

Transcript for Episode 408: "Black & White Miniseries - I Am Not Broken. Who I Am Is Whole."

Please note: This transcript has been lightly edited to remove filler words or sounds.

BECKY EBERT: The fact that you go to counseling or want to go back to counseling does not mean you are needy. The fact that you are feeling depressed, anxious, or suicidal does not mean you are hopeless. The fact that you take medication does not mean you are broken.

The fact that you are continuing to grow doesn't mean that you are not complete. The fact that you are still learning and changing doesn't mean you have more to do or be. The fact that you are in the process of healing doesn't mean that you are not whole.

The act of being reconstructed, glued back together, doesn't make you any less you. You are a mosaic, composed of diversely reflective bits of experience and empathy, of context and community.

We don't need to convince you that this life can hurt, and at some points, you may feel broken, but the adjective is not the noun. There is an identity at the heart of any moment. A focal point. A piece that finds purpose in the mix of so many others. We've been at this long enough to see time and again that our pieces can still fit perfectly together with other people's. You may feel broken, but maybe you are hurting *and* healing. You may feel incomplete, but perhaps you are searching *and* expanding. You may feel far from finished, distracted by milestones that seem irregular at best, but you maintain your wholeness just as the sun sets and the moon rises. Just as the tide ebbs and flows, you remain whole throughout.

[music playing]

LINDSAY KOLSCH: You're listening to the To Write Love on Her Arms podcast, a show about mental health and the things that make us human. Each episode we'll be talking about the things that can often feel hard to talk about, like depression, addiction, self-injury, and suicide. We'll be sharing stories and exploring big themes like hope, healing, and recovery.

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CHAD MOSES: Hi everyone, it's Chad Moses, TWLOHA's Director of Outreach and host of this podcast. The person you just heard from at the top of this episode was Becky Ebert, my friend and coworker. Becky has been working as TWLOHA's Editor for nearly half a decade now, which means she's the energy behind our blog and podcast. When she isn't behind a computer, you can find her behind the steering wheel of a car en route to a new place to explore, rewatching a Marvel movie, or outside hiking. And throughout all of those things, you're sure to find her sidekick, a dog named Bucky Barnes, close by.

The passage Becky just read stems from TWLOHA's Black & White 4.0 campaign blog. As mentioned in the previous episode, May is Mental Health Month in the US. This month is a chance for us to continue combating the stigma that keeps far too many silent. It's a chance for

us to tell and to highlight stories of lesser-known challenges. It's a chance to declare a few statements we believe to be **Black and White**.

This year, those statements include: Stop apologizing for existing. I am not broken. Who I am is whole. And nothing can take away how far you've come.

To us, these statements are not up for debate when it comes to you and your mental well-being. These statements are truths that we believe apply to you despite what society or your mental illness might try to convince you of. And if you find yourself unable to hold these beliefs on your own, know that we are and will always carry them on your behalf.

In today's episode, Becky and I will be exploring the statement "I am not broken. Who I am is whole." and what it means to practice grace and acceptance when it comes to our present moment and self.

[music playing]

CHAD: So here we are. This is the second week of our miniseries for this year's Black and White campaign for Mental Health Month. This week, we are discussing the statement "I am not broken. Who I am is whole." And with us today we have Becky Ebert. She serves To Write Love as our editor. Anything that you've read on our blog for the past, what Becky, like, a half-decade now, has been filtered through her lens. She is working so hard behind the scenes on everything podcast-driven and so much on social media, just really making sure that what To Write Love is saying is being said in the best way possible. So it's my honor to welcome my friend and your friend, you just don't know it yet, Becky to the podcast. Becky, how you doing?

BECKY EBERT: I'm good. Chad, I'm happy to be here, to be on the other side once again. Definitely used to being behind the scenes. But occasionally, it's nice to pop up here and actually talk to you.

CHAD: We are now, well, it's really hard to say halfway through when there's only three statements. But we are working our way through this year's Black and White campaign. Last week, we spoke with Tori on "stop apologizing for existing," and this week is all about "I am not broken. Who I am is whole." This was a really interesting phrase because this is the first two clause phrase that we've used for our Black and White campaign. I remember when we were trying to select what we wanted to say and how we wanted to say it. When we decided to use both parts of this, it seemed like a light bulb turned on for you and I simultaneously. So let's kind of start with that gut reaction. How do you hope that this statement makes people feel? What was kind of awoken in you when we landed on this statement?

