

# The Emotional Lives of Boys and Young Men:

## A Guide for Caregivers, Communities, and Youth-Facing Organizations

A synthesis of current research, insights, and social listening findings on the mental health of boys and young men

A report by The Jed Foundation (JED)

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The Jed Foundation

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# Table of Contents

- 01** Executive Summary
- 04** How We Put This Report Together
- 05** Introduction
- 06** A Review of the Literature
- 08** The Social Listening Project
- 09** An Expert Convening
- 11** Recommendations for Caregivers, Communities, and Youth-Facing Organizations
  - 12** Caregivers
  - 15** Communities
  - 16** Youth-Facing Organizations
- 18** Conclusion
- 19** Appendix A: Convening on Boys and Young Men Participants
- 22** References



# Executive Summary

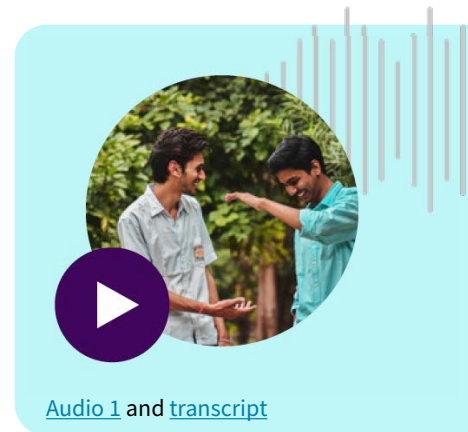
## Overview

Mental health challenges among boys and young men constitute a critical public health issue, evidenced by [the male suicide rate being 3.5 times as high as that of females](#), yet systemic, intergenerational, peer, and media influences encourage normative masculine coping by way of emotional stoicism, acting tough, and self-sufficiency. From a young age, [boys are taught to hold in most of their emotions](#) while figuring out how to cope (Audio 1).

The exceptions to the rule in emotional expression are anger and aggression. [While boys and young men are expected to show emotional restraint most of the time, anger outbursts and the use of aggression are accepted forms of both emotional expression and conflict resolution strategies.](#) This leaves little room for learning to endure distress and cope with stress, two expected human conditions throughout life.

This report, grounded in research, input from a diverse group of experts working in the field and young men, and informed by a social listening project, examines the pressures and mental health challenges boys and young men face, how they feel empowered to show and cope with emotion, and future directions for helping boys and young men thrive in a time when they are feeling socially disconnected, pessimistic about the future, and misunderstood.

We believe that caregivers, youth-facing workers, and communities play an integral role in helping boys and young men unlearn harmful narratives about what it means to be a man. It will take all of us to address stigma and harmful masculine expectations that drive boys and young men away from healthy sources of support and toward negative influence.



[Audio 1](#) and [transcript](#)

## Key Findings From the Literature

Boys and young men often experience emotional distress in ways that are less visible to adults and institutions. [Young men frequently express mental health struggles through externalizing behaviors](#) such as irritability, anger outbursts, risk-taking, substance use, aggression, and suicidal thoughts, rather than sadness or fatigue.

Cultural norms around masculinity shape how that distress is expressed, hidden, or redirected (Audio 2). [“Man Box” expectations, which are masculine norms demanding self-reliance, toughness, and emotional restriction, frame vulnerability as a weakness and discourage emotional expression.](#)

[Digital environments can amplify both harmful and supportive pathways, with opportunities for humor, distraction, and connection as well as exposure to harmful content, cyberbullying, and gambling and sports betting.](#)

Prevention depends on strengthening connections, belonging, and trusted relationships across [families, communities, and youth-serving systems.](#)



[Audio 2](#) and [transcript](#)



## Key Findings From the Expert Convening

The two-day convening, hosted by The Jed Foundation (JED) and the Morgan Stanley Alliance for Children’s Mental Health, brought together 65 experts, including young men, to explore the mental health landscape, resource gaps, and promising innovations for boys and young men.

