

Student Testimonials

“Thank you for coming out and sharing great information with our class. I learned a lot from the slideshow and the personal stories. I've been harassed by this one guy this past year. I've been getting panic attacks and have high anxiety lately. I'm currently going to therapy and this presentation helped me feel like the help I'm getting isn't anything to be ashamed of. I also had the same issue as many did. I would eat 500 calories or less a day and lost a lot of weight (I've recovered since then). It was nice to be able to relate to somebody because no one really understood the depression I'd been going through. So thank you for your time and information. You are great and generous people. ”

-Anonymous

“Thank you so much for coming and talking with us about mental health and disorders. I have suffered from depression, I'm still recovering but I'm a lot better now and your stories really connected to my life. A lot of my friends and people I am close to suffer from depression or have suffered from depression and/or suicidal thoughts; this topic hits really really close to home for me. Talking about ways you can support friends and others with this issue could be really beneficial because this issue is so prominent and so common today. Thank you again, sharing your stories with people, especially teenagers, can be hard but I am really glad you did. Thank you thank you thank you. ”

-Downers North Student

“Thank you so much for coming to our school last Friday. I can't even imagine how much courage you have for standing up in front of our class and sharing your experiences with us. You are an inspiration and I have so much respect for you. I believe I have had seasonal depression since seventh grade. I've been holding it in for a really long time. After school that day, I went home and told my mom: I told her I need

help with this because it's not something I can fix myself; I've tried and tried. Your story really helped me. Now, after school, I have a meeting with a psychiatrist. I'm really scared but I know I'm doing the right thing. My friend also has depression and your presentation showed me what I can do to help her. I encouraged her to talk to her dad, and promise me to stop hurting herself. Please continue to visit schools and share your experience with many people. I know you can help inspire many people, just like you inspired me. ”

- *Anonymous*

“I want to thank you for sharing your personal story. I know now that I am not alone. I felt connected. You were strong to come up to the class and to tell your story. I struggle with depression and anxiety. I've noticed that I had it ever since 7th grade. I never knew what it was until I talked to a good friend of mine that goes through the same thing. She told me what I may be struggling with. Went to the doctor because my mom and dad started to worry everyday and everyday it would just get worse. I would be stuck in my room and not wanting to get out. I barely ate or hung out. It was a turning point in my life and I was scared. I thought of suicide here and there. I wanted to cut myself, but I knew I was stronger than that. My recovery wasn't taking meds even though some doctors recommended it, but my mom didn't want that. I stood strong and kept my head held high. I'm doing way better but I still struggle with it, but it wasn't bad like last year Now I know I am not alone. Thank you. ”

- *Anonymous*

“I really enjoyed the presentation, I suffer from major depression and PTSD (I'm from a country where war is common: Africa), I did feel a little comfortable when you were talking about symptoms of depression and suicidal people. I'm really grateful and glad that you talked to us. I often feel very alone or weird cause many kids my age don't understand but now I'm sure they would be more supportive of me. Thank you ”

- *Anonymous*