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Renowned Psychiatrist and Popular Content Creator Dr. Judith Joseph to Keynote the 2025 Active Minds Mental Health Conference

With over one million followers and a growing national platform, [Dr. Judith Joseph](#) is redefining how we talk about high-functioning depression and emotional well-being.

Washington, D.C. — [Active Minds](#), the nation's leading nonprofit organization mobilizing youth and young adults to transform mental health norms, announced today that nationally recognized psychiatrist, researcher, and media contributor [Dr. Judith Joseph](#) will serve as a keynote speaker at the [2025 Active Minds Mental Health Conference](#).

The conference—taking place [August 1-2, 2025 at The Capital Hilton in Washington, D.C.](#)—is the largest national event dedicated to mental health awareness, advocacy, and education for young adults. The program brings together hundreds of students, young adult advocates, clinicians, and thought leaders for two days of powerful storytelling, interactive sessions, and meaningful conversations.

Dr. Joseph is a board-certified psychiatrist, clinical researcher, and digital media mental health leader known for her groundbreaking work on **high-functioning depression**. Her message resonates across generations—particularly with young adults who are often overlooked in conversations about mental wellness. She is also the author of ***High Functioning: Overcome Your Hidden Depression and Reclaim Your Joy***, serving as a valuable resource for individuals navigating invisible mental health challenges.

As part of her appearance, **Dr. Joseph** will moderate a panel conversation exploring the emotional toll of high-functioning mental health conditions and the pathways toward healing through community, language, and radical self-honesty.

Dr. Joseph joins a powerful lineup of featured speakers including Active Minds Ambassadors::

- [Justine Skye](#), award-winning recording artist and [mental health advocate](#), who will speak on emotional wellness, identity, and using creative platforms to promote healing.
- [Alexander Stewart](#), independent singer-songwriter who will offer a keynote on vulnerability in advocacy and perform an acoustic set featuring songs from his album *Bleeding heart* and a brand new exclusive release.

[The 2025 Active Minds Conference](#) promises to spark honest, necessary conversations and inspire a new wave of changemakers. With an emphasis on creativity, vulnerability, and community-led

healing, the event will serve as a catalyst for transforming how young people understand and engage with mental health.

More information about the upcoming conference, including registration and full programming details, is available at activeminds.org.

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 activeminds.org.