

I JUST FEEL THIS
GIANT WEIGHT
AND I CARRY IT EVERYWHERE.

I CAN'T
UNWIND
EVEN WHEN
I TAKE
TIME OFF.

I DON'T FEEL
RELAXED.
I'M ON
EDGE.

EVERY DAY IS A
STRUGGLE.

SHARE IT. DON'T WEAR IT.

It's time to speak up about mental health. ► [FirstRespondersMentalHealthNS.com](https://www.FirstRespondersMentalHealthNS.com)

