

Good afternoon. My name is Lilian Cross and I am a freshman. But what if I was a teenage gay boy? What if I was a black girl in foster care? What if I was a teen with abusive parents? parents who don't believe in mental illness? Who thinks mental illness makes one weak? what if i was i a girl who was too scared to tell my parents that i wanted to kill myself? Do I still deserve mental health? yes? Then how do I get it? go to my parents who will only make things worse? When I go to the doctor every month to pick up my birth control I have to do it. My mom cannot. no one else can. My mom cannot even access my records because it's about me. But that's gynecology and this is mental health. What's the difference? both are healthcare and potential for danger. We need to break the stigma surrounding mental illness and make mental health help more accessible for all. we need to lower the age of consent to speak to a mental health professional without notifying the child's parents.