

# Stopping silence is important

In the world we live in today, mental illness is becoming more and more apparent in the lives of teens and young adults. Although people are aware of this, they still choose to ignore it as though it's not a problem, and treat it as more of a joke rather than a serious issue. Every day kids and teens walk around hearing their peers nonchalantly whisper "kill yourself" to one of their buddies, as if that phrase was something to be taken lightly.

As if that phrase wasn't actually something that could, and does, happen a lot nowadays. As if our fragile lives are just a joke.

Many of the people who suffer from mental illness would never let anyone know that they were hurting. They go about their day just as any other person and pray that no one sees through the facade that they portray that things are good and everything is okay. Some people never think twice about another person, and dare I say, it's because people really don't care...and that's sad. Our generation has grown up programmed to only care about our own feelings and our own well-being instead of being worried about

others. The attitude is if I'm okay and things are going good for me that means that all the people around me are fine. Right? WRONG.

Could it be that we are really so self-absorbed that even if one word uttered from our mouths could save another person's life, we would be silent? I'm not trying to be a hypocrite, because I know I've been a

victim of self-absorption myself. But if we could all just take a moment to look back and reflect on the fact that life really is short and people are fragile,

then maybe, just maybe we would decide that there are simple ways to make a difference.

How many more lives have to be ended for someone to finally speak up? How many more mothers will have to wake up without their child, and how many more teenaged kids will have to walk through school without their best friend before we realize that it is imperative that we fight for those who can't?

No one should ever have to ask why they were too late or ponder what things would be like if they would have just spoken up. Life is too temporary to keep quiet anymore. End the silence.



**GARDNER SEEDS**  
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