

## **MEDIA ADVISORY**

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**For Immediate Release**



## **Colorado Students Participate in Second Annual Robbie's Hope HOPEfull Drive**

*Students Foster Dialogue with the Public about Issues of Teen Mental Health, Depression, Anxiety and Suicide from Jan. 21 to Feb.16*

GOLDEN, Colo. (Jan. 16, 2020) –For the second year in a row, middle and high school students across the Denver metro area will be out on the streets, and in their schools, focusing on fostering dialogue with the public to destigmatize teen mental health issues such as depression, anxiety and suicide. Sponsored by Robbie's Hope Foundation, the HOPEfull Drive will take place from Jan. 21<sup>st</sup> to Feb. 16<sup>th</sup> to raise awareness and to bolster the need for increased mental health resources in our communities. During the HOPEfull Drive, students will share their perspectives with the community and have buckets for donations to benefit Robbie's Hope Foundation and its teen-based programs.

“There is currently a frightening epidemic of teen suicide, not only in Colorado but across our nation. The HOPEfull Drive engages teens and the public by bringing awareness to the issues of teen depression, anxiety, and suicide,” Kari Eckert, Executive Director of Robbie's Hope, said. “We hope that by fostering dialogue to destigmatize mental health issues, we can help provide a path towards teaching our community how to start a discussion and save a life.” Eckert added.

Amelia Reddinger, a student at Lakewood High School, said that engaging with peers and adults about mental health issues and the struggles of teens helps to build bridges to understanding, while providing strategies on how to help. “A lot of teens struggle with depression and don't know where to turn. At the same time, adults often don't understand how to help. The HOPEfull Drive is a way to start these discussions to drive change.” She noted that the stigma around mental health has got to change and “getting people to talk opening about it is a huge step in the right direction.”

Along with conversations, HOPEfull Drive participants will share the Robbie's Hope Adult Handbook -- a booklet created by teens. It contains helpful tips on how to navigate and begin tough discussions about teen depression, anxiety and suicide.

This year there also will be HOPEfull Drives in seven other states including California, Florida, Nevada, New Jersey, North Dakota, Texas, and Virginia.

For more information about the HOPEfull Drive, the Adult Handbook or Robbie's Hope Foundation, contact [media@robbies-hope.com](mailto:media@robbies-hope.com).

**About Robbie's Hope Foundation:**

Robbie's Hope Foundation is dedicated to removing the stigma surrounding teen depression, teen anxiety, and teen suicide. The Foundation is focused on youth-based, peer to peer interaction and grassroots advocacy by encouraging dialogue about mental health and suicide. Robbie's Hope supports organizations that specialize in providing mental health therapy to teens and works with schools to develop mental health curriculum. It's 501(c)(3) application is pending approval.