

On Wednesday October, 25th 10 students from Milton High School traveled to Scituate High to learn about risk-prevention and mental health knowledge in regards to depression and suicide. This event was sponsored by South Shore Hospital and provided Milton High students the opportunity to engage with various towns such as Whitman-Hanson and Hull to speak about the topic of depression and suicide depression. Questions such as “Does depression look different in children vs adults?” and “How does depression look and feel in different ethnic groups?” were discussed. This experience allowed Milton High Students the opportunity to see how other kids their age felt on the topic and how their school was responding. We were shown a slide show breaking down ideas such as “How does depression feel?” and “Skills one can use to help a friend who was struggling”. This day taught us how to be more knowledgeable when given a situation in regards to suicide and depression and how to best respond to a friend who is struggling. Prior to the power point, we were shown a video called Break Free. This DVD followed various people through their struggle with depression. There was no sugar coating, this content was raw and it was clear these people in the video had struggled. It portrayed how difficult something as struggling with a mental illness can be, affecting both the mind and body. After this, students were given the opportunity to share a skit in regards to depression to demonstrate a takeaway lesson of the day. Milton High students presented a skit that demonstrated someone struggling and a friend guiding them toward the right kind of resources such as the Take 5 Room and Guidance Counselors. Overall, the day provided us with information in regards to depression that we can put forward in the schools and helped to demonstrate that mental illness no longer needs to be a silent struggle. For the students who attended, it raised insight and awareness, we left with a deeper understanding that it is important to not keep something as awful as suicide a secret.

