

Ladies and gentlemen,

Good afternoon. Today, I want to talk about something close to all of our hearts--mental health. It's something that affects every one of us, whether directly or through someone we care about.

Imagine our minds as gardens. Just as a garden needs sunlight and rain to thrive, our minds need care and understanding. It's okay to seek help, to talk about our struggles. It's a sign of strength, not weakness.

Empower yourself and others by being open and supportive. Listen with empathy and offer kindness. Together, we can create an environment where everyone feels safe to share and heal.

Remember, you're never alone in this journey. We are here for each other.

Let's continue to lift each other up and make mental health a priority.

Thank you.