BECKY: So, even going back to the moment of us deciding to kind of combine two separate statements. There was that moment as you said, you read the first half "I am not broken." And I remember our reactions initially being, you know, I appreciate the sentiment. But it also felt a little heavy and you kind of want to balance that out. At the time there was a blog that I was

working on with an author. That blog hasn't been published yet, but it is going to publish in July in honor of BIPOC month. I remember seeing the sentence, "Who I am is whole." And that's a very, like, center point for this blog. So as we were thinking about these statements, that one came to mind, just as this could kind of complete this thought, make it a bit more well rounded to say, you know, I am not broken. And at the same time, who I am, at this point in time as well, is also whole. And I think above all else, this statement is about encouraging people to feel adequate in who they are right now, right here. It's to convey to them that even with hopes and dreams and good days and challenging days, that they are not broken. That they do not need to be perfect or flawless or healed, to be whole. That doesn't necessarily have to be synonymous to be whole. They do not need to be, quote unquote, 'fixed' in order to be on the receiving end of grace and love and pride and celebration. And on the flip side of that, they are not quote unquote, 'broken' if they are struggling or experiencing a trying moment.

CHAD: Last week with Tori we spoke at length about self compassion. That phrase, that statement, again, being "stop apologizing for existing." And I think planting your feet and saying 'I exist' is something huge. But then you get to the point of 'Okay, I exist, but who am I?' And I love, kind of, the lack of symmetry and the statement, "I am not broken. Who I am is whole." I think it would be different to say 'I'm not broken, I am whole,' that's almost too simple. Like we're not trying to balance a scale, and you know, just existing as the fulcrum points. But we spell it out in the blog that the adjective is not the noun. That there will be points in life that you do feel empty handed, that you feel caught off guard, that you feel like a piece of yourself is missing. But that experience in and of itself is not who you are. You are so good at speaking and giving voice to other people's stories. I'd love to focus on you and how this statement applies to your story.

BECKY: I certainly relate to this statement in a few different areas of my life and especially within my mental health story. That's obviously included in the overall story. But specifically with mental health, the first thing that comes to mind would be counseling. Since I was about 19, I've seen a counselor during various chapters over the course of the last like 10 years. After my dad passed away, in the midst of a battle with an eating disorder, during anxiety producing transitions between, say, moving or changing jobs or anything like that, I've attended counseling. I haven't consistently seen a counselor, but even recently, I've considered going back. As I think a lot of people have in the midst of the pandemic, either considered seeing a counselor for the first time or being aware of the fact that they might need to go back. In saying that, it's that going back phrase that hits you sometimes. And I found myself thinking, you know, am I going backward? Do I need to resort to therapy again, because I was never fully healed? Did I go wrong somewhere along the way? But in reality, the answer to all of those internal questions is no. You know, new challenges arise. Old challenges show up with different faces. And throughout all of it, I'm still me. I'm still complete in this moment, even if the situation feels - keyword there being feels - like deja vu in a sense.

It's also acknowledging the fact that evolution, it takes a lot of time. So while we are always changing and growing, especially when we let that change happen, we are at the mercy of time and how much time it takes to actually evolve. It's not a one and done ordeal. That evolution, as

far as we can tell, never stops. There isn't a 100% capacity reached moment, nor is there a 'we're at 60%' moment. There's just this moment, and there's just us where we are right now, and there's technically nothing missing. Yes, we can strive to improve ourselves and our situations, and I'm going to annoy myself here with the use of a double negative, but we are never not whole. And another area, I think, that I can apply this same statement to would be in the realm of kind of, like, checklists formed within society that tell us what equates to, say, success in regards to careers and love and our physical form, even our spiritual growth. But I'm beginning to realize and make peace with those in-between moments, which in my mind are kind of all of the moments we have. We can try to label each piece as like, you know, the beginning, the middle, and the end. But to me, that sometimes feels a little silly. Because the beginning is where the problem starts, the middle is where the work happens, and the end is where the resolution comes in. But none of those things truly start or stop, right. It's just kind of a continuous cycle. I feel like this is gonna sound a tad hippy, which shouldn't come as a massive shock to those who know me. But I was working on a fictional story, and it involved research about the lifecycle of a seed. I tweeted about this, and I remember you messaged back. But, the seed germinates, the plant grows, it flowers, it might produce fruit, and then the fruit releases more seeds, and then the plant dies, and it starts all over again. And that might seem like a very clear starting line, you'll see diagrams that can be just like a straight line of this is how this happens. But the vast majority are reflecting it in terms of, like, an actual cycle. So it never really starts or stops. And you can see it as this very clear starting line and finish line. But to me, it's kind of a skewed perspective, considering it is a cycle that continues on and on and on. And at no point throughout that cycle is the seed or the flowering plant or the dying plant, not what it's supposed to be.

