

[MUSIC IN]

MADDIE: WHY IS MENTAL HEALTH IMPORTANT?

ALEX: MENTAL HEALTH, YOU KNOW, A NEGATIVE MENTAL HEALTH KIND OF AFFECTS YOUR ENTIRE PERCEPTION ON LIFE AND HOW YOU FORM RELATIONSHIPS WITH OTHER PEOPLE.

CATHERINE: THERE'S NOT ONE PERSON THAT I'VE MET THAT ISN'T INFLUENCED BY IT IN SOME WAY.

RAIHA: I THINK IT'S EASY TO GET TRAPPED IN YOUR HEAD AND NOT REALLY I GUESS THINK BEYOND YOUR LITTLE BUBBLE AND YOUR LITTLE WORLD.

ALEX: MENTAL HEALTH IS IMPORTANT SO YOU CAN GO FORWARD AND LIVE POSITIVELY AND CONFIDENTLY AND PURSUE YOUR AMBITIONS. NOT BE TIED DOWN BY THAT ONE THING.

MADDIE: MENTAL HEALTH IS IMPORTANT. MORE TEENAGERS THAN EVER BEFORE SUFFER FROM ANXIETY AND DEPRESSION, WITH SUICIDE BEING THE THIRD LEADING CAUSE OF DEATH AMONGST TEENS. IF YOU ARE SUFFERING FROM A MENTAL HEALTH DISORDER, SEAK HELP FROM A GUARDIAN OR TRUSTED ADULT. THIS MESSAGE BROUGHT TO YOU BY THE WHJE PUBLIC SERVICE DEPARTMENT.

[MUSIC BED OUT]