

## **Being There Matters – Alyson Schwartz & Jennifer Raphael**

### **TRANSCRIPT**

JENNIFER: (0:05 – 0:21)

I think a friend is someone you can rely on to be honest with you, and to tell you the hard things when you need to hear hard things. When I was 16, I was having a lot of trouble emotionally, and I was, I was really depressed. You just really need one good solid friend.

ALYSON: (0:23 – 0:29)

I have no special skills when it comes depression, or dealing with people with depression, or, or anything like that.

JENNIFER: (0:30 – 0:34)

A lot of people share the same insecurities and the same sadness.

ALYSON: (0:34 – 0:45)

I don't think that you really know the impact you have on someone. When you're good friends, I think that it's really just about keeping that friendship alive and that's really the reward.

JENNIFER: (0:46 – 0:54)

If I had to give advice to someone who was really struggling – I'd say find that one person that you know that you can trust and be yourself with and talk to them.