

Feeling Lost

Experiences with mental health

The pain, the suffering. The endless feeling of being trapped in one's mind, the same words tormenting people as they try to sleep. We blame them for changing our ways. Those things, they go by the names of depression and anxiety. A deadly mixture of toxic thoughts coursing through people's minds. Around eight percent of teens have been clinically diagnosed with anxiety and depression.

"The most toxic part of anxiety is how it can make you forget how to breathe when attacks happen. I use a coping skill called grounding. I focus on three things I can see, two things I can feel, and one thing I can taste. I would suggest using the grounding technique when you are in similar situations," Madeline Welch (12) said.

Help may lie in the hands of coping skills, but the true cure for someone with these experiences was believing in themselves, not what the cruel voices were saying. The voices may consume one's mind, making them feel weak, but people had to remember they are strong enough to overcome the voices.

"The most dangerous part of depression is when you isolate yourself from others. I cope with my depression through my friends and all the support they give me. To the others struggling with depression like I am, please reach out to those who want to help. Even when you think you are, you are never alone," Brendan Keenan (11) said.

When kids felt this way, it was suggested they speak to their friends or a trusted adult about how they were feeling and how they can overcome their thoughts.

Getting Help At School Depression affects many high school students, but reaching out to loved ones is a method to seek help. "To anyone who has depression, talk to someone. If you don't, things are going to get worst," Nodirbek Sobirov (11) said. At school, teachers and counselors were available to confide in. *Photo by J. Turnquist-Wernimont*



Reflecting In The Commons Anxiety affects lots of students. "During an anxiety attack, I alter between using the right side and the left side of my brain to help me calm down," Madison Shelby (11) said. Many students struggled with anxiety and everyone had a different way to cope with it. *Photo by J. Turnquist-Wernimont*

Finding Joy In Life Many students like Keaton Fikes (12) find the joy in life instead of the hardships. "To anyone struggling with anxiety, always find something to laugh at. If it's stupid or if it's actually funny, laugh at it makes life easier. If you find the joy, you don't see the pain," said Fikes. *Photo by J. Turnquist-Wernimont*



By The Numbers

How substance abuse and suicide affects us all

47,173

Teens die from suicide each year

10 Suicide is the 10th leading cause of death among teens

Going Through Difficult Times Many are affected by suicide, and the same is true for Megan Ford (12). "I've suffered from depression and anxiety since sixth grade. I ended up attempting suicide, and thankfully I was not successful. Going through all that really changed my perspective. My advice is even if it's scary to, get help. Even if you don't know how to, ask for help, find someone you can trust and talk to to get support. You're not alone," Ford said. Getting help can be difficult, but there was always someone willing to listen and help. *Photo by C. Varone*



100 Suicide attempts are reported for every 4,400 suicide-related deaths

5,455

Teens die from drug-related overdoses each year

20% Of high school students have either tried, sold, or been offered drugs on school property

11 Every 11 minutes, a teen dies from suicide.

Take Care Of You

The importance of self-care



Helping From Parker Some students like Bryan Turnquist-Wernimont (11) get help to manage their depression. "I really do find it helpful to go down to Parker and talk to my therapist. I go and see her every Tuesday, and I do see a difference in my depression. To me, it feels more manageable," Turnquist-Wernimont said. *Photo by J. Turnquist-Wernimont*

Outreach In Sources Of Strength Opening up can be a hard thing to do, but the student organization, Sources of Strength, makes it easier to speak up and receive support. "I am a part of Sources of Strength. I think it has helped and made a difference in a few people, maybe more," Alia Grant (12) said. Sources of Strengths was ran by the counselors. *Photo by J. Turnquist-Wernimont*



Feeling Better At Counseling The counselors are there to help for anyone that needs it, whether that be with mental health, post-graduation resources, or even just to chat. "Going to the counselors is super chill. The counselors are super nice and are always willing to listen to your problems and help where they can," Emma Ford (10) said. The counselors were available to help with many students' needs five days a week and over email. *Photo by J. Turnquist-Wernimont*

153 mental health
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9

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