

My Life Time Challenge

**Life has always been a challenge
and we need to keep our own balance.
It's very hard to have a mental illness
because it can cause so much stress.**

**I know that I should find a way
to get through the challenges every day.
When we can find a way to cope
then we will have even more hope.**

**We are all human beings
and this is something that people should be seeing
so we should put stigma to a halt
because mental illness is no one's fault .**

By: DJ Dano