

**Just because
it can't be seen
doesn't mean
it's not there**

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**Little by little,
one travels far.
- *J. R. R. Tolkien***

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**The wound is the
place where
the light enters you.
- *Rumi***

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**You must
always remember
that there is
an end to depression**

LEAH

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**Take time out for yourself
and keep trying
even if it feels like
you are getting nowhere**

FI

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**May this bring you
peace,
tranquility,
and harmony**

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**The hardest part is
the beginning
of your treatment.
But it will let you
get your life and
happiness back.**

MORGAN

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**I have accepted
the fact that
sometimes
I just need time
to rest and
care for myself.**

CAITIE

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**I know the road ahead
will not be easy but
being bipolar
has given me strength
that I never
thought possible**

SUBRINA

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**Worry pulls
tomorrow's cloud
over
today's sunshine**

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