

Hello everyone,

I'm grateful to be here with you today to talk about something that's incredibly important--our mental health. At times, life can feel overwhelming and it might seem like we're the only ones facing difficulties. But please remember, you are not alone. Each of us has our own battles, and acknowledging them is the first courageous step towards healing.

It's okay to feel sad, frustrated, or even lost. These feelings are part of being human. What's important is reaching out for support when you need it. Whether it's talking to a friend, a family member, or a professional, sharing your feelings can lighten the load.

Take time to care for yourself. Whether it's through art, sports, music, or just taking a few moments of quiet reflection, find what brings you peace and hold onto it. Remember, seeking help is a sign of strength, not weakness.

You are valued, and your well-being matters. Together, we can create a supportive community where everyone feels safe to express themselves. Let's continue to lift each other up, because together, we can overcome any hurdle.

Thank you.