

BEING A FRIEND

As those of us with mental illnesses,

Who fear they're at the end,

Reach out to one another,

And be a friend.

Being a friend,

Is the best we can do,

To support one another,

Helping me, helping you.

Friendship is more powerful,

Than you might think,

Holds us all together,

So our hearts won't sink.

So remember that we,

The most powerful thing to do,

Is being a friend,

And saying I care about you.

DYLAN ABRAHAM 7/22/09