The key takeaways highlight several critical areas for intervention: The rigid norms of the “Man Box” continue to drive high rates of loneliness, a lack of purpose, and high-risk behaviors; solutions must focus on fostering belonging through mentorship and establishing inclusive, nonjudgmental “third spaces”; cross-sector collaboration is viewed as the “best” model to broaden collective community impact, but advocacy is needed for policy change at multiple levels; effective scaling of efforts requires preserving community and cultural context through an approach of “targeted universalism”; and finally, there is a clear need for male-informed models of emotional support, with the voices of boys and young men directly shaping interventions, alongside advocacy for policy change at multiple levels through cross-sector collaboration.



## Key Findings From the Social Listening Project

The social listening study analyzed how young men ages 18-30 discuss their mental health across digital platforms. Themes echoed those highlighted in the literature and during the convening.

Young men often communicate their mental health struggles using coded expressions, such as humor, memes, sarcasm, and informal language. While mental health content is widely accessible online, the lived experiences of young men are rarely shared publicly, with discussions mostly confined to private or semi-private spaces like group chats, Discord, or offline settings.

The pervasive “alpha–beta mindset,” rooted in Manosphere and Man Box ideologies, teaches young men that vulnerability and emotional awareness are signs of weakness, actively discouraging emotional openness.

Distinct subcultures, including those focused on gaming, fitness, college, and the military, each maintain unique norms for discussing emotions and coping. Although influencers shape narratives around masculinity, positive mental health voices often struggle to achieve engagement and authenticity. Public conversations about young men’s mental health are typically reactive, spiking only after crises, underscoring the need for more proactive, preventive messaging to normalize discussing emotions and distress.

## Recommendations

This report includes actionable recommendations for caregivers, communities, and youth-serving organizations.





# How We Put This Report Together

JED utilized a three-phase approach to explore the following questions:

1. What is the current landscape of mental health for boys and young men between the ages of 13 and 30?
2. How do narratives around traditional masculinity and the influence of digital content affect the emotional lives of boys and young men?
3. What systems of support are needed to help boys and young men thrive?

## **Phase 1:**

A literature review was conducted to examine current stressors, systems of support, and innovations in prevention and intervention for boys and young men between the ages of 13 and 30.

## **Phase 2:**

JED partnered with Clemson University's Social Media Listening Center on a social listening study to explore how young men ages 18-30 discuss mental health across digital platforms.

## **Phase 3:**

JED and the Morgan Stanley Alliance for Children's Mental Health co-hosted a two-day convening of leading experts in the field, including young adults, to engage in workshops centered on challenges and opportunities identified in the literature review, capture implementation insights from nonprofits working in this space, and surface youth perspectives and emerging trends that might not yet be reflected in the research. Participants engaged in authentic and critical conversations to share best practices, ongoing research, and lived experiences.

# Introduction

Mental health challenges among boys and young men represent a critical public health issue. Although general population studies often indicate that women report higher rates of anxiety and depression, [suicide remains the second leading cause of death for young people between the ages of 10 and 34, and the suicide rate among males in this age group is about 3.5 times as high as that of females.](#)

[Mental health struggles can appear differently among boys and young men than girls and young women](#), and often the symptoms aren't a perfect match for the diagnostic criteria. This is problematic on multiple levels. If mental health practitioners don't know what to look for, they might [misdiagnose boys and young men with behavioral problems](#). In addition, boys and young men might struggle to identify their own symptoms of depression and other mental health conditions. [Depression sometimes manifests, especially in boys and young men, as irritability or anger, rather than sadness.](#)

## Manifestations of Distress

[Young men often express emotional distress through behaviors that align with traditional masculine norms](#), such as:

- ▶ **Substance Use:** Increased alcohol and drug misuse as a form of self-medication or escapism.
- ▶ **Risk-Taking, Anger, and Aggression:** Engaging in dangerous activities, negative behaviors, or aggression directed outwardly, rather than reporting feelings of sadness or vulnerability.
- ▶ **Emotional Restriction:** The suppression of emotional expression, leading to a delayed presentation of symptoms or a breakdown in functioning.

[Studies suggest that when we open up our views about distress to include symptoms like these, it becomes clear that boys may experience similar levels of depression than girls.](#)

[Research](#) shows that many young men are feeling disconnected and unhappy. Specifically, they report a low level of hope for the future and a sense that no one truly knows them. They also feel that online groups known for anger and extreme views of masculinity are leading more young men toward harmful ways of defining manhood.

