

Every day millions of people take pills

pills to help with pain both mental and physical

adderall sertraline metoprolol ibuprofen advil and millions more

nobody wants to talk about the fact they need help to be happy

nobody likes to go to the doctor and admit that they aren't ok

When in reality

Nobody is fully ok

everyone has problems

Anxiety depression arthritis migraines OCD ADHD and so many more

everyone has something

the energy it takes to deal with these issues differs from person to person

but that doesn't mean it's not there

Nobody is perfect

nobody is free from this pain

Nobody doesn't need help

Everybody need to accept that

written by your resident mountain flamingo