Hello everyone,

Thank you for the warm welcome. Today, I want to talk about something that affects every single one of us at some point in our lives: mental health. It's a topic that deserves our attention, not just because it's important, but because it's a part of our everyday lives.

Imagine you're in a classroom, and you see a friend struggling with their backpack; the weight is obviously too much for them. What would you do? You'd probably step in to help or at least ask if they need a hand. In much the same way, mental health is like an invisible backpack we carry. Sometimes, it's heavier than usual, and reaching out for support or offering help can make a big difference.

It's crucial to remember that it's okay not to be okay. We all face stress and anxiety--whether it's about exams, relationships, or just the pressures of life. What's important is knowing that you're not alone and that it's perfectly fine to ask for help.

Let's make it a point to create an environment where we can talk openly about how we feel. By doing this, we help break the stigma surrounding mental health and encourage others to share their experiences without fear of judgment.

So, let's pledge today to support each other. Be the friend who listens, the peer who offers encouragement, and the classmate who fosters positivity. Together, we can build a community where mental health is talked about openly and treated with the care and seriousness it deserves.

Thank you.