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Independent Artist and Mental Health Advocate Alexander Stewart to Perform and Speak at the 2025 Active Minds Mental Health Conference

WASHINGTON, D.C. — [Active Minds](#), the nation's largest nonprofit organization mobilizing youth and young adults to transform mental health, is proud to announce that independent singer-songwriter and mental health advocate [Alexander Stewart](#) will join the [2025 Active Minds Mental Health Conference](#) as a featured speaker and performer. The annual conference will take place from August 1-2 in Washington, D.C., and will bring together hundreds of young adult mental health advocates from across the country who fuel a movement to mobilize and amplify youth voices in mental health.

As one of [Active Minds'](#) most dedicated Ambassadors, Alexander continues to use his platform to promote transparency around mental health challenges, drawing from his own lived experience. Through powerful songs like *"If you only knew"* and *"I'm trying,"* Alexander has become a highly recognized and sought after voice for young people navigating mental health struggles.

"Being a part of the Active Minds community over the last year has been a huge honor," **Alexander** said. "Whether it's through my music or conversations with my fans and the people in my life, I want to do everything I can to help people navigate their own journey with mental health and let them know they're not alone. Last year's conference introduced me to so many incredible people whose stories are still with me to this day, and I'm so humbled that I'll get to be back again this year."

At the [2025 conference](#), Alexander will deliver a keynote address focused on the role of vulnerability and creativity in healing and advocacy. He is also scheduled to perform a special acoustic set featuring his new single "Here Again," as well as songs from his debut album *bleeding heart* and more.

This marks the second consecutive year Alexander will take the stage at the organization's annual conference. In 2024, he served as a keynote speaker, leaving a lasting impact on attendees by sharing his story and encouraging open dialogue around mental health.

"Alexander's authenticity resonates deeply with the youth and young adult community we serve," **said Laura Horne, Chief Program Officer of Active Minds.** "He continues to champion a new era of mental health—exactly what our conference and our mission are all about."

Alexander's ongoing partnership with the organization reflects a shared commitment to ensuring that no youth or young adult struggles with their mental health in silence.

[You can find the official press photo here \(photo credit: Jacqueline Justice\)](#)

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About Active Minds

Active Minds is the largest nonprofit in the United States mobilizing youth and young adults to transform mental health norms across society. For more than 20 years, we have equipped the next generation of peer mental health advocates through a variety of programs, including the [Active Minds Chapter Network](#), [A.S.K.](#), and [Send Silence Packing](#). Our advocacy, initiatives, and campaigns foster lasting change in how youth view and discuss mental health, encouraging them to use their voices to influence broader conversations and inform mental health supports within their communities. Together, we are building a diverse movement of champions committed to improving mental health for all. To learn more about Active Minds, visit [active minds.org](https://www.activeminds.org).

About Alexander Stewart

With over a billion streams to his name and as one of Spotify's Pop Rising Artists To Watch, Alexander Stewart recently released his new single "Here Again," which has already gained nearly 1.5 million global streams and marks the first music under Alexander's new global partnership with Virgin Music Group. The single follows the release of his debut album *bleeding heart* last year, which earned him his first JUNO Award nominations for "Breakthrough Artist of the Year" and "Pop Album of the Year." The album includes his viral single "i wish you cheated," which saw over 45 million views on TikTok and led to his late-night TV debut performance on The Tonight Show Starring Jimmy Fallon. The album also features Alexander's MTV VMA-nominated song "if you only knew," which was up for "Video for Good" at last year's ceremony and was named one of Rolling Stone's "Songs You Need To Know." Following the release of his album, Alexander claimed his first #1 on the US Dance Charts with "Wrong Way," a collaboration with the acclaimed DJ duo Two Friends. In support of the album, the Toronto-born singer-songwriter recently finished his global headlining Bleeding Heart Tour, which saw him perform at nearly 40 dates across North America, Europe, the UK, and Asia and Australia. Previously, he's toured with Charlie Puth, Benson Boone, and Eric Nam, growing his fanbase that has expanded to over one billion global streams, nearly 400 million YouTube views and over 160 million likes on TikTok.