

11. Call for help

When we light a candle, we don't hide it from view; we place it where it can be seen, to see more clearly.

Our call for help is the difference between night and day. Our call for help is our taking control. Our call for help is our call for change. Maybe the holidays are not about what we want; maybe the holidays are about what we need. Because our mental health and wellbeing are not just for Christmas.



It's ok not to feel ok; and it's absolutely ok to ask for help.

**I Am
Here**