Links to Morgan’s Work:

[www.liftthestigma.wordpress.com](http://www.liftthestigma.wordpress.com)

<http://www.lansingstatejournal.com/story/opinion/readers/2014/12/02/letter-learn-warning-signs-suicide-risk/19759083/>

<http://thoughtcatalog.com/morgan-chavez/2016/08/19-little-things-to-remember-when-battling-a-depressive-episode/>

<http://notalone.nami.org/post/153565724589/an-open-letter-to-the-mom-i-loved-and-lost>