CHAD: That's really good. I've read some Buddhist texts as well. And you kind of allude to this in the blog, but about the tides. About whether the ocean is ebbing or flowing, it doesn't stop being the ocean. That one drop of water, that one molecule of H₂O, it's not changed on a fundamental level. Whether it is approaching land or retreating from it, it is all still water. I love, you know, some of the themes that you're bringing up about being changed, and yet still changing. That this isn't a race, there's no finish line to your story, to your growth, to your mental health journey. This is all something that we are continuing to take in stride, breath by breath, day by day. If we were going to put a general theme to last week, I think self compassion would be at the core of that conversation. What do you think the core truth of this week is? If you take away all the words, what is the principal message, the principal theme that we're trying to convey with "I'm not broken. Who I am is whole"?

BECKY: In regards to last week and self compassion being at the forefront of that, I do agree. I also think it was very easy to reflect that back in a community sense of also holding that same compassion towards the people in your life, whether they're going through hard times or at the top of their game. You hold that, that "stop apologizing for existing" in regards to yourself, in regards outwardly to everyone around you. But for this statement, for "I am not broken. Who I am is whole." I think there's a self compassion piece. But above that, I believe there's also grace. And that for me would be the key part of this, is just having grace.

CHAD: What's the difference?

BECKY: Grace for me is almost space. Allowing yourself to just exist, which obviously 'exists' goes back into the other one, but just kind of allowing things to be. Holding grace for things to be potentially messy, to potentially be in a state of rebuilding, any of those things and still recognizing your complete nature. Without seeing it in a way of 'this piece is missing, this piece needs work, this piece is perfect.' All those labels come out. So grace steps in to almost be like, 'okay, drop the labels, you as you are right now are whole.' There can be things that you would like to work on, to improve on, to explore, to better understand. But there also has to be that space and that grace for you to remove all of those thoughts, all of those labels and look at it as this is the picture as it is right now. And there isn't necessarily anything wrong with it. It just kind of is.

CHAD: When you were walking through that the word that came to my mind was perspective. It can be very, very difficult for someone navigating a challenging time, or a mental health diagnosis to just own this. To self manifest this realization, "I'm not broken. Who I am is whole." Some people can, and bravo brava. But I think for so many of us, we need an external voice to remind us of this, or to enlighten us to it for the first time. When we say "I'm not broken. Who I am is whole." to you, the audience, we're hoping that we're not saying it to you for the first time. We hope these aren't the first moments that you've heard this sentiment. But if it is, then we celebrate that. And we invite you to believe that along with us. Perspective, you know, that certainly carries with it kind of this idea of experience. That there's going to be other people that have a different view of the story at play. That we can be really unreliable narrators to our own story. And that's where it is so valuable to have counselors, to have friends, to have mentors and family members and co workers that we trust with our story that can remind us of some true things that we forget along the way. And it doesn't make you bad for forgetting it. That's just how life works sometimes, that you're not able to absorb all information at all points, and you're certainly not able to see an entire picture by yourself.

[music playing]

CHAD: We believe our mental health is just as important as our physical health. That's why we're asking you to move for something that matters on Saturday, May 29, 2021, in honor of TWLOHA's 9th Annual Run For It 5k. The event is completely virtual, which means you can move from wherever you are!

And this year, we're rallying behind the statement: "Nothing can take away how far you've come." To us, those words mean that the progress you have made or are making can never be erased. Perhaps you've just begun or are even simply considering embarking on your journey of healing. Maybe you have years of recovery under your belt or those years have led to a relapse. Or it could be that you're feeling the heavy loss of a loved one as you carry their legacy forward. Regardless, your efforts matter. Your healing does not unravel in the face of hard moments or imperfect chapters—it continues. You continue. To purchase your 5k pack or to learn more about the event, go to runforit5k.com.

