

I FEEL WORN DOWN
OVERWHELMED.

SOMETIMES IT'S HARD
TO THINK CLEARLY.

I CAN'T REMEMBER WHEN
I NOTICED THE CHANGE.

IT JUST SORT OF
BECAME NORMAL
I GUESS.

SHARE IT. DON'T WEAR IT.

It's time to speak up about mental health. ► FirstRespondersMentalHealthNS.com

RN