

Alone Together

Below is a picture of clay figurines representing the effects of having a people or just a person there to support you. On the left is a person by themselves, defeated, tired, overwhelmed, some of the many emotion's teenagers go through on a daily basis at school. Then on the right is that same person but with someone there for them linking hands to show emotional support. As you can see, the second one looks less defeated with the support they need.

What this is showing is the effect of people being there for you, as a community vs. having no support. This year suicide was the third leading cause of death among people ages 15-24 in a study by the CDC. The children's hospital, a distinguished institution that puts their focus on small children to young adults, says that the leading cause of suicide among this age group is mental health issues. The discovery mood and anxiety program did a study that found that 20% of all teenagers are diagnosed with depression while only 30% of them are treated with the appropriate therapy. This is all what I was trying to portray in my figure on the left.

I believe there should be more staff and education about mental health problems at Lewis & Clark High School (well all schools but just ours for now seems more achievable). A program should be put in place that does check-ins with students attending our school (on an online platform) to evaluate mental health. If students show signs of mental health issues, there should be some sort of free therapy program at school. The state of being content shouldn't be something people have to pay for. I emailed the freshman counselor Mrs. Muravez my ideas above and talked about how just a simple online check-in would suffice. I think that would greatly improve the mental health among people around me.

