

Good evening, my name is Cindy Lopez and I am here to talk to you all about why we should be able to keep the Morton East High School based Clinic. Anxiety, depression, teenage pregnancy, anger issues, bipolar disorder, anorexia, and many other disorders are all things we wish nobody could have. Especially kids and teens. Anxiety like many other disorders can lead to depression, not all the time but it is possible. It happened to me. Did you know that there is 1 suicide for every 25 suicide attempts? 25 is already way too many suicide attempts. Well did you know that there are 121 suicides per day? PER DAY! Doing the math that's 3,025 suicide attempts. That's absolutely insane! This is all sad but true and most of these suicide attempts are kids/teens. Many people wonder how we can get this to stop and how can we lower the numbers?

Going to get help is the best thing to do. Some teens struggle in receiving the right treatment that they need because they are way too scared to talk to their parents. Some teens and kids tell their parents but their parents don't believe them or they think they're making it up. Being a teenager I have heard many other teens around school and on social media saying that parents don't listen to us. I can't say that they're wrong.

My parents are so supportive and are willing to do anything for my brother and I. But when I started having panic attacks and depression started taking over my life they didn't believe me. I knew there was something wrong with how I was feeling but my parents told me I was crazy or that I was making things up. I don't think they didn't believe me I just think that they didn't want to. They hate seeing my brother and I go through any kind of pain and mental health is just as painful as physical health.

During the first day of school I spent it at the nurse's office. They knew right off the bat that I had anxiety. I told them most of what I was holding inside. They listened and helped me. The next day of school I was in the Clinic and I was diagnosed with depression and anxiety. It wasn't a shock to me, I saw it coming. But you want to know what completely shocked me? I opened up to the social worker. While I sat in the waiting area I was nervous of course but I felt safe. I felt like I was going to be okay and I was finally going to be listened to and going to get the help that I needed. I never trust anyone the first day of meeting them. I have always been scared to trust anyone since my childhood. People are always quick to judge too. But I didn't feel judged when I let out EVERYTHING I was holding in. You all may think I just have anxiety because of school and I got depression from that anxiety. Actually there is something I have been hiding from EVERYONE for about 10 years. I was sexually assaulted. Not just by any random guy but by my uncle's ex-wife's son. It doesn't stop there. I was also sexually assaulted by her daughter. It took me a little more than 10 years to tell somebody everything but it only took about 10 minutes to feel trust and safe with everyone in the clinic.

As a patient at the clinic, student at Morton, and student helper at the clinic I am able to experience everything from different perspectives. The Morton East School based Clinic has been so supportive to me and many other patients. Everyone at the clinic is always so nice and sweet and trying to help everyone in every way possible. This clinic has changed me and many other people. I truly doubt I would still be here if there wasn't a clinic at Morton East. I wouldn't have gotten the help I needed. That's goes for many students as well. So many people including myself are so thankful that there is a clinic at Morton East. I know that many of us will be willing to do anything to keep the Morton based clinic they are a second home to many of us. Not just that but they have the pride to say that they saved a life. That life was mine.