



To learn more, start, or join a DMAX Club at your school, visit dmaxfoundation.org/dmaxclubs

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You belong.

DMAX Clubs:
Conversations That Matter.
Friends, food, and fun.

Conversations That Matter

Friends Helping Friends

“Conversations help people to feel listened to, appreciated, and cared about and sometimes that makes a world of a difference.”

-Shea Weaver, Penn State

Today’s Mental Health Crisis on Campuses

These statistics might describe you or another student you know.

86% have felt overwhelmed by all they have to do

61% have experienced overwhelming anxiety

39% have felt so depressed it’s difficult to function

12% have contemplated suicide*

The Power of Belonging

DMAX Clubs are student communities of friends helping friends, talking about mental health and the emotional pressures of school and life.

The people are supportive in and out of meetings.

“I’ve struggled throughout my life with anxiety and at times depression—I’ve never had a resource available that really allowed me to connect with others the way DMAX Clubs

do. I’ve seen students suffer in silence so often.”

-Cindy Fox, Drexel University

What We Do Differently

- Honest Conversations That Matter in a friendly setting
- Fun and educational activities
- For all students
- Friends Helping Friends means we all help each other

“My goal is to help people like me and allow them to know that what they go through, they don’t go through alone. The people are supportive in and out of meetings.”

-Rachel Gledhill, Elon University

How the Clubs Work

Meetings are held regularly with topics and activities chosen by the Club. Students leaders are trained by the Counseling Center to facilitate conversations, recognize emergencies, and make referrals. DMAX Foundation provides DMAX Clubs with structure, materials, support, and its network of DMAX Clubs and corporate sponsors.

“When you have no one else to turn to about your less-than-ideal week, the campus DMAX Club is always there with a listening ear and open arms.”

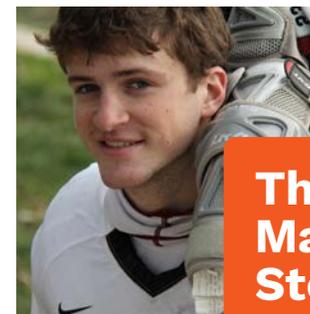
-Stefanie Milovic, Elon Univ.

Our Heartfelt Mission

To create trusting environments for students to have honest everyday conversations about mental health so they can understand and help each other.

“When I found out about DMAX Club, I was glad that it focused on mental well-being instead of mental illness. Mental health is important for everyone, and people need to realize that.”

-Heather Disalvo, Temple University



The Maxwell Story

After more than a year of distress and emotional pain, 18-year old Dan Maxwell took his own life. His friends called him “DMAX”.

In September 2013, Laurie and Lee Maxwell, determined that their son’s life would make a difference in the world, established DMAX Foundation.

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*Source: Fall 2017 American College Health Association’s National College Health Assessment

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