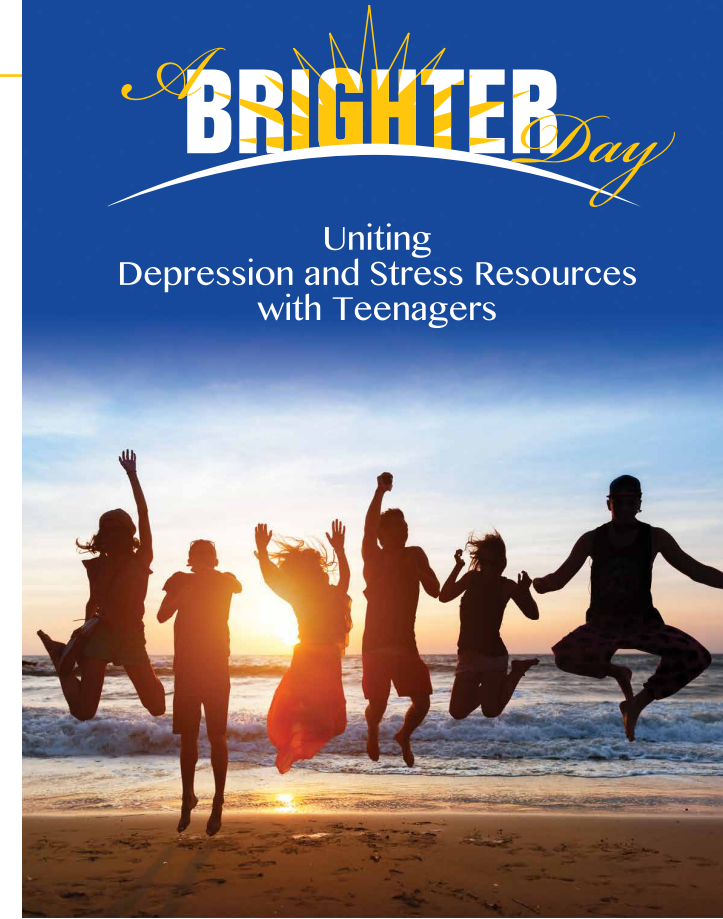
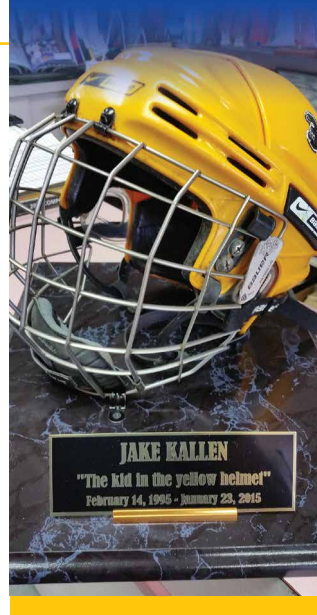


## Background

Every year, tens of thousands of teenagers struggle with thoughts of depression, deep sadness, isolation, suicide, stress and the feeling of helplessness. Sadly, and too often, the parents of these teens are the last to learn this, and sometimes too late to take action. However, today, there exist terrific resources in formats that teenagers can understand, to help them in multiple ways with these issues, while still allowing the teen to retain their much-needed dignity that they desire. By using the local teenage band Showcase format, judged by Music Professionals on both quality and number of attendees and offering outstanding awards, then the exposure to these resources will have the greatest impact.

In Memory...



# A BRIGHTER Day

Uniting  
Depression and Stress Resources  
with Teenagers



A 501 (c) (3) Corporation  
510-206-1103

[abrighterday.info](http://abrighterday.info)

*The Primary Goal of A Brighter Day is to unite Depression and Related Issues resources with Teenagers throughout the United States using local Teenage Bands in a Showcase format.*

[abrighterday.info](http://abrighterday.info)

## Format

These programs will need to be held in a facility that can seat more than one hundred teenagers and still have room for tables of resources off to the side or in the back of the room. In-between each band will be a speaker from the music industry for a few minutes to share a personal story. Total cost for this should be the facility, winning awards, custodial and advertising/marketing. Food can be handled by food trucks outside the facility.

## Teen Depression

Depression is a condition that affects approximately 20% of children and teens at any given time, according to the American Academy of Child & Adolescent Psychiatry. Depression can cause problems such as difficulties in school, difficulties with relationships, and general decreased enjoyment of life. At its worst, depression can lead to suicide, one of the leading causes of death for teens in the United States.


Take the time to educate yourself on this important and difficult subject for the health and happiness of your teen.

## What Is Depression?

Depression is an illness with many causes and many forms. It is a disorder of someone's moods or emotions; it is not an attitude that someone can "control" or "snap out of," but it is treatable with counseling and/or medication.

For more information and resources about depression and the symptoms to look for, please visit our website at:

[www.abrighterday.info](http://www.abrighterday.info)



*For more information and resources  
about teen suicide prevention,  
or to make a donation,  
please visit our website.*

[abrighterday.info](http://abrighterday.info)

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