

Active Minds is coming to you live.

active
minds



A.S.K. Virtual Workshop (Acknowledge, Support, Keep-in-Touch)

Join us for a **FREE** virtual workshop to learn how to support your friends in everyday conversations.

The A.S.K. framework can be thought of as a “stop, drop and roll” for providing emotional support.

The presentation will be led by Alex Coy, a national speaker with Active Minds, bringing experience in trauma-informed care, mental health, and child and family advocacy.

Where

Virtual:

<https://ncsc.zoom.us/j/84885171052?pwd=TcFeb1oMWxqGF3pquJRrHarr8oun.1>

When

April 15, 2026
1:00 PM



A single story can transform a life

Active Minds is a leading non-profit organization dedicated to promoting mental health awareness and providing resources for mental health support, with an emphasis on mobilizing youth and young adults. With a mission to reduce stigma and encourage open conversations, Active Minds is a pivotal force in fostering a supportive mental health community.

