

Eternal High

A Teenager's Experience with Depression and Suicide that will Change Your Life



Crying uncontrollably at the kitchen table, mind racing with thoughts of suicide. How could this happen to a teen who has everything: a budding film career, popular in school, an all-state athlete, a good student, loving parents, and a perfect girlfriend? Everything was great yet suddenly everything was horrible. Why?

Meet 17-year-old Bryce Mackie, a filmmaker who captured his true-life battle with depression and suicide in an (eight-time) award-winning short film. At the time the film was made, Bryce was unaware he was suffering from depression. *Eternal High* includes this film and an accompanying speech given to his school after receiving treatment. Bryce describes in chilling fashion his experience with depression, thoughts of suicide, self-injury, anxiety, self-medicating, his treatment, and how common the illness is (8-20% in teens). This film provides a tool enabling anyone including teenagers, parents and teachers to discuss depression and suicide openly erasing the stigma still existing today.

Run Time: 29 minutes, © 2006
DVD Part#: A-TISETHD, \$150

Watch this on-demand at the **Aquarius Health Care Media** room or on your own computer ---

Purchase multiple copies and save \$\$\$

Everyone's talking About This Film ...

MAKE A DIFFERENCE IN SOMEONE'S LIFE...GET THE WORD OUT TO YOUR FRIENDS TODAY!!



A MUST HAVE for all schools, guidance counselors, at-risk youth counselors, therapists, suicide prevention counselors, principals and school staff...

Won over 10 National Film Festival Awards

What the Media is Saying...

"You have in your hands the ability to save many, many lives. It is crucial to spread this message. Thank you so much in helping to reduce the stigma associated with depression."

- Kathryn Goetzke White, Founder, iFred (International Foundation for Research & Education on Depression)

"It was moving. I was truly touched by the film and presentation. If the intent is to open up dialog with teens, parents, educators and others – this surely should reach that goal."

- Pat Storti, SAVE (Suicide Awareness Voices of Education)

"We should mandate this type of education and screening for depression. I am very impressed with the movie."

- Dan Reidenberg, Psy.D., FAPA, Executive Director-SAVE (Suicide Awareness Voices of Education)

"The most excellent high school presentation I've ever seen."

- Margaret S (California Yellow Ribbon Teen Suicide Prevention Coordinator)

The American Academy of Pediatrics encourages parents of teenagers who have been depressed to watch closely for signs that they are considering suicide.

The group reports that suicide is the third-leading cause of death for young people age 15-24.