



The Youth-Led Mental Health Movement

Amplifying the Student Voice

4 Pillars of Mind Out Loud

1

Improve student mental wellness

2

Promote suicide prevention awareness resources

3

Increase mental health awareness and literacy

4

Connect students in rural and vulnerable communities

Join Mind Out Loud to:

- Get involved in the youth-led mental health movement
- Learn leadership, mental health, and advocacy skills
- Connect with other students through committees and workshops
- Make an impact in your school and community
- Stipends available for selected activities (while funds last)



scan here to
get involved!

In partnership with



Mind Out Loud is a safe and inclusive student-led mental health program by Wellness Together, a non-profit organization.