STUDENT SPOTLIGHT : Juliana Bostock

ACTIVE MINDS ADVOCATE AT NAHS



Juliana Bostock

Juliana Bostock, like so many other high schoolers across the country, has experienced mental health struggles. Juliana is a mental health advocate and recent graduate of North Attleboro High School (NAHS.) She has played a major role in her school's Active Minds chapter as a member for all four years of high school and leading the group as president during her senior year. Juliana's commitment to mental health advocacy has not only impacted her own life but also helped her wider school community.

Juliana's dedication to mental health advocacy was sparked during a tragic time in her freshman year when a classmate of hers passed away due to suicide. This loss and the struggle of being quarantined during COVID-19 made Juliana more aware of her own struggles with mental health and what her classmates were also going through. Growing aware of this motivated Juliana to address mental health issues in her community and encourage open conversation about them.

Juliana's motivation to make a difference paid off and her Active Minds chapter flourished, growing to have over 80 members who participated in the chapter regularly. She played a pivotal role in organizing events that fostered a supportive environment for discussing mental health issues. Juliana has seen firsthand the impact that her Active Minds chapter has had on the wider community stating, "I think the work we are doing in Active Minds definitely has decreased the stigma around mental health. The conversations that we are having are so important and allow students to realize that mental health is something that we should not be ashamed to talk about. It's important to normalize reaching out for help and let students know that it is okay to struggle. With every conversation we have I believe the stigma behind mental health conversation is lessened."

An event that stuck with Juliana was the "Be Kind to Your Mind Green Bandana Activation Project," held in partnership with the New England Patriots Foundation, Project 351, Cuerd@s, and KyleCares. This event allowed NAHS students and Patriots players to open up about their experiences with mental health. Julia noted, "From the students' perspectives, I think it's really eye-opening to realize that everyone around them struggles with mental health; their classmates, friends, family, and even the New England Patriot players that they watch on TV."

Throughout her high school journey, KyleCares has been a vital support system for Juliana and her peers. By bringing Active Minds to high schools across New England and hosting impactful events like the KyleCares Conference at Gillette Stadium, KyleCares has facilitated meaningful dialogue about mental health that high school students have not had access to before. Juliana believes that the work KyleCares is doing is making a tremendous difference in communities, helping to foster a more open and supportive environment for discussing mental health issues

In the fall, Juliana will be studying Mechanical Engineering in the honors college at the University of Connecticut. As she embarks on this new journey, she carries with her the lessons and experiences from her time as a mental health advocate.

Congratulations Juliana, and best of luck!