

(From Fraser High School – Hamilton) 22 March, 2016

I just wanted to share some feedback about my experience. I thought it was amazing.

I secretly snuck in with Jenn to be nosey and had no idea what Mike King was there to talk about. I was hoping for a comedy show but instead was hit with a reality check about things I didn't really know how to deal with in my own personal life. The way he delivered his talk I thought was completely appropriate. I could relate and although some of the ways he put things were confronting he nailed the situation on the head and I could see that he had created that connection with all of the students and teachers who needed to hear what he had to say perfectly.

From someone who is dealing with someone going through (undiagnosed, as in didn't realize this is what was going on until after this talk) Depression on a day to day basis it was beyond helpful and enlightening. He gave me the chance to catch my breath about my situation and approach it in a whole new way that has been extremely beneficial for us. The biggest message I took from it was not to avoid it because if you let someone bottle it up its never going to go away. That talking about whatever they need to talk about, makes it a reality and once it's a reality you can work on resolving it.

I think that the kids that are dealing with similar situations whether it be themselves or at home would have gone away with a little more confidence on how to help their situation.

I personally loved the fact that he gave out his number and email address so you could contact him if you were too embarrassed to speak to him directly.

I am extremely grateful to have been able to listen in and think that it was beyond beneficial for a lot of us.

Thank you for organizing that because I know if only one kid left that talk feeling as confident as I did about dealing with that situation, you probably saved a life. It is one of the most influential talks I have ever been too in my entire life and will probably reflect on it for many years to come.

Thanks Again and thank you for being a helping hand in making me a better person.

Amiria.
Sports Office