

**FOR IMMEDIATE RELEASE**

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**Minnesota to Host Mental Health Awareness Game on Saturday**

The University of Minnesota football team will host its second Mental Health Awareness game when it welcomes Western Illinois to Huntington Bank Stadium for an 11:00 a.m. kick on Saturday, Sept. 10.

The Gophers will partner with well-known speaker, author and founder of [I'm Changing the Narrative](#) Rachel Joy Baribeau for the game. Baribeau, who will attend the game, has spoken to head coach [P.J. Fleck](#) and the Minnesota football team each of the last several years and is an advocate for mental health awareness and resources. I'm Changing the Narrative's mission is to promote positive mental health and good love for yourself and others to serve as inspiration to create an individual legacy of purpose, passion and platform.

The Gophers will wear a green ribbon on their helmets, as green is the color of mental health awareness. There will also be an in-game video played that will focus on the importance of mental health.

Minnesota previously hosted a Mental Health Awareness game in 2019 when it faced Maryland at home.

**How to get help:**

University of Minnesota students are encouraged to reach out to [Boynton Health](#) or contact [Student Counseling Services](#). For after hour assistance call 612-301-4673 or text "UMN" to 61222

Community members are encouraged to reach out to [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org) or call 1-800-273-TALK (8255).

**Additional Information:**

For pre and post event interviews with Rachel Joy Baribeau, please contact Allison Ratzlaff at [allison.ratzlaff@gmail.com](mailto:allison.ratzlaff@gmail.com) or 858-335-6580.