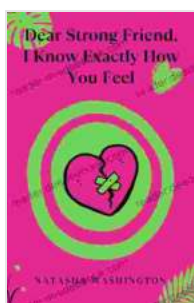


Dear Strong Friend, I Know Exactly How You Feel

To the strong friend who always seems to have it all together, I see you. I know you're struggling. I know you're putting on a brave face, but I can see the pain in your eyes. I can hear it in your voice. I know you're feeling lost and alone, even though you're surrounded by people who love you.



Dear Strong Friend, I Know Exactly How You Feel

by DM Woods

★★★★☆ 4.7 out of 5

Language : English

File size : 211 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Print length : 73 pages



I know you're feeling like you're not good enough. You're comparing yourself to others and coming up short. You're afraid of failing. You're afraid of being rejected. You're afraid of being a burden to your loved ones.

I know you're feeling like you're drowning. You're overwhelmed by life. You're struggling to keep your head above water. You're feeling like you're going to break down at any moment.

I know you're feeling like you're invisible. You're surrounded by people, but you feel like no one really sees you. You feel like you're not important. You

feel like you don't matter.

I want you to know that I see you. I hear you. I understand you. I care about you. I'm here for you.

I want you to know that you're not alone. Millions of people struggle with mental health issues every year. You are not weak for struggling. You are not a burden. You are not invisible.

I want you to know that there is hope. There is help available. You don't have to suffer alone.

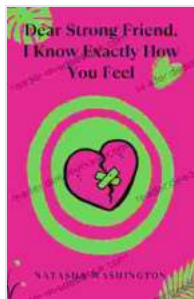
If you're struggling with mental health issues, please reach out for help. Talk to a trusted friend or family member. See a therapist. Call a crisis hotline. There are people who care about you and want to help you get better.

I know it's hard to ask for help. But it's the bravest thing you can do. It's the first step towards getting better.

I believe in you. I know you can get through this. You are strong. You are loved. You matter.

Sincerely,

Your friend who understands



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