

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 OF  
THEM

**SHARE IT. DON'T WEAR IT.**

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

CORRECTIONS