in Washington, DC, Active Minds is one of the country's largest mental health advocacy groups. Alongside thousands of students and supporters, Active Minds is dedicated to creating lasting change in the way mental health is talked about, cared for, and valued within our nation's schools and communities.

## How you can help

Mental health matters. By supporting Active Minds, you help bring mental health education, resources, and training to thousands of students each year. Together we make a

difference by increasing awareness, reducing stigma, and encouraging help seeking among young people everywhere. Be part of the change by joining the Active Minds movement!

### ✓ Support a campus chapter

Find your favorite college and donate to its Active Minds chapter at [www.activeminds.org/findachapter](http://www.activeminds.org/findachapter). The student-led chapters at colleges nationwide have an incredible impact on their communities through student-to-student outreach and campus partnerships.

### ✓ Donate to Active Minds National

Make mental health one of your charitable priorities! A gift to Active Minds brings award-winning education and training to college and high school students nationwide. Donate today at [www.activeminds.org/donate](http://www.activeminds.org/donate).

### ✓ Sponsor an outreach event

Bring one of Active Minds' powerful education programs to a school, workplace, or community site of your choice. Contact us at [info@activeminds.org](mailto:info@activeminds.org) for information on how to raise awareness about mental health by underwriting a Send Silence Packing® suicide prevention exhibit or by sponsoring a speaker from the Active Minds Speakers Bureau.

### ✓ Stay informed

Stay up-to-date on all the exciting news from the Active Minds movement! Sign up for our e-newsletter at [www.activeminds.org/signup](http://www.activeminds.org/signup).

### ✓ Join our community

Join us on Facebook (ActiveMindsInc) or Twitter and Instagram (@Active\_Minds). Thousands of followers find inspiration and information each day via Active Minds' social media posts. Like, retweet, or comment to help spread awareness about mental health to your friends and colleagues.

Active Minds is a 501(c)3 organization (Tax ID# 20-0587172).

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