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CHAD: So I think this takes us now to another theme of community. How do you see community fitting into the statement of “I’m not broken. Who I am is whole”? I mean, To Write Love has been saying from the very beginning, people need other people. That this is not a journey to take by yourself. But even with these statements, what role do you believe community plays in conveying this statement?

BECKY: It’s funny that you asked this question. You and I have a bit of a history with the ‘people need other people’ statement. I know you’re a big supporter of it. And I remember when I first started at TWLOHA, I was always a little hesitant about the statement. Not in the case of sharing it and encouraging other people to relate to it, but it was almost like a personal perspective. I struggled to feel that it applied to me. And as someone who maybe used to pride themselves on being independent, I certainly hesitated to lean on a lot of the people in my life. And that’s something that I’ve worked on and opened myself up to, to being vulnerable in that sense. To say, you know what, hey, I might need some help with this. And for anybody who is aware of the enneagram, I am labeled as an enneagram two. So sometimes asking for help and owning up to that is tough. In that regard, I think with this statement, I even noticed it in the last week or two. And I can imagine a lot of people listening can relate to this where you might find yourself struggling with something you never struggled with before. Maybe it’s something that you’ve never experienced before. Maybe it’s something that you always kind of had on lockdown, and then it suddenly appears and that kind of throws you a bit. To give it a bit more context, I have dealt with depression and anxiety and an eating disorder, as I mentioned before within that story. I have never dealt with suicidal thoughts. And there was a moment where suddenly I was experiencing suicidal thoughts. And it was a bit of a shock more than anything, kind of an out of body experience because it had never appeared before. And in that moment, I immediately reached out to a friend who I trusted, who I felt I could talk to. Because there was definitely that internalized shame. The fear of admitting to experiencing these thoughts, that it might knock me down a few pegs, someone might look at me differently. So reaching out to that friend was the best thing I could have done versus harboring all of that. I was on the receiving end of a very kind and caring friend. The response to that was not, ‘oh, something must be wrong with you, something needs to be fixed.’ It was very, like, ‘you know what, this happened. It’s okay, you recognize that it happened, you reached out to a friend, that was the best thing you could have done.’ Versus the thoughts in my head were, you know, what’s wrong with you? Why is this happening? This should have never happened. The negative self talk was then, by bringing in another voice, that kind of painted that bigger picture like you said. This happened. It doesn’t necessarily change all the other pieces in the picture. It’s just something that’s there right now. And it doesn’t negate anything else. And it doesn’t mean that I am broken. It doesn’t mean that something is necessarily wrong all of a sudden, and needs to be fixed. It’s just something that came up and happened. And that’s it.

CHAD: Thank you for sharing that. And I think you hit on something really poignant that when we say people need other people, so many of us are eager to be the other people, we’re eager

to be the helpers. And we often don't extend that same sense of grace that you were talking about earlier to ourselves. You can also need other people. That's not only allowed, but encouraged. We get to lean on one another, we get to carry each other. And once again, this is not negating the fact that there will be points that you feel chipped, that you feel worn, that you feel unpolished and broken. So what happens to our broken bits? I wrestle with the idea that they will just magically kind of reconstitute into something complete, into something that was what it was before. But what do we do when we see that our hands are clutching pieces of what we believe to be true before?

BECKY: It's interesting, when you were asking that question, for some reason the word recycle came up. And not in the sense of recycling it to be used as the same thing, but recycling it to be used as something different. It's the thought of, say I reached out to that friend, just to say like, 'hey, I just experienced these very alarming thoughts, and I'm confused by it. I'm saddened by it.' Honestly, at the time, I didn't know if she would relate or not. But as it turns out, that person has experienced suicidal thoughts before. And she was able to relate to me, offer some comfort, and have that wisdom of, 'yeah, I've been there before. And I've been able to notice the signs to recognize when this comes up, to also separate myself from these thoughts.' And I think the recycle part comes in, in the sense that seeing these pieces as something like a chipped piece, a collection of hard moments. And it's looking at those things and realizing that as you kind of see them for what they're worth, you work through them. They then can still hang around, stick around, no big deal. They do get to be reused and recycled in the sense of wisdom, in the sense of compassion, in the sense of grace, in the sense of even understanding when those things arise when those hard moments arise. You start to process them differently. You can separate yourselves from them. It's a lot of growth as well. You know, I mentioned it before with the evolution and growing and kind of holding space for you to be as you are right now, while also acknowledging that you continue to grow, you continue to evolve. And those pieces and bits are still there, but they kind of morph. Each moment that they go through this metamorphosis is still valuable. Not to say there's a lesson to be taught, because I think sometimes we can get into that vibe of 'every pain has purpose.' And I think that can sometimes not be helpful. But looking at it as is and realizing too, that these pieces can be recycled and reused to either support your growth, or support your evolution, and also to do that with a friend who might be going through it at a later date than you. And that's exactly what happened for me, when I reached out to that friend who had experienced it already. She kind of recycled and reused her own experience to help me through mine.

