**There Is Help**

**We are the survivors, and**

**good warriors we make.**

**We are determined to get the**

**word out for as long as it takes.**

**We want to be part of taking the**

**stigma out, give it our best, at least try.**

**We may never understand depression**

**But it is real and it is at a high.**

**It is a silent emotion, it can**

**creep in at any given time.**

**It can make one's situation seem**

**like impossible mountains to climb.**

**It's not prejudice as to gender,**

**color, rich, poor even age.**

**It is not something that goes**

**away, it's not just a stage.**

**The spirit of hope is what**

**we offer one another.**

**Support and hard work, can-**

**not have one without the other.**

**May it be a mother, father, brother,**

**sister, friend, son, daughter, even self.**

**Help us let people know they can call**

**1-800-TALK (8255) for help!**

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