

# Talk to Someone: You're Not Alone

Scene 1: Sad student alone in a classroom Narrator (Voiceover): "Have you ever felt overwhelmed?" "Like you're smiling on the outside... but hurting inside?" "You are not alone."  
Visuals: Student staring at notebook, classmates chatting in the background. Music: Soft, slow piano.

Scene 2: Montage of students dealing with stress – at home, at school, feeling down Narrator (Voiceover): "Every day, students battle stress, anxiety, and pressure." "Some feel invisible, others feel trapped." "But they often keep it to themselves, afraid of being judged or misunderstood."  
Visuals: Someone looking out a rainy window, another holding their head in their hands.

Scene 3: A friend notices and sits beside the sad student Narrator (Voiceover): "But asking for help... is not weakness." "It's courage. It's strength." "Opening up to someone you trust can bring light back into your life." Visuals: Friend offers a small smile, passes a note saying 'Are you okay?'  
Sound: Background music becomes warmer and lighter.

Scene 4: Real student or actor speaking to the camera Student 1: "I finally opened up to my teacher... and it changed everything." Student 2: "Sharing my feelings helped me heal." Student 3: "I realized I didn't have to face it alone." Visuals: Each student shown in a safe, calm environment — library, park bench, classroom corner.

Scene 5: Group of students smiling, walking together Narrator (Voiceover): "Let's support each other." "Let's listen. Let's care." "One small conversation can save a life." Visuals: Students laughing together, helping each other carry books.

Scene 6: Extended Call to Action Narrator (Voiceover): "If you feel heavy, find someone you trust." "A friend, a parent, a teacher — someone who will truly listen." "You matter. Your story matters." "Your life matters." Visuals: Close-up of hands reaching out, a supportive hug, a shared smile.

Final screen with text on screen Text: "Speak up. Be heard. You are not alone." #TalkToSomeone #BreakTheSilence #MentalHealthMatters Narrator (Voiceover): "This advocacy is brought to you by [Your Name / Class / School]." "Together, let's create a world where healing begins with a conversation." "Because no one should ever feel alone."