

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](https://www.FirstRespondersMentalHealthNS.com)

**RN**