**We're In This Together**

**One thing we have learned, through-**

**out the years, is that we are not alone.**

**We also have found that people's**

**hearts are not made of stone.**

**When one doesn't know that they**

**don't know, can be very confusing.**

**Fear sets in and one loses control**

**of the tactics they are using.**

**Experts we are not but sharing our**

**experiences is a good place to start.**

**And we thank you for allowing us**

**to share what's deep in our hearts.**

**By doing what we do, sharing**

**what we know brings awareness.**

**One need not be afraid or ashamed of**

**what the world calls mental illness.**

**A better understanding, mixed with a**

**compassionate heart, is what we yearn.**

**The right to quality in one's life is**

**a gift, not one that needs to be earned.**

**We have given you a lot to think about,**

**perhaps your heart we have touched.**

**Tell others about Nami, together**

**we can accomplish much.**

**Written By Frances Berumen 5/23/11 <><**

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