

Client: NAB
 Project: Suicide Prevention PSA
 Date: 3/25/2025
 Member of Congress Script
 Duration: 00:30

| Timecode | Audio/Narration |
|---------------------|--|
| [00:00:00-00:01:00] | Music |
| [00:01:00-00:05:00] | As a teenager, I battled with depression and suicidal ideation. |
| [00:05:00-00:12:00] | The weight of school, social media, and life resulted in me being hospitalized. |
| [00:12:00-00:14:00] | But with health and support, I found meaning and hope. |
| [00:14:00-00:27:00] | Hi, I'm (Congressman/Congresswoman /Representative/ Senator) _____ . We can all play a role in preventing suicide. If you or a loved one is experiencing a mental health challenge, call or text 988 today. |
| [00:27:00-00:30:00] | This message brought to you by the National Association of Broadcasters and this station. |