

No Fear No Shame: Only Gains (C)
By Mahi Singh Gujral

Paired with Poster #4

Life is a ride with
Body and mind
If the body needs help
So does the mind.
It's your body
It's your mind
Each is better
With the other
Together they're even better.
They help each other

Care for both
Don't ignore the mind
Don't deny the mind
Its right to be fine
Go beyond fear
Go beyond shame.
There will be gains.
Don't say no
To help for self.

Talk to family and trusted adults
On matters of the mind
That's a good start to ask for help
Take their advice: your wellbeing
Is on their mind. If you're told to
Get further support- do what is right
Like you do for a game or sport
If the body needs help so does the mind.
To better yourself one step at a time.

Do that and keep your connect
With family and friends
And the trusted ones as well.

