



You are going to be OK.

‘Once you take that biggest, **BRAVEST** step to ask for help, you will be on the road to **RECOVERY**. It won’t happen overnight, but with the **SUPPORT** that is available out there - the forums, the helplines, the support groups - you can and will **GET BETTER**. PND might have stolen some of your life, but you can get it back. All you have to do is **KEEP FIGHTING** and know you are **NEVER ALONE** in the fight.’

Rose Wren for

goodtoknow