CHAD: Yeah, that's beautiful. You know, to an extent, our broken pieces can still fit together with other folks. And again, the adjective is not the noun. That on the other side of a challenge, on the other side of a valley, you will come out with more experience, you'll come out a different version of you. And I'm not trying to jump directly into next week's episode, but that's certainly a theme. I love that with this year's Black and White everything kind of leads into the next. We did a really great job of anticipating where the conversation is going, so tune in next week. But for now, these exercises in Black and White initially started four years ago. The hope was to find stand alone statements, things that were obvious on their face, things that were kind of stripped away from a sense of poetry. And I think that was a really good and noble exercise. But then

Becky and I got involved so we started bringing in more and more poetry and I think that I'm comfortable with that now. I don't need to apologize for that now. But I think there is, on some level, an invitation to accept these as they are. But I don't think that we need to believe that poetry makes anything any less true. I think that honestly, poetry makes things more true. That you can use, you can bend the language to meet the needs of something that is beyond just a collection of letters and punctuation. What do you believe the role of poetry is in expressing truths?

BECKY: It's interesting, because when we sit down to figure out these black and white statements, and you know, this is going on four years. It's interesting, because our conversation stems from, we need statements that are very direct, very clear, that kind of lack that poetry aspect of it. When we first started this, I look at the statements from the first year and they're just that. They're very direct, very blatant. And then you kind of see this transition over the years. Still direct, still blatant. But there's a bit more poetry to what we're saying. In the blog, we definitely take a liberty, you and I, and make it poetic, and combine everything that we're thinking. However, even the statements, I think, this year, perhaps even last year, they're still black and white. They're still hard hitting, they're still very stark in their meaning. But, and this goes into what we were saying before, it's kind of softer, it's kinder, it's there's some grace there. And having these conversations especially opens you up to the more poetic side of it. Embracing that poeticism almost eliminates, in a way, the opportunity to argue against the statements being black and white. You let someone talk about what the statement means to them, it kind of opens people's eyes up to how this applies to a very specific story. Then another person takes it the other way. It kind of makes this tiny little tunnel of 'this is what the statement means. This is what it looks like,' and it widens that entrance. All of a sudden, there's different entry points for what the statement can mean to different people. And in a way, being a little poetic about that allows that to happen, versus just very starkly saying like this is the statement. That's what it means. There's nothing else to go around. And you're like, oh, but wait a second. And I think it just creates the opportunity for different stories to relate and to filter in and for these statements to be black and white, but to apply to the entire rainbow of mental health experiences, of life experiences.

CHAD: You mentioned the transition from 'yeah, but,' to 'yes, and,' and I think that's what we were hoping for all along, that we could make a statement. And while we say these are non negotiable, that doesn't mean that they don't represent a diversity of experience. And we are passionate as an organization and as individuals in elevating some of these often overlooked experiences. So that brings us to your primary world, the blog. Can you spend a few minutes just telling us what is happening on the blog during Mental Health Month, during our Black and White campaign? How are we, kind of, repurposing the blog during this month to address some of these stories?

