

Every Mind Matters: Promoting Mental Wellness and Positive Change at Fort Valley State University

At Fort Valley State University, one student organization is leading the charge in promoting mental wellness and breaking down the stigma surrounding mental health. Every Mind Matters (EMM) is a mental health awareness organization that works to educate, uplift, and empower students while creating a culture of compassion and support across campus and the broader Fort Valley community.

Founded with the mission of normalizing mental health conversations, EMM strives to remind students that taking care of their minds is just as important as caring for their bodies. The organization provides a safe and inclusive space where students can speak openly about their challenges, access resources, and find strength through connection.

“Every Mind Matters is about creating a community of understanding,” said Raven Edwards, President of the organization. “We want students to know that their feelings are valid and that there’s power in reaching out for help and supporting one another.”

Promoting Positivity Across Campus

On campus, Every Mind Matters makes a visible impact through weekly tabling events, mindfulness workshops, and campus collaborations that highlight self-care and mental awareness. Events like *Mindful Mondays* and *Wellness Wednesdays* provide opportunities for students to engage in conversations about stress management, healthy coping skills, and emotional balance.

The organization also partners with FVSU Counseling Services to share important mental health resources and offer wellness activities, including journaling sessions, group meditations, and art therapy events. By making these activities accessible, EMM helps students manage the pressures of college life in healthy, sustainable ways.

Building Bridges Beyond Campus

EMM’s influence extends beyond Fort Valley State University. The organization frequently engages with the local community through outreach projects, including volunteering at schools, organizing donation drives for mental health programs, and participating in community wellness fairs. These efforts demonstrate the organization’s commitment to spreading awareness and compassion far beyond the university gates.

“Part of our mission is giving back,” said Adrian Cunningham, Founder of Every Mind Matters. “When we connect with people outside of campus, whether it’s through service, education, or simply listening, we’re building a stronger, more caring community.”

Encouraging Student Empowerment

Through its programs, social media campaigns, and collaborations, Every Mind Matters empowers students to become advocates for themselves and others. The organization regularly features student stories and motivational posts across platforms like Instagram, X, and TikTok using creative content and positive messaging to encourage mental resilience.

“We want our social media to reflect the real college experience,” said Shikera Harold, Social Media Coordinator. “It’s about showing that it’s okay to struggle, but also that it’s possible to heal, grow, and thrive. Our online presence allows us to reach students who might be afraid to speak up in person.”

A Lasting Impact

Every Mind Matters continues to grow as a movement dedicated to education, empathy, and empowerment. Its members believe that mental wellness is not just an individual goal but a collective effort that strengthens the entire FVSU community. By fostering open dialogue, providing resources, and encouraging kindness, EMM reminds everyone that they are never alone.

At Fort Valley State University, Every Mind Matters isn’t just an organization; it’s a beacon of hope, unity, and understanding. Through its mission and outreach, it continues to leave a lasting impact on campus life, the student body, and the surrounding community.

Because at FVSU, every mind truly does matter.