

City College's Student Health Center & Active Minds Chapter Present:

send silence packing®

by active minds

Tuesday, April 22
9:00 am-4:00 pm
at Curran Plaza

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 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 each other. **In conjunction with Student Health Center's Annual Health & Wellness Fair 11:00 am-1:00 pm*



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. **The Active Minds Chapter at San Diego City College welcomes new & returning student members every year!*

Active Minds Chapter



Learn More

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

For accommodations, contact:
619-388-3055 or citymhcc@sdccd.edu
(at least 7 days prior)

call or text
988
anyone.
any struggle.
anytime.

