

# Persuasive Speech

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## Why Mental Health care should be Free

### Attention Step

- I. “12.2 million adults with mental illness report they try but still can't get treatment” “reported 2.17 million youth ages 12-17 with depression did not receive any mental health treatment” “Number of youth with private insurance that did not cover mental or emotional problems: 950,00”.
- II. Millions of citizens in America are struggling with Mental health issues and are not able to receive the help they deserve. 1 in every 3 Adults has been affected by depression since 2021, and 5.3 million youth have depression.
- III. That's not just random people, that's friends, parents, siblings, teachers, grandparents, or even yourself. This does not just affect the people who are suffering, it affects your relationship with these people.

### Problem Step

- I. Affordability is the top reason why Americans can not receive mental health care such as therapy.
  - A. An average therapy session costs anywhere from \$60-\$200. A lot of Americans do not have that kind of money to spend on something so important.
  - B. And even people who have insurance are limited because many still do not cover mental health care.
- II. Just like physical illnesses or mental illnesses or issues are just as bad. It may not seem like it, especially to anyone who hasn't experienced mental health problems. But it can be life crippling, miserable, and fatal if not taken care of. Just like any physical health problem.
  - A. According to Clubhouse International, “mental illnesses are the cause of about 90% of suicides”. To put into perspective how important people receiving help are, a girl I knew who went to North Junior High here in Bosie took her life this year.
  - B. 4 in 10 Americans who attempt to end their life did not receive mental health care.
  - C. “Greater availability to health care reduces suicide rates”

III. Not only could it be your peers struggling to get the help they need at any moment in your life that could be you.

- A. Mental health varies a lot throughout most people's lives so the likelihood of you staying “happy” isn't guaranteed.
- B. You won't know you need help until you need help. Having access to mental health care and not having to worry about the fees that come with could put you and everyone else on the path to a better life. This is exactly why we need the government to fund mental health care completely.

#### Solution Step

- I. A common way people tend to address paying for mental health care is by stating that people should just plan, save money, and use bonuses. As if that is logical at all.
- II. The fix to this overall issue is having the government fund mental health care such as therapy.
- III. It would not be that simple, nothing is that simple. Though I think it is possible. If the government were to find a way to make this solution work we would be saving lives.
- IV. With funded mental health care by the government, there would be no more hold up for people suffering to get mental health care because the number one reason not to (the cost) would no longer be an issue.
- V. Now it would take a lot of planning and negotiating to make the plan doable. For reasons such as “Where is the government going to get the money for funding”, and “What happens when it is paid for and there are no available opponents”. Those I would never be able to give exact solutions to. It would truly have to depend on how our society would take this plan and react.

#### Visualization Step

- I. If you support my solution to this worldwide issue you can help by signing petitions simply from your phone that would help push this want higher and higher up to the government's attention. As Well as donating to local mental health care organizations to potentially get someone in need closer to the help they deserve.
- II. The worst that could happen is you lose some money. But that money is still going to an amazing cause.

#### Action Step

- I. I challenge you all to sign a petition that supports what I've disgusted today. It takes less than 5 minutes from your phone and does way more for people than you may assume.
- II. “The true definition of mental illness is when the majority of your time is spent in the past or future, but rarely living in the realism of NOW” - Shannon L. Alder

# Bibliography

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