

Ladies and gentlemen,

Thank you for gathering here today to stand in solidarity for mental health. We are here because we recognize that mental health is not just a personal issue but a societal concern that affects us all. It is time to break the silence and eliminate the stigma that surrounds mental illness. We must advocate for change--change in our communities, our schools, and our workplaces. We need more resources, better policies, and a system that truly supports those in need. Mental health is health, and it deserves the same attention and funding as physical health.

To those struggling, know that you are not alone. We are here for you, and we will continue to fight for a world where mental health care is accessible and prioritized. Together, we have the power to create a future where everyone receives the support they deserve.

Thank you.