

WHEN NOT TO KEEP A SECRET

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When one thinks about depression, mental illness, or even suicide, you never think that it will happen to someone close to you. The truth is that these cases are much more prevalent than people think. My cousin was one of the casualties of depression. He lived a perfectly normal life. He excelled in sports, had many friends, and was in the top ten percent of his class all through high school. His life seemed totally happy. This all changed one day when he ended his life and broke the hearts of all those who cared for him. When he was only one week away from earning his medical doctorate, his roommate found him dead from a self-inflicted wound. My cousin was dead, by why?

We later found out from some of his closest friends that he was deeply depressed all the time. He stopped most of the things that he had loved to do in the past. He seemed tired and lonely not like the outgoing, energetic person everyone had known and loved. They didn't know for sure, but they thought he might have started to experiment with drugs. This was shocking news to us all. We couldn't imagine that his depression had possessed him so deeply. Then the questions arose. Why didn't his friends try to help him? Why didn't they tell anyone that he had changed? How could this happen so quickly? So many questions, but no answers. All we could do was cry and wonder that had happened to our friend. We thought of every scenario imaginable. With each new theory came more and more questions.

His parents try to keep a living monument to him in the memories of everyone who knew him. By remembering him in happier times it seems like he is still here. It is better that we keep him in our memories than lose him forever. We know that it is too late for him, but sometimes it is still nice to think of the way things could have been.

The cold fact remains, my cousin is gone and nothing anyone can do to bring him back. If only someone would have gotten him some help. I don't know how his friends

could let him commit suicide. My cousin could have been saving lives today as a doctor if only someone would have saved him first. My family and I will rest a little easier if someone who hears these words heeds this warning. If one life is spared, then my cousin did not die in vain.