

The one's who have mental health services should never take it for granted. So many people fight to get on it that can't. They have a lot of good services to offer. They save more lives than we will ever be able to count.

It's the one's who fall between the cracks that worry me. The outcome is never good.

The ones who are in it then they lose their services, and have no where to turn to for help. So they started using substances to cope with everyday issues. Then it leads to bigger problems if not death. They become a danger to themselves and others. They can't think straight anymore. They do things they wouldn't have ever thought of doing if they could stay in services.

Everyone should know there is always help out there. So don't ever be afraid to seek mental health services.

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