



University Health System

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REQUEST FOR COVERAGE
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Teens “Talk it Up” to help others

– Harlandale H.S. students graduate from teen depression education program –

BACKGROUND: Depressed teens often look for support and advice from other teens. That’s why 30 students from Harlandale High School have made it their mission to reach out to their friends and classmates. These compassionate young people will graduate from *Talk it Up, Texas*, a school-based teen depression awareness program of University Health System. The “Talk It Uppers” will serve as student facilitators - providing support to their peers at school.

Talk It Up, Texas aims to raise awareness and understanding of teen depression. It is more than the occasional bad mood or sadness, but a serious problem. If left untreated, teen depression can lead to problems at home and school, drug abuse – even homicidal violence or suicide. Depression affects as many as 1 in 10 children, but Hispanic youths experience more depression than non-Hispanic youths. According to the Center for Disease Control and Prevention, in 2004, suicide was the third leading cause of death among youths in the US. In Bexar County, suicide was the second leading cause of death for 15 to 24 year olds.

For more information log on to: www.UniversityHealthSystem.com/talk-it-up.

WHO: Harlandale H.S. students, teachers and “Talk it Up, Texas” program staff

WHAT: Students graduate from “Talk it Up, Texas” program

WHEN: Wednesday, April 1 at 4:30 p.m.

WHERE: Harlandale High School (Cafeteria)
114 E. Gerald Ave.