BECKY: Yeah, so while we've done this campaign for four years in a row, this is only the second time we've really utilized the blog and that storytelling space to honor Mental Health Month. Obviously, mental health is something that TWLOHA does day in and day out. But the way that we're doing that specifically on the blog is by highlighting some specific mental health

challenges through lived experiences. So last year, some of those topics included, more common, or at least more widely talked about challenges like depression and anxiety. Whereas this year, we're trying to inform folks about lesser known slash lesser expressed challenges, such as OCD, schizophrenia, postpartum depression, and borderline personality disorder, and there's a few others as well. Within those individual pieces, the authors are sharing their own perspectives on living with those things, but they're also offering the readers a more defined perspective by talking about common symptoms, the ways in which these challenges present themselves. And I think that's helpful for the sake of informing people who aren't familiar with those struggles. I mean, even reading and working with these authors, I've learned things about these challenges. But in addition to that, they're also, I think, encouraging someone who might be dealing with the same thing. My hope is that they feel seen rather than shamed for what they're going through or what has become a part of their reality. One that comes to mind is we have a piece by someone named Harley, and it'll be publishing next week, that's about schizophrenia. And one of the things they mentioned is the misconception that people who experience schizophrenia are monsters. In movies and TV, that diagnosis is so often associated with, like, havoc and harm and chaos. So when this person was diagnosed with schizophrenia, they saw it at first as this kind of dirty and ugly, heavy word. But through actual experience, and education, and treatment, that word and that diagnosis for Harley, while serious, is now associated with things like support, and medication, and understanding, and sympathy. So I think my personal hope, as someone who has the honor of editing and publishing these stories, and working with these authors, is for those misconceptions and that shame to dissipate, and make room for a willingness to learn, and an inclusive compassion to emerge.

CHAD: Yeah, I think that that value of continual learning certainly has played through, well, so much of the To Write Love On Her Arms journey and so many of the journeys of the people that we interact with online and, when we have the chance, face to face. But I didn't want to miss the chance to welcome and invite folks into this value of learning as well. And one tool that we've developed specifically for this is our brand new app, The Hopeful. So if you go to twloha.com/thehopeful you can find some information as well as some download links for Google, Android, and for iPhone devices. This is a tool for evolving perspectives. This is a daily use app for encouragement, for mood tracking, and journaling. So even if you're at a point in your story where it's hard to find the central thread into what's going on, we just ask that you take a couple minutes each day to see how you're doing to check in on yourself. Maybe there's parts that feel discombobulated, disconnected, maybe a bit broken. And that's fine. And over time, we're giving you the chance to track how these days go on, how this progresses, we give you prompts to journal to help kind of make sense of the world around you. And the hope is that in time, you can get a better perspective, a bird's eye view of what this past week, this past month, this past year, has looked like. We believe that this can be a super great tool within your own arsenal for self care. Or maybe it's your first tool and that toolkit. Whatever it is, please check it out. That's TWLOHA.com/thehopeful. Again, this has been an honor to connect with Becky. I don't see you enough these days, but I'm so thankful to still have you and your perspectives and your voice peppering all the conversation that we've had this month and oin all the months before and all the months to come as well.

CHAD: As mentioned in this episode, we're sharing stories and holding conversations in honor of Mental Health Month across our blog, social media channels, and on this podcast. On next week's episode, which will be the last episode of this year's Black & White miniseries, I'll be joined by TWLOHA's Community Care + Social Media Coordinator Bianca Mujica. We'll talk about the final Black & White statement and how it's doubling as the focal point of our 9th Annual Run For It 5k and as 1/3 of this campaign.

If you want to read the Black and White 4.0 blog in its entirety or learn more about the campaign, we invite you to visit TWLOHA.com/blog, that's T-W-L-O-H-A.com/blog. You can also find the Black and White collection, which includes T-shirts featuring this year's statements, available for purchase, at store.twloha.com.

We also want to thank you for being here. For being present, for sharing space with us. It's truly an honor to say we're glad you're here.

[music playing]

LINDSAY: We hope this episode has been a reminder that your story is important, you matter, and you're not alone.

If you're struggling right now, know that it is okay to reach out and that there are people who want to help. Part of our mission is to connect people to the help they need and deserve. You can find local mental health resources on our website twloha.com. That's T-W-L-O-H-A.com. And Click FIND HELP at the top of the page.

If you need to talk to someone right now, you can always text our friends at Crisis Text Line. Simply text the word TWLOHA—that's T W L O H A—to 741741. You'll be connected to a crisis counselor. It's free, confidential, and available 24/7.

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A big thank you to our friends at Copeland for the original music on this episode. The To Write Love on Her Arms podcast is produced by Rebecca Ebert. Music assistance was provided by James Likeness and Ben Tichenor. I'm Lindsay Kolsch, thