

Ladies and gentlemen,

Today, I want to talk to you about a topic that touches us all--mental health. Imagine waking up every morning, not with the usual anticipation of a new day, but with a weight on your chest, a shadow that clouds every ray of hope. This is the reality for millions around the world.

Mental health is not just an individual battle. It's a collective responsibility. We must challenge the stigma and silence that surrounds it. Picture a world where discussing mental health is as normal as mentioning a cold. A world where support is available without judgment, and understanding replaces shame.

Let us be the generation that stands up and says, "It is okay to not be okay." Let us forge a path where seeking help is seen as an act of courage, not weakness. By opening our hearts and minds, we can build communities that empower rather than isolate.

Remember, reaching out to someone could change a life; it might even save one. Together, we can foster a culture of empathy and strength, transforming pain into healing and despair into hope.

Thank you.