

1

"Know that everything I just said is not a cure-all and is not professional advice. Professional help is the most important thing. This doesn't have to be prescription medicine; it can just be counseling and therapy. For those of you going to college, most universities offer free mental health services, so look into those."

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2

"Talk about it. Reflect on yourself. Learn about yourself. Take ownership of yourself. If you're struggling, talk to the people around you. If you're a student, I guarantee you that your teachers and counselors can and will help you."

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3

"Know that the sooner you find help, however, 'help' might look like to you, the quicker you will enjoy your life. Now, I remember what it's like to be a teenager, and I know that "enjoying life" is so confusing, but there is such a thing as getting better."

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4

"Everyone needs to be aware that mental health struggles are more common than they are rare. Like I said, just about everyone whom I opened up to at the very least knew another person close to them who has struggled with mental health. Once we understand that more people have struggled, the easier it'll be to create a stronger community."

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5

"In terms of self-worth, invest in activities and accomplishments that no one can take away from you. For example, no one will be able to take away your high school diploma. You earned that, no one else did. Take pride in those accomplishments. Find activities that make you feel fulfilled. Activities like these might look like being a part of things larger than yourself, like volunteer activities, or clubs. Do things that benefit other people. Some great minds believe that in order to receive a good life, you must help provide good lies for other people."