

Ladies and gentlemen,

Thank you for coming together today to discuss something so important--mental health. Mental health is a crucial part of our wellbeing, just like physical health. It affects how we think, feel, and act in our daily lives.

Many of us have faced challenges at different times, feeling overwhelmed or disconnected. It's important to remember that struggling with mental health is not a sign of weakness, but a sign of being human. Just as we care for a broken bone or a persistent cough, we must also care for our minds.

It's okay to ask for help, to talk to someone, or just to take a moment for yourself. Reach out to your friends, family, or a mental health professional. Seeking help is a courageous step.

Let's strive to create an environment where everyone feels safe to speak openly about their mental health. Together, we can support each other, spread understanding, and show compassion.

Thank you.