

The Important Poetry

The important thing about Mental Health is to be aware!
It is not something you choose.
It is not a joke.
It is hard to cope with.
It can also make you unique as everyone has different strengths.
But the important thing about Mental Health is to be aware!

The important thing about Mental Health is that it affects real people.
Mental Health can mean you are interesting, different and unique.
But the important thing about Mental Health is that it affects real people.

The important thing about Mental Health is that those affected are youth like us.
They are family members.
They are people we love.
They are people we care about.
But the important thing about Mental Health is that those affected are youth like us.

The important thing about Mental Health is it often remains a secret.
It is alright to feel alone but always know that you are not.
It is not an easy process.
It is always complex but we can all pull through it
It should not label you or change the opinions of others.
It will make you stronger in the end.
But the important thing about Mental Health is it often remains a secret.

The important thing about Mental Health is it is unavoidable.
It affects many people on a deep level.
It is not a joke.
It is an unfortunate reality for youth.
But the important thing about Mental Health is it is unavoidable.

The important thing about Mental Health is that good mental health leads to a better life.
It gives you a voice.
It is not always negative.
It helps youth speak out against problems.
It is unique.
But the important thing about Mental Health is that good mental health leads to a better life.

The important thing about Mental Health is that it is strongly misunderstood!
It should not be a problem.
It is surrounded by a stigma.
It is ME!
But the important thing about Mental Health is that it is strongly misunderstood!

The important thing about Mental Health is it is unavoidable.
It is not a joke.
It is tough.
It takes strength.
It is no one's fault.
It is common.
It comes with emotions that cannot be described.
It makes you feel like you are alone even though you are not.
It is misunderstood.
But the important thing about Mental Health is it is unavoidable.

The important thing about Mental Health is to be aware!
It is wrongly judged.
It is not always taken care of.
It has a stigma attached.
But the important thing about Mental Health is to be aware!

The important thing about Mental Health is it can be complex,
difficult and scary.
It feels like there is no escape.
It leaves you feeling helpless.
It requires help.
It makes you a stronger person after the hurt.
It makes you feel alone.
It is a very long process.
But the important thing about Mental Health is it can be
complex, difficult and scary.

The important thing about mental health is that it is real.
It is not a joke.
It impacts everyone.
It needs to be accepted.
But the important thing about mental health is that it is real.