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March 16, 2026

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Active Minds' Send Silence Packing® Kicks Off Spring Tour With Powerful First Stop at Princeton Senior High School

Exhibit draws more than 600 students, expands new Active Minds chapter, and connects students with counseling resources

Washington, D.C. — [Active Minds](#), the nation's leading nonprofit mobilizing youth and young adults to transform mental health norms, successfully launched the 2026 Spring Send Silence Packing® (SSP) tour with a powerful first stop at Princeton Senior High School in Princeton, Texas.

The exhibit drew more than 600 students from across the school, with students voluntarily leaving class to engage with the interactive mental health awareness display. The strong turnout and high level of engagement underscored the growing demand among youth and young adults for open conversations and accessible resources related to mental health.

[Send Silence Packing](#) is a traveling exhibit designed to raise awareness about youth mental health and suicide prevention through storytelling and experiential engagement. The exhibit features 100 backpacks, each representing the life and story of a young person impacted by suicide, alongside resources and opportunities for attendees to seek support.

At Princeton Senior High School, the exhibit's impact extended beyond awareness. Multiple students signed up for counseling services during the event, demonstrating the importance of creating spaces where young people feel safe seeking help.

The event also energized the school's newly established [Active Minds chapter](#), which is in its first year and already includes more than 30 student members. Following the exhibit, many additional students expressed interest in joining the chapter, expanding the community of peer advocates working to promote mental health awareness on campus.

"The response from Princeton students shows exactly why programs like Send Silence Packing are so important," **said Joy Sheppard, Director of Community Programs of Active Minds.** "When we bring these stories and resources directly to youth and young adults, we help champion a new era of mental health and create opportunities for students to support one another and seek help when they need it."

The Princeton exhibit marks the first stop of the [2026 Spring Send Silence Packing](#) tour, which will travel to schools and communities across the country to spark dialogue and encourage action around mental health.

Upcoming tour stops include:

- March 17 — Kennesaw State University (Kennesaw, Georgia)
- March 18 — Albany State University (Albany, Georgia)
- March 24 — University of Nebraska–Lincoln (Lincoln, Nebraska)
- April 1 — El Camino College (Torrance, California)
- April 14 — Nazareth University (Rochester, New York)
- April 16 — Hudson County Community College (Jersey City, New Jersey)
- April 21 — Bronx Community College (Bronx, New York)
- April 23 — Virginia Commonwealth University (Richmond, Virginia)
- April 24 — Brooke Point High School (Stafford, Virginia)
- April 28–29 — Mansfield High School (Mansfield, Massachusetts)

Since 2008, more than one million people have experienced [Send Silence Packing](#) in 350+ communities nationwide. The exhibit continues to serve as a catalyst for change, inspiring increased mental health conversations, new peer support initiatives, and stronger campus engagement.

To learn more about [Send Silence Packing](#) and [Active Minds](#), visit www.activeminds.org/ssp.

Images of the Princeton High School tour stop for editorial use are [available here](#).

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.

