

FOR IMMEDIATE RELEASE

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Utah State to Host Mental Health Awareness Game on Saturday, 9/24/22

Utah State University football team will host their first NCAA Mental Health Awareness game when it welcomes UNLV to Merlin Olsen Field at Maverik Stadium for a 5:00pm kick-off on Saturday, September 24. The Aggies 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 Blake Anderson and the Utah State football team several times 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.

Coach Anderson commented, "Rachel's energy and perspective is so uplifting and amazing. She has become a very close friend of mine over the past 10 years, as we both battled through similar losses in our lives. Rachel continues to smile, lean on her faith, and pour herself into absolutely everyone she comes into contact with, making an enormous lasting impact that is life changing with each and every encounter."

The Aggies 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 awareness and resources.

How to get help:

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

Additional Information:

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