



## Mental Health

Being mentally happy, believing in friends

Is where the thought of sadness ends;

Chatting, texting or even signs,

Will leave you feeling mighty fine.



Keeping love and friendship too,

Is the most important thing to do.

The secrets you keep you really should share,

To show appreciation, to show that you care.

Talking to friends is the key,

When being who you want to be;

Not talking will just make you sad,

It will frustrate you, it will make you mad.

