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Mental health is like a car driving down the highway. Except this highway is in very poor condition, it has no shoulder and there are plenty of potholes. If you don't look forward then you might hit a deep pothole really hard, which could give you a flat tire. But eventually everyone's tires will be flat at some point, but if you don't pull over and change the tire then your tire might blow which will drag your whole car down. You might not want to change the tire because you're scared of what passersby may think of you, or you don't know how and are scared to ask for help. Or if you drive recklessly, you might slow down and realize how the other people around you feel. Then you will realize that everything that could overheat is overheating and your engine might blow up soon. Just like driving down the highway, mental health is about keeping balance and speaking up when you need help. No one's going to judge you. Don't let your mental health get to the point where you just blow up in a fit of rage or just let your body shutdown all together.