

Before You Speak

We can say things without thinking
Not knowing that it could affect someone else negatively
You don't know what they could be going through
The mind is as big as the ocean
Thoughts flow up and down
Some get caught in coral, while others make it to the surface

There are words that we use daily
With meanings so deep
Crazy, Psycho, Depressing, Bipolar
You might not realize that these words affect mental health stigma
Making the problem bigger and bigger
And making it more difficult for anyone with a mental health issue to reach out

There are other terms you can use to replace these words
Let's not normalize words that hurt others
Instead let's open up our rainbow brains
To spread love, positivity, and to awareness on mental health stigma
You can make a change

