

Ladies and gentlemen,

We gather here today not just to raise our voices, but to demand action. Mental health is not just a personal issue--it's a community concern, a societal responsibility. For too long, we've been told to stay silent, but today, we break that silence.

We stand united to demand better access to mental health care for all. We call for the end of stigma, so that no one feels ashamed to seek help. We urge our leaders to invest in mental health services because mental health is healthcare.

Together, we have the power to create change. Let's be the voice for those who feel voiceless. Let's be the support for those who feel unsupported. Today, we stand strong, empowered, and ready to take action. Our time is now.

Thank you!