

Being Open and Honest About Mental Health

OSF HealthCare Newsroom

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BROADCAST SCRIPT

INTRO

NEARLY 1 IN 10 AMERICANS EXPERIENCE DEPRESSION. THAT NUMBER IS EVEN HIGHER WHEN IT COMES TO YOUNG PEOPLE – WITH A STUDY IN THE AMERICAN JOURNAL OF PREVENTIVE MEDICINE – FINDING 1 IN 5 ADOLESCENTS AND YOUNG ADULTS SUFFERING WITH DEPRESSION.

TAKE VO

EFFECTS OF DEPRESSION KNOW NO BOUNDS – WITH EVEN THE HIGHEST-RANKING PUBLIC OFFICIALS EXPERIENCING IT. IN FEBRUARY – U.S. SENATOR JOHN FETTERMAN RECEIVED 6 WEEKS OF TREATMENT FOR HIS DEPRESSION AT WALTER REED HOSPITAL. HE WAS DISCHARGED IN LATE MARCH – RETURNING TO THE U.S. SENATE IN APRIL.

AFTER HE LEFT WALTER REED – FETTERMAN OPENED UP ABOUT HIS DEPRESSION AND URGED AMERICANS TO SEEK HELP IF THEY NEED IT.

OSF HEALTHCARE OFFERS BEHAVIORAL HEALTH NAVIGATORS TO SUPPORT PATIENTS ACROSS THE MINISTRY.

KATIE KOELLER SAYS THAT SPEAKING WITH A TRUSTED SOURCE CAN HELP YOU GET BACK TO BEING YOUR BEST SELF.

16 SECOND SOT

“If you’re struggling through all this, you’re not living your best life. The sooner you’re able to open up and talk to someone about what’s happening, the better off you are and the sooner you can feel like yourself again.”

VO TAG

KOELLER SAYS SHE AND OTHER BEHAVIORAL HEALTH NAVIGATORS AT OSF CAN HELP PEOPLE GET CONNECTED WITH HELPFUL RESOURCES IN THEIR LOCAL COMMUNITIES.

IF YOU’RE STRUGGLING WITH DEPRESSION RIGHT NOW – CALL THE SUICIDE AND CRISIS LIFELINE AT 988. IT’S A NATIONAL NETWORK THAT PROVIDES FREE AND CONFIDENTIAL SUPPORT.... 24/7.

VO/SOT #2

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KATIE KOELLER SAYS FINDING THAT ONE PERSON YOU CAN TRUST... CAN HELP YOU GET BACK ON TRACK.

13 SECOND SOT

“Find that person who you can confide in. Make sure they’re comfortable with that, but have somebody who can help guide you. Because it’s really hard to do that on your own, especially when you’re struggling.”

VO TAG

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