

**Untitled**

**By Patrica Korsak**

You are not alone.  
I have been there. Other people have been there.  
We empathize.  
Speak up. Express your feelings.  
Despite the tears, despite the hurt, despite the anger, despite the desperation.

You are not alone.  
Take a chance. You'll be surprised.  
We understand.  
Share the fear, share the hurt, share the anger.  
In spite of the anxiety, in spite of the trembling, in spite of the self-doubt.

You are not alone.  
Lean on us. Let us support each other.  
See us in you.  
Acknowledge us, talk to us, recognize us.  
Fight with us, struggle with us, strengthen with us.

Together we can make a difference.  
Together we can fight stigma.  
Together we are so much more.

You are not alone.