

send silence packing®

by **active** minds

What would you
say to someone
who is struggling?

Who and What

Rooted in a dynamic story-sharing format displayed through mixed mediums, Send Silence Packing® (SSP) is an immersive experience that illustrates the stories and centers the voices of youth and young adults as they guide us through their mental health journeys to end the silence surrounding suicide. Now entering its 15th year on the road, SSP has connected more than a million visitors in over 300+ communities with resources and tools for skills and support. The exhibit serves as a mobilizing force to change the way we think, talk, and feel about mental health, and (perhaps most importantly), how we show up for the people around us.

When

May 1st

Where

DCTC Lawn

About Active Minds

Active Minds is the nation's leading nonprofit organization promoting mental health awareness and education for young adults. Through award-winning programs and services, Active Minds is empowering a new generation to speak openly, act courageously, and change the conversation about mental health for everyone.



Learn More

Visit activeminds.org/sendsilencepacking
or explore the virtual experience at
activeminds.org/behindthebackpacks

#sendsilencepacking