

Well mental health makes me remember a story of my friend. A friend who is pure and genuine, I won't mention her name but would be obliged to share her story.

The story was back a year ago she didn't pass her class and this made her suffer from bad mental health situations. I felt really bad, she was very afraid to repeat the class and even to enter the class in which children were smaller than her but we pushed her "we means me and some other friends of mine". But the situation went wrong when someone made a joke of her, that she failed in a class and the next day I heard the news that she suffered a panic attack. I couldn't control my self and cried but I was angry with the person due to whom she was in big trouble. But the time healed her pain a, her fear and eventually she stood up strong and fought her own battle. Seeing her this strong made me feel happy . So I wish no should suffer alone and share their feelings with the person they trust the most because letting the thing inside ourselves will make us suffer so why do we suffer. We should cherish each and every moment make ourselves happy because we deserve to be happy

Thank you