

August 31, 2016

**Section:** News

**Page:** 11

### **Music helps teens ease stresses**

*Hannah Goodsell*

In life, people face many challenges; some of the most difficult are sometimes not easily seen.

In teenage years, 20 percent of **teens** will face a mental health issue. It is estimated that 5 to 8 percent of children and young adults will attempt suicide.

In their daily lives, young people facing these issues and problems have not yet had the opportunity to learn coping skills. A common way of relieving the stress of life from life is losing yourself in **music**. It allows people to forget what is going on in their lives and in the world. It creates a safe haven where you can feel less alone and happier.

Fortunately many popular bands see this connection and make it a point to let their fans know that they are not alone in their fight and that there is always a person that they can talk to. Recently at the Vans Warped Tour, bands like State Champs and Real Friends made it a point to let fans know that they are not alone and can get the help they deserve. The tour creates a safe, fun and friendly event where someone who is struggling not only can enjoy live performances and have a chance to meet bands, but also get critical information about mental health issues.

Many artists use their stage as a platform for social issues that need to be addressed and give support. There were tents set up that raise awareness and money for the mental health and suicide prevention. In hopes of allowing their listeners “to get away,” bands write and create songs that are relatable to challenges faced by their young adult audiences.

—Hannah Goodsell is a junior at Marshfield High School and wrote this piece as a summer assignment.