

## **Script that has been used for Depression Teens Help video**

I have been depressed, I know that it hurts.

It is an intense suffering. Unimaginable like a psychological earthquake has hit you and all anyone can offer is water.

Alone yet surrounded by creatures ready to suck your happiness, your dignity and your desires – leaving you nothing but a dark empty shell.

11% of people have a depressive disorder by the age of just 18 and youth suicide is now the leading cause of death in 15-24 year olds.

Drugs are certainly not helping. They choke and stifle creativity, productivity and spiritual insight.

Unfortunately, we have begun to drug an entire generation of children and the implications both for the individuals and society at large will be profound.

I wanted to conjure something positive out of the very thing that affected me so deeply.

So I started reading. Reading, and reading, and reading. I wanted to help young people escape from this horrible affliction. Dissolve the endless stream of bad thoughts and experiences and find hope, happiness and love in their lives.

And I found an answer.

Humans have created a profoundly sick society. One that values personal comfort, selfishness, and material assets over and above the very life force that has sustained everything on the planet since the dawn of man.

Helping each other. Comfort, compassion, trust, respect, nonviolence and unconditional support.

I realised these are the values that create true happiness in my life and that it was my responsibility to try and show others how to do likewise.

So I built a website, I wrote a book and I created an online test to help teens understand the symptoms of depression.

Before long tens of thousands of tests had been taken. Young vulnerable people from all over the world started writing to me, thanking me, saying I have opened their eyes.

That this was the only thing that has helped them find hope amongst the inner turmoil of their minds. They say they don't know what they might have done if I hadn't have helped them...

My dream is to relieve the intense mental suffering that affects millions of young people around the world.

But I need your help to help them and to make of Depression Teens Help a wonderful place in the cyberspace where depressed teens can go to find healing for their pain.

Please do what you can to help young people find hope.

Lend a hand.

<http://depressionteenshelp.com/depression-teens-help-please-donate/>