

"It's not a big deal"

"Therapy is for crazy people"

"It's all in your head"

"But your life is perfect"



Be kinder to you

You have so much strength

It's ok to say no

Find the help you need

There are good and bad days

It's okay not to be okay

You're not a burden

I'm glad you're here

"Faking it"

"You're just doing this for attention"

"Just be happy"

"Why do you always have to be so negative"