Don't Call it a Breakdown: How I "Lost It" and then found my support

By: KD Williams

Opening Question

How do you spport people you love when they're struggling? What do you wish you could tell your friends so they can help you sometimes?

Need Help?

Set out the RED solo cup

End Discussion Suggestion

I appreciate your interest in my topic. However, I think it is best that we end our discussion now and agree to disagree

Reminder

You are doing an amazing job! Title, Question page, Book cards