

Ladies and gentlemen,

Today, I stand before you with a crucial message--a message that demands our attention, our understanding, and our commitment to action. Mental health is not a luxury; it is a necessity. It is time we stop whispering about mental health issues and start shouting.

For too long, mental health has been pushed into the shadows, ignored out of fear and misunderstanding. But no more! It is time to break the silence and break the stigma. Each of us knows someone--be it a friend, family member, or even ourselves--who has faced mental health challenges. It affects us all.

We must demand better resources, better education, and better healthcare around mental health. No one should struggle alone. It is time for us to create a world where reaching out for help is seen not as a weakness, but as a strength.

We have the power to change lives. We have the power to change conversations. Let us use our voices to make mental health a priority. Stand with me today, speak out, and let us make meaningful change together!

Thank you.