It's no wonder boys and young men are struggling with their mental health. In addition, the burden of mental health is likely underestimated due to stigma about help-seeking, barriers to care, and continued societal messaging toward stoicism and other standards of masculinity.

Although the emotional lives of boys and young men are shaped by complex developmental, social, and cultural forces, this report highlights what caregivers, communities, and youth-facing organizations can do to better support their mental health and help them thrive.

# A Review of the Literature

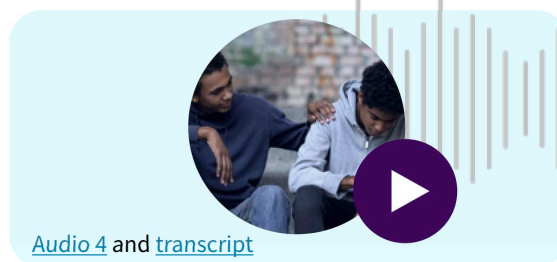
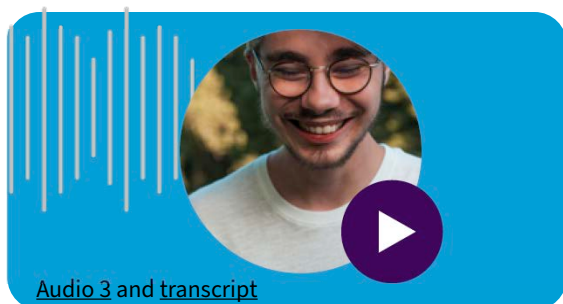
This snapshot of the current literature highlights a critical public health issue: mental health challenges in boys and young men, and the complex reasons why they often fail to get the help they need. The problem: Distress looks different, and innovative care solutions are needed.

## How Distress Shows Up in Boys and Young Men

[While girls often report higher rates of anxiety and depression](#), the data show an urgent crisis for young men: Suicide is the second leading cause of death for young people between 10 and 34, and [the suicide rate for males is 3.5 times as high as that of females](#).

Mental health distress in young males often appears differently than in females, a phenomenon called “masculine-normative coping.” Instead of expressing sadness or vulnerability, boys and young men are more likely to externalize their distress through behaviors that align with traditional masculine norms, [including aggressive behavior, irritability and anger, risky behaviors \(e.g. reckless driving\), and substance misuse](#).

In considering the traditional diagnostic criteria, there’s also the potential for underreporting given societal pressures to conform to a specific set of traditional masculine traits referred to as the Man Box (Audio 3).



This is a set of beliefs, perpetuated by society, families, peers, and media, that pressures young men and boys to act in certain ways. [Equimundo analyzed messaging in the Man Box to learn how young men receive and internalize it](#). They found seven key themes that describe what it means to be a man: self-sufficiency, acting tough, physical attractiveness, rigid masculine gender roles, heterosexuality and homophobia, hypersexuality, aggression, and control.

Studies suggest that when we open up our views about distress to include symptoms like these, and when we consider that: not all men externalize (some internalize) and that males are underdiagnosed due to a lack of help-seeking or clinical bias, it becomes clear that boys may experience similar, or even greater, levels of depression than girls.

[Key risk factors for mental health conditions in boys and young men](#) include loneliness, social isolation, intense academic or career pressure, relationship issues, and feeling unable to meet societal standards of masculinity (Audio 4).

## The Role of Masculine Norms and Digital Life

[Research shows that boys and young men face immense pressure to adhere to traditional masculinity norms](#), which emphasizes emotional stoicism, self-sufficiency, toughness, and aversion to feminine traits. Adolescent [boys also engage in policing peer behavior](#) to reinforce these norms and gain status among their friends.

[Studies examining the use of digital platforms among boys and young men show both harms and opportunities](#). While cyberbullying, influencers targeting boys and young men with [harmful content about masculinity](#), and gambling and sportsbetting are clear dangers, boys and young men also [find connection](#), share humor, and communicate with each other across digital platforms.

