STUDENT SPOTLIGHT : Nick Theodores

Leading a Culture Shift, One Conversation at a Time



Nick Theodores

For Nick Theodores, a student-athlete at Rivier University, mental health advocacy isn't just about organizing events or starting a club—it's personal. Like many of his peers, Nick has faced his own mental health struggles and understands how isolating it can feel, especially in a culture where stigma still silences too many young voices.

Rather than staying quiet, Nick has chosen to use his experiences to help others. "If I can make even the smallest impact in someone's life, I want to," he shares. That commitment led him to launch a student-led mental health chapter on campus, focused especially on reaching athletes. Though the group began with mostly student-athletes, it has since grown more diverse, with about 15 active members and increasing interest from across the student body.

Nick's approach centers on building honest, vulnerable conversations. He recalls a powerful moment while speaking to a group of 14-year-old soccer players who were reluctant to engage—until he opened up about his own setbacks and the toll they took on his mental health. "Once they heard my story, they started to understand it was okay to talk about their struggles." Moments like these reinforce his belief that "just talking about it" can break stigma and shift culture.

Under Nick's leadership, the chapter has organized a wide range of events, from mental health awareness games and guest speakers to yoga sessions and kickball tournaments. This spring, they'll hosted George Mumford, a world-renowned mindfulness coach who has worked with elite athletes, including Michael Jordan and Kobe Bryant. But beyond the headline events, Nick is focused on creating lasting change—advocating for policy improvements, building partnerships with local schools, and ensuring every student knows help is available.

"There's an aspect of mental health that can appeal to everyone," Nick says. Whether it's light therapy lamps in the library or open conversations in a locker room, his work is helping others see that mental health matters—and that no one should struggle in silence.

KyleCares is proud to recognize Nick Theodores for his outstanding courage and efforts to lead the change in narrative around mental health on his campus and surrounding community!



