MIA LEVITSKY & MEAGHAN HAUGHEY
11th grade, Evanston H.S., Evanston, Illinois
Promote mental health awareness among teens

• Mia was diagnosed with Obsessive Compulsive Disorder in 6th grade and was told to participate in extracurricular activities, like sports, to keep her mentally focused.

• When she was cut from her favorite sport, Lacrosse, her extreme anxiety made her realize she probably wasn’t the only one struggling with mental health issues.

• Mia asked her friend Meaghan for help and together they started a charity, “Moving Your Mind” to provide free creative and physical activities for teens who are struggling with depression and anxiety.