

How to Start a Research Paper About a Person?

A Brief History of Jared Padalecki's Mental Health Awareness Contributions

Jared Padalecki is an actor who hails from San Antonio, TX. Born in 1982, he made his acting debut in 1999 in a movie titled *A Little Inside*. He had a memorable role in *Gilmore Girls*, but his most popular work has been on the long-running television show *Supernatural*. In March of 2015, he began a campaign to shine a light on depression. He has started funds and raised money to help bring to light a common issue that not everyone is willing to open up about (Hanks). Jared Padalecki has used his celebrity for good and is a role model for teenagers and young adults for his efforts.