### Barriers to Seeking Help

[Research shows that boys and young men are reluctant to seek help and that existing help doesn't always meet their needs](#). Barriers to help-seeking fall into three main categories: stigma (Audio 5), including strong beliefs in self-reliance, lack of access to male-informed and less traditional treatment models, and lack of self-awareness about mental health because of emotional restriction.



[Audio 5](#) and [transcript](#)

### What Can Be Done: Recommended Interventions

[Studies show that effective solutions require rethinking services to make them accessible and relevant to boys and young men](#). Integrating mental health education into school, sports programs, and other community-based programs enables educators, coaches, and mentors to help redefine resilience and encourage help-seeking and help-giving.

[Boys and young men show a preference for short-term, solution-focused interventions, informal supports \(e.g. group spaces for peers\), and male-informed care](#). Important factors to consider include authenticity (Audio 6), flexibility (e.g. virtual options and digital resources), a focus on goal-setting and purpose, and mentorship as an opportunity to practice healthy emotional disclosure.



[Audio 6](#) and [transcript](#)

# The Social Listening Project

Clemson University's Social Media Listening Center, in partnership with JED, conducted a social listening study to explore how young men ages 18-30 discuss mental health and emotional well-being across digital platforms in the United States. Here are the key findings, summarized:

- ▶ **Coded Language:** Across platforms, young men use more informal and coded language to describe what would be considered mental health. Humor, sarcasm, and memes are used to signal distress.
- ▶ **Different Populations Have Different Ways of Connecting:** Differences in how young men interact were noted across subpopulations, including gaming communities, fitness spaces, college environments, and military-affiliated groups. Each group showed unique normative beliefs and behaviors around opening up about emotions and how they cope.
- ▶ **The Alpha-Beta Framework Positions Strength and Vulnerability as Opposites:** This framework is steeped in Man Box and manosphere ideology and teaches young men that vulnerability and emotional awareness are weak and inferior.
- ▶ **Mental Health as a Topic Is Highly Visible, Lived Experience Among Young Men Remains Less Visible:** While content made by professionals for young men is plentiful, there is a lack of connection around lived experience on public-facing platforms. Conversations about mental health appear to occur more often in private or semi-private spaces (e.g., group chats, Discord servers, offline spaces).



- ▶ **Influencers Can Be Positive and Negative, With Positive Mental Health Messaging Lagging in Engagement:** Influencers and content creators are shaping the narrative around masculinity, but positive influencers need guidance in creating authentic and engaging content that builds trust in young men.
- ▶ **Public Discussion Around Mental Health Among Young Men is Often Reactive to a High Profile Crisis:** Preventive strategies, including normalizing talking about mental health, signals of distress, and coping, are necessary to elevate talking about emotions and mental health proactively instead of reactively.



# An Expert Convening

JED and the Morgan Stanley Alliance for Children's Mental Health hosted a two-day convening of 65 experts, including youth voices, to gain insights into the current landscape of stress and mental health for boys and men, gaps in resources for this population, and innovations in the field that show promise.

Three expert panels, featuring researchers, youth-facing nonprofit leaders, young people, and other leaders, introduced the topic in broad strokes. All convening participants self-selected into 4 of 16 working groups over the convening. Zoom audio was used to create and download transcripts from each breakout session.

These key themes came up across panels and working group during the event:

▶ **The Man Box**

Rigid masculine norms are a major stressor, limiting emotional expression to anger, discouraging vulnerability, and creating barriers to seeking help. This directly contributes to high rates of loneliness, a lack of purpose, and high-risk behaviors (e.g., suicidal ideation, gambling).

▶ **The Critical Need for Relationships, Mentorship, and Belonging**

Solutions are rooted in fostering genuine, caring relationships and belonging. This requires the presence of trusted, non-judgmental adults outside the immediate family, and the intentional creation of inclusive “third spaces” and an “architecture for belonging” to combat the “loneliness epidemic.”

▶ **The Dual-Edged Influence of the Digital Environment**

The digital space is both an opportunity and a risk. It holds potential for positive, moderated “digital havens” and community. On the other hand, algorithms and hypermasculine content can promote unhealthy masculinity, misogyny, and isolation, while the commercialization of gambling and pornography are noted as serious public health issues.



