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Active Minds Celebrates World Mental Health Day with Paramount Story Teller's Lab Panel: *"From Stories to Support: Building Community Through Authenticity"*

Washington, D.C. — October 10, 2025 — Today is **World Mental Health Day**, a global reminder to keep the conversation about mental health moving forward. [Active Minds](#), the nation's leading nonprofit organization mobilizing youth and young adults to transform mental health norms, **has partnered with [Paramount's Storytellers Lab](#)** to bring together emerging creators and advocates for a powerful, youth-led conversation about mental health and connection. For youth and young adults especially, this day emphasizes that mental health isn't a side topic — it's essential to our overall well-being, now and in the future.

Adolescence and early adulthood bring tremendous change — switching schools, leaving home, starting college, or beginning a new job. These transitions can be exciting but also filled with stress, uncertainty, and pressure. On top of that, the 24/7 presence of social media can make it hard to unplug and stay grounded. Fortunately, there's a growing recognition of the importance of helping youth and young adults build resilience and access the tools they need to thrive.

World Mental Health Day 2025: "From Stories to Support"

To mark this year's World Mental Health Day, [Active Minds](#) hosted a **virtual panel discussion titled "From Stories to Support: Building Community Through Authenticity"** — an event exploring how youth and young adults are using storytelling to create connection, fight stigma, and build authentic support networks.

The event opened with an interactive introduction to [A.S.K.](#), a simple, evidence-based peer check-in practice that stands for [Acknowledge, Support, Keep-in-Touch](#). The exercise equips participants to have meaningful conversations about mental health with their peers — turning empathy into action.

Throughout the session, panelists explored themes including:

- The power of storytelling and why sharing personal experiences matters.
- How to show up for others — even when you don't have all the right words.
- Strategies for self-support and boundary-setting.

- The connection between culture, community, and mental wellness.

The conversation concluded with reflections from the [Paramount Storytellers Lab](#) panelists and a call to action: for everyone watching to check in with a friend today using [A.S.K.](#)

*“Nearly 70% of young people say they want to check in on a friend but don’t know what to say,” said **Jada Webb**, Active Minds Public Relations intern and moderator of the panel. “A.S.K. gives them a place to start — because showing up doesn’t have to be perfect; it just has to be real.”*

Continuing the Conversation

Beyond this event, [Active Minds](#) continues to champion a new era of mental and through powerful, accessible programs like [Active Minds Speakers](#), featuring trained storytellers who share lived experiences, and [Send Silence Packing](#), a traveling exhibit that visualizes the impact of suicide and sparks community dialogue.

Whether it’s starting a conversation, joining a local chapter, or learning to support someone in need, **everyone has a role to play in creating a world where no one struggles alone.**

This **World Mental Health Day**, learn something new about mental health — and take one small step to support someone in your life. You don’t have to have all the answers, but you do have the power to make a difference.

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.