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| <p>Dr. Ackerman set up b-roll</p> <p>John Ackerman (CG'd earlier)</p> <p>CG: Deylyn Medina <i>Patient</i></p> <p>Shots of Deylyn in school setting with peers</p> <p>School b-roll Graphic: 50% of mental health issues start by the age of 14</p> <p>Deylyn Medina <i>Patient</i></p> <p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p> | <p>ISSUES WITH YOUR CHILD. DR. JOHN ACKERMAN WITH NATIONWIDE CHILDREN'S HOSPITAL SAYS, IT'S SAFE TO DIRECTLY ASK YOUR CHILD, "HAVE YOU EVER CONSIDERED ENDING YOUR LIFE?"</p> <p><i>"Talking to a young person directly about suicide does not increase their risk for suicide, but it does really increase the chances that they'll talk to us and get help they need."</i></p> <p><i>"I had that direct conversation. When I was 13 I ran away from home. When I got home my parents asked me that same thing. They asked me if I was considering suicide, and I flat out said yes. Because of that it was easier to talk to them."</i></p> <p>DR. ACKERMAN IS PARTNERING WITH SCHOOLS TO KEEP THE CONVERSATION GOING IN THE CLASSROOM.</p> <p><i>"It's really important for us to start this conversation early and work specifically with schools and talk to parents because really 50% of mental health issues start by the age of 14."</i></p> <p><i>"If you don't ask, you'll look back and be like, 'It's too late.' You never want to have an it's too late moment. "</i></p> <p>AT NATIONWIDE CHILDREN'S HOSPITAL, THIS IS NIKI CHAVE REPORTING.</p> <hr/> <p>IF YOU OR SOMEONE YOU KNOW IS THINKING ABOUT SUICIDE, CONTACT THE NATIONAL SUICIDE PREVENTION LIFELINE AT 1-800-273-TALK.</p> |
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EXTRA BITES

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| <p>CG: John Ackerman, PhD Center for Suicide Prevention & Research at Nationwide Children's Hospital</p> | <p>Ackerman says young people are particularly vulnerable: <i>"Young people are vulnerable for a number of reasons. I think they're going through a lot of changes in their life they're experiencing, sometimes, stresses."</i></p> |
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CG: John Ackerman, PhD
Center for Suicide Prevention &
Research at Nationwide
Children's Hospital

Ackerman says teens are going through emotional changes:
"This is a period of life when, physically, they're as healthy as they're ever going to be, but emotionally they're going through lots of difference changes in their lives."

Ackerman says parents should have talks about mental health:
"A lot of times we respond when there's a crisis, and part of preventing suicide and being aware of mental health issues is finding very specific ways to be present with your child, and that can be at the dinner table, that could be during car rides."

Ackerman says no group is immune to the risk of suicide:
"There is no immunity for a one group, one race, one religion, one age—related to suicide. Everyone should be able to talk about this and everyone does need to have check ins."

Ackerman says we should empower kid to talk about suicide:
"One of the best things that we can do is give our young people the power to talk about mental health issues and even something as challenging as suicide without shutting the door."

Ackerman says be aware of warnings and risk factors:
"There's typically not one specific reason for suicide. It's usually a combination of several factors coming together, and so we need to be aware of all these risk factors and warning signs so we can be in a position to respond."

Ackerman say there are lots of ways to get kids help they need:
"It's not a hopeless situation -- there are lots of ways that we can help students get support when they need it, and that involves timely treatment; that involves building connections; that involves helping other people really know what to say when they're struggling and to have a safety plan in place."

CG: Deylyn Medina
Patient

Deylyn says she recognized her depression at a young age:
"I realized it when I was younger, that I always thought a little bit different than everybody else. I was always sad a lot of the times."

**CG: Deylyn Medina
Patient**

Deylyn says she'll deal with depression for the rest of her life:
"I got counseling, and it's always been a process because there's never a day where you're just like, 'I'm healed. I'm good,' because it's a constant thing, and I'll probably deal with it for the rest of my life."

Deylyn says depression was hard to talk about at first:
"Depression and anxiety is such a taboo thing in our generation and in my culture too. So it was really hard for me just straight go ahead and talk about it."

Deylyn says it's important to talk about mental health issues:
"It's not something anybody wants to talk about really, but it's important to talk about because if we don't talk about it, we're not going to help it, and it's not going to stop."

Deylyn describes what her depression felt like:
"I didn't want to try anymore. I had just mentally given up. I was physically exhausted."

Deylyn said she would tell herself to give up every day:
"I would just tell myself every day like, 'Just give up. It's over. You can't keep going.'"

Deylyn says depression was constant in her life:
"It's a constant feeling. You go to sleep with it, you wake up with it, and it was just, it felt really disgusting."

Deylyn gives advice to those struggling with depression:
"Don't give up. Don't stop. Don't listen to the negativity. Don't give in, and just keep going cause once you reach your lowest point there's nowhere to go but up."

For viewer information on this story contact:

Nationwide Children's Hospital: (614) 355-0495

Log onto <http://www.NationwideChildrens.org> - click on "News Room"

Produced by:

MEDIA  SOURCE

1800 West 5th Ave.
Columbus, Ohio 43212

Phone: (614) 932-9950 Fax: (614) 932-9920
www.mediasourcetv.com

**Video content provided by: Nationwide Children's Hospital
Marketing Department: (614) 355-0495**