AT THE END OF A BAD DAY,
I FEEL DEFEATED, ANXIOUS,
GUILTY, ANGRY.
I HAVE TO TAKE TIME AWAY FROM FAMILY AND FRIENDS,
SO I DON'T TAKE ANYTHING OUT ON THEM.
SHARE IT. DON'T WEAR IT.
It's time to speak up about mental health.
FirstRespondersMentalHealthNS.com
CORRECTIONS