Hello everyone,

Today, I want to talk to you about something very important: mental health. Just like how we take care of our physical health, our mental well-being is just as crucial. Every day, students like us face different challenges, whether it's schoolwork, friendships, or family matters. Sometimes these challenges can feel overwhelming.

But here's the good news: it's okay to feel this way, and it's okay to ask for help. Promoting mental health awareness in our schools means creating an environment where everyone feels safe and supported. It means being there for each other, listening without judgment, and understanding that it's okay not to be okay sometimes.

By talking openly about mental health, we can remove the stigma and let everyone know they are not alone. Remember, reaching out for support shows strength, not weakness. Let's work together to make our school a place where everyone feels valued, understood, and most importantly, supported.

Thank you.