

## SPEAK OUT!

It seems the world has buried your voice,  
Your feelings dismissed, like whispers in noise.  
No one asks, “*How do you feel inside?*”  
You look in the mirror... And see a father—Not a man.

But why don't you see you're dying within?  
An empty chest, full of unspoken wounds.  
It's hard to be a father,  
Harder still to be unseen. Father—speak out!

Your love is an ocean—deep, unmoved,  
Your presence—solid gold, Too costly to measure or replace.  
But still, you carry the weight in silence... **For our sake.**

I wish the world knew the strength of your love,  
But pain has buried your roots in silence.  
Man of the universe—**stand firm!**  
Speak the worries you bury so deep,  
That we might teach our sons  
And daughters to speak, To feel, To heal.

***YOU ARE THE MAN. YOUR MENTAL HEALTH MATTERS TOO.***  
May you rise, Not just as a father, But as a man—Whole, heard, and unashamed.