

#### CAN YOU HEAR ME? PSA: :30 SCRIPT (ENGLISH)

Did you know that depression is the most common mental health disorder, affecting nearly one in eight adolescents and young adults each year? Discussing tough topics such as bullying, addiction, depression and mental health with your loved ones can be difficult. Can You Hear Me? is here to help break those barriers.

We are a growing community of teens and adults who are fighting to end the stigma surrounding mental health. Can You Hear Me? is dedicated to providing those who are struggling a safe and open forum to share their stories and find resources. Visit [cyhm.org](http://cyhm.org) to learn more and join our mission.

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If you are looking for resources to help treat depression, addiction, bullying and other mental health disorders, visit [cyhm.org](http://cyhm.org). Join the growing community of teens and adults who are helping to end the stigma surrounding mental health.