▶ **The Necessity of Coordinated and Collaborative Service Change**

Advocacy for youth mental health is needed for policy change at all levels (e.g., school boards, national associations), and cross-sector collaboration is viewed as the best model to broaden collective community impact. This also includes addressing the macro environment that affects children’s well-being by encouraging responsible practices across industries.

▶ **A Desire for Practical Strategies for Opening Up About Emotional Health and Reducing Shame and Secrecy**

Effective interventions prioritize early, preventative measures (e.g., starting in middle school) and a shift from traditional talking to activity-based connection (e.g., sports, gaming, arts). Effective interventions also involve intentionally creating supportive and brave spaces and rituals for vulnerability and promoting “compassionate masculinity.”

▶ **The Importance of Targeted Universalism and Cultural Context**

There is a crucial need to preserve racial and cultural context when scaling work beyond specific demographics. Implement “targeted universalism,” using tailored strategies based on specific data and community needs to achieve universal, equitable outcomes.



# Recommendations for Caregivers, Communities, and Youth-Facing Organizations

Promoting positive masculinity and helping boys and young men learn to identify and work through their emotions requires a collaborative approach between home, school, community, and youth-facing organizations. These efforts must be intentional, coordinated, and informed by male youth voices.

## Caregivers:

- ▶ **Teach Emotional Literacy:** Build emotional granularity early (teaching boys and young men that feelings often overlap) by naming a wide variety of feelings and normalizing expressions of emotion beyond anger and frustration.
  - ▷ For young boys, this can include using feelings faces posters, feelings charades, and children’s literature to identify and talk about a range of emotions.
  - ▷ For tween, teen, and young adult males, open and honest communication and regular check-ins on stress levels and emotional health can normalize talking about mental health and practicing vulnerability.
- ▶ **Offer Mentoring:** Women do most of the emotion coaching in the family. Men modeling vulnerability (Audio 7) and talking about emotions shows that opening up is a strength. This can include storytelling between male mentors and boys and young men, illustrating difficult times and coping strategies that helped.
- ▶ **Create Comfort:** Talk during side-by-side activities to decrease tension.
  - ▷ A walk-and-talk helps reduce pent-up tension while creating space to talk.
  - ▷ Board and card games offer a healthy distraction to reduce the stress of talking about difficult topics.
  - ▷ Ask what helps boys feel comfortable when sharing vulnerabilities.
  - ▷ Consider music, physical activity (throwing a frisbee or shooting hoops), or collaborative tasks (building) when talking.



[Audio 7](#) and [transcript](#)



- ▶ **Use Active Listening:** Listen to listen, not to solve a problem.
  - ▷ Ask open-ended questions instead of yes/no questions or questions that have specific answers.
  - ▷ Validate emotions, frustrations, and problems.
  - ▷ Use empathic language.
  - ▷ Ask problem-solving questions instead of solving the problem.
  - ▷ Follow up later.
- ▶ **Meet Them Where They Are:** If they invite you into their worlds, be it gaming, meme sharing, or listening to music, take the opportunity to connect. These invitations can be easy to miss. It helps to remain curious about their interests by asking authentic questions.
- ▶ **Embrace Technology:** Sometimes texting about hard things feels easier to young people than talking. Sitting face-to-face to talk can feel stressful, particularly when intense or awkward topics arise. Be adaptable to their preferred form of communication.
- ▶ **Create Pathways to Other Supportive Adults:** Encourage trusting relationships with mentors, coaches, educators, and other support systems.
  - ▷ Ask boys and young men to identify older male mentors they admire.
  - ▷ Encourage them to reach out to these potential mentors to spend time together and build trust.
- ▶ **Be Curious, Not Reactive:** When Man Box or mansphere content comes up, meet them with curiosity.
  - ▷ Ask open-ended questions about what they like about certain influencers and how they find engaging content.
  - ▷ Ask them to share their favorite content with you.
  - ▷ Be curious about why certain influencers and content creators land on For You pages.



