

Stand Up for Mental Health

Mental health isn't a disease,
It's just an opponent that is not easy to appease.
Mental health is the status of the mind,
Where feelings, emotion, and thoughts are aligned.

A person's mental health is affected in many ways,
People, changes, and stressful days.
They're people just like us,
They just need time to re-adjust.

There's nothing to be biased,
We're all the same,
There's nothing in the slightest,
That they should be ashamed.

Stand up for what is right,
Stomp out stigma on sight,
Mental health affects 1 in 4,
Be the person who knows the right things to stand for.