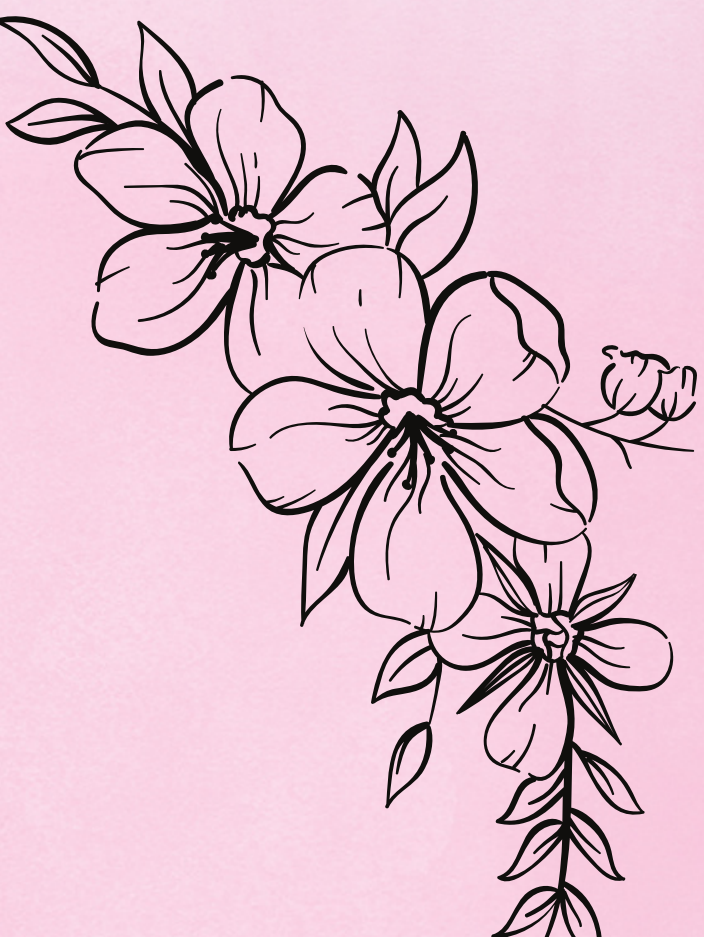




# Mental Health Matters

By Gaby R





**One thing I wish adults listened to me and my friends about is... the importance of Mental Health and how it brings love and acknowledgment towards young kids and teens. Mental health matters because as a young girl, I wasn't given full emotional support after speaking up about my sexual assault. It is important for adults to know the serious consequences after not acknowledging a teens mental health. Mental health matters because speaking up and checking in with your teens can save them a lot of mental stress and even their life.**

**LET'S TALK  
ABOUT  
MENTAL  
HEALTH**

