

point in being self-conscious or worrying about what other people thought for the sole reason that they too were also most likely self-conscious, and rather than worrying, we should enjoy our transitional and influential years together and tackle our insecurities together. Mental health, an issue faced by many adolescents, possesses the power to either hurt or enhance our transition into adulthood. Mental health can either oppress us into a harmful state of anxiety and isolation, or it can allow us to blossom and thrive, which is why maintaining mental health is a topic of such great importance. Furthermore, as someone who suffered from poor mental health, but was blessed enough to achieve good health with the help of braces, I intend to pay it forward through participating in charities and volunteering. Currently, I am participating in the Walk so Kids Can Talk charity event, which allows kids who may be struggling to call the kids help phone line to talk to qualified specialists who will provide comfort and counsel. Having free, anonymous, and helpful resources, such as this, I believe, will help kids who are struggling, reach out and maintain and improve their mental health, as nobody should have to struggle alone.