

A person stands on a dark, rocky outcrop in the foreground, looking out at a vast, turbulent ocean. The waves are white and foamy, crashing against the shore. The sky is a uniform, overcast grey, creating a somber and contemplative atmosphere. The overall scene is captured in a wide-angle shot, emphasizing the scale of the natural world compared to the lone figure.

'we all have a **STORY** to tell, whether
we whisper or yell.

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#4





Mental illness doesn't discriminate

Do you think I chose this? No, it chose me
Mental, physical illness – the parity
What's invisible to you, eats me from inside
There's nowhere to run, nowhere to hide
Yes, I understand the challenge you face
Unconscious bias, like religion or race
But I don't want to hurt you or anyone else
So please don't judge me
My thoughts are about myself
I worry that I'm not good enough for this world
And constantly compare
What's my purpose here? And how do I fair?
Tea and sympathy doesn't cut it when irrational thoughts take over
So, raising awareness of poor mental health is my four leaf clover
You see, the more society embraces that we're all unique
The language will diminish, no more "psycho", "schizo", "freak"
So all I can ask to plant the seed in your mind
Is my wish for all of you, stop the stigma, please be kind

Wendy McDougall

Community Champion, See Me Scotland