

The ***Adolescent Depression Awareness program*** (originating at the Rachel Upjohn Depression Center, University of Michigan) has launched a Peer-to-Peer component that has been developed to help raise awareness of depressive illnesses, reduce the stigma of depression, and increase the likelihood of early detection and help-seeking among high school students.

Peer-to-Peer team members use their leadership skills and knowledge to help create a culture of caring and support in their school, by implementing a unique public awareness campaign to effectively reach other students to increase understanding of depressive illnesses, reduce stigma, and encourage students to seek help if needed. ***The Peer-to-Peer project team is not meant to serve as a support/therapy group for its team members or for other students.***

**Milan Peer-to-Peer members will be sponsoring the following activities for the high school community during the month of March, 2015.**

- **All-school assembly, March 19<sup>th</sup>:** Will Heining speaker  
[http://www.mlive.com/wolverines/index.ssf/2014/01/ex-michigan\\_dl\\_will\\_heining.html](http://www.mlive.com/wolverines/index.ssf/2014/01/ex-michigan_dl_will_heining.html)
- **The Corner Health Theater Troupe** : interactive discussion and play about adolescent depression; March 25<sup>th</sup>, Room D203; 2:30-3:30; refreshments provided
- Various lunch-time activities to build student awareness
- Clinical support available at all events