- ▶ **Redefine Masculinity:** Encourage boys to create their own definitions of masculinity based on the male mentors in their lives.
  - ▷ How do men talk about feelings?
  - ▷ What do friendships among males look like?
  - ▷ How do men connect and support one another?
- ▶ **Spot Red Flags:** Pay close attention to “us versus them” narratives, quiet signs of distress, and changes in behavior.
  - ▷ Notice signs of frustration with gender differences and talking points that center around boys having it harder than girls.
  - ▷ Pay attention to changes from baseline behavior (i.e. a boy who is usually very social suddenly spending a lot of time alone behind a closed door).
- ▶ **Promote Digital Agency:** Teach boys to use platform tools (e.g., “not interested,” blocking, muting) to curate their own feeds, ensuring their online environment is uplifting rather than restrictive.
- ▶ **Educate Yourself:** Dedicate time to learning about the Man Box narrative, masculinity influencers, and how and when cyberbullying occurs for boys and young men.
- ▶ **Advocate:** In your community and schools, advocate for non-competitive and safe spaces for boys to connect and experience belonging, digital literacy for students and parents, and resources that meet the needs of boys and young men.

## Communities:

- ▶ **Build Intentional Third Spaces:** Boys and young men need intentionally designed spaces to connect with peers in a safe space separate from home and school/work.
  - ▷ Teen spaces that center the needs of various populations can serve as resources for peer-to-peer connection and supportive group environments.
  - ▷ Utilize a youth advisory board to create spaces that appeal to high school boys.
- ▶ **Elevate Youth Voice:** Youth action committees, youth boards, and youth-led events are all opportunities for them to elevate their voice in the community. It's important to be intentional about engaging boys and young men in these opportunities.
  - ▷ Seek youth input when designing spaces and activities, particularly for high school populations.
  - ▷ Offer opportunities for teen boys to mentor younger boys through community programming.
- ▶ **Create Mentoring Programs:** Community-based mentoring programs can offer support, career development, and modeling of healthy masculinity.
  - ▷ Match boys and young men with mentors based on career goals, mutual interests, and shared activities.
- ▶ **Challenge Masculine Norms:** Promote activities and interests that are not confined to traditional masculine roles, fostering personal expression and connection.
  - ▷ Create on-ramps for boys to engage with the arts community.
  - ▷ Offer opportunities for non-competitive physical activities (i.e., run clubs or kickball games) to promote healthy development without the stress of competition.
- ▶ **Create Outdoor Spaces for Teens:** Develop outdoor play spaces for teens that are accessible and center youth voice.



## Youth-Facing Organizations and Schools:



- ▶ **Explicitly Teach Healthy Masculinity:** Implement programs that define positive traits such as integrity, compassion, empathy, and vulnerability.
  - ▷ Introduce a curriculum that teaches soft skills.
  - ▷ Create projects that center on learning about local or everyday heroes.
- ▶ **Address Hypermasculinity as It Occurs:** Use compassionate correction to help boys and young men identify harmful narratives and behaviors and share positive alternatives.
  - ▷ Name it.
  - ▷ Talk about the unintended consequences of it.
  - ▷ Discuss alternative narratives.
- ▶ **Promote Critical Thinking About Traditional Masculinity:** Actively question narrow definitions of masculinity in the media, and influencer culture.
- ▶ **Celebrate Diverse Achievements:** Highlight diverse talents, including volunteering, artistic pursuits, and social skills, rather than solely focusing on physical or competitive achievements.
- ▶ **Encourage Peer Support:** Promote collaborative work to build supportive friendships among boys. This can help reduce the need for aggressive competition.
  - ▷ Encourage clubs that promote connection and talking about mental health.
  - ▷ Open your classroom for a supportive lunch environment and other connection points when possible.





- ▶ **Create Space for Honest Conversation:** Be proactive and intentional about offering a nonjudgmental space to discuss pressures around masculinity and struggles boys face.
- ▶ **Teach Digital Literacy:** Educate boys on how algorithms, prioritize engagement, which often funnels them toward extreme, harmful masculinity content.
- ▶ **Refer to Male-Centered Treatment**  
**Options:** Community mental health and other clinical spaces should offer resources that appeal to male youth, including groups, virtual therapy, and skills-based therapy.



## Conclusion

Addressing the mental health struggles among boys and young men requires more than just making services available; it demands a radical rethinking of what those services look like and how they are communicated. By dismantling the influence of traditional masculine norms and creating accessible, male-friendly pathways to care, the public health sector can better support this critically underserved population.

It is essential to underscore the fact that this work must not be done in isolation. Including boys and young men from diverse backgrounds and intersecting identities is paramount to building systems of care that meet them where they are and address their needs. It is also important that caring adults, mentors, coaches, teachers, and clinicians are trained in ways to support boys without judgment, shame, or stigma.

## **Appendix A:**

Convening on Boys and Young  
Men Participants

# Appendix A

<b>Name</b>	<b>Affiliation/Title</b>
Richard Weissbourd	Harvard University Graduate School of Education
Hannah Kemp	Surgo Health
Shums Alikhan	Surgo Health
Michelle Carlson	Former Director of Young Men's Health North America, Movember
Taveeshi Gupta	Equimundo
Sarah Barton	Clinton Global Initiative
Lauren Jen	AAP
Josh Lavra	Hopelab
Devin Anglin	YMCA National Strategy for Boys
Laura Blackburn	Mammoth Brand
Desmond Patton	UPenn School of Social Policy & Practice
Justus Charles	Mount Sinai
Catherine Squirewell	Mount Sinai
Leonard Taylor	Indiana University
Jon Gilgoff	University of Maryland, Baltimore School of Social Work
Aiden Carroll	Youth
Tristan Leerhoff	Youth
William (Bryce) Cason	Youth
Daelyn Young	Youth
Jaden Brown	Youth
Tony Porter	Author Breaking out of the Man Box and CEO of A Call to Men
Kimya Motley	CAO, A Call to Men
David Bell	Lawrenceville School
Tali Horowitz	Common Sense Media
Mike Smithers	Movember
Gayathri "Gaya" Butler	Movember, Director, Global Health and Masculinities Collaborative
Emily Weinstein	Center for Digital Thriving
Mary "Mitru" Ciarlante	Lead Director, Big Brothers Big Sisters of America
Steve Veldkamp	Timothy J. Piazza Center for Fraternity and Sorority Research at Penn State University
Matt Wooters	Jesuit, John Carroll University
Kimmi Berlin	Founder and CEO, Build Up Boys
Shawn Williams	Senior Facilitator, Build Up Boys
Stephen Tosh	Executive Director, Boys Club of New York
Dennis Barbour	Partnership for Male Youth
Ron Henry	Men's Health Network
Timothy Fong	Co-Director, UCLA Gambling Studies Program, President, American Academy of Addiction Psychiatry

<b>Name</b>	<b>Affiliation/Title</b>
Ryan D'Agostino	Editorial Director, Hearst
Laura Erickson-Schroth	Chief Medical Officer, The Jed Foundation (JED)
John MacPhee	Chief Executive Officer, The Jed Foundation (JED)
Dawn Thomsen	SVP, Youth Strategies & Chief Engagement Officer, The Jed Foundation (JED)
Tony Walker	SVP, School Programs & Consulting, The Jed Foundation (JED)
Ryan Bunts	Senior Director of High School Programs, The Jed Foundation (JED)
Jessica Orenstein	Director of Programmatic Partnerships, The Jed Foundation (JED)
Jahi Gordon	Trainer, Educational Programming, The Jed Foundation (JED)
Mary Bess Pritchett	Manager, Student Engagement, The Jed Foundation (JED)
Adee Shepen	Chief Growth Officer, The Jed Foundation (JED)
Grant Bowen	Executive Assistant, The Jed Foundation (JED)
Kurt Michael	VP, Postvention and Consulting, The Jed Foundation (JED)
Deb Stone	Senior Director, Knowledge and Advising, The Jed Foundation (JED)
Liza Carballo	SVP, Marketing and Communications, The Jed Foundation (JED)
Jordan Faiella	Executive Assistant to the SVP, Youth Strategies and Engagement, The Jed Foundation (JED)
Diana Gerring	Senior Director, Higher Education Program, The Jed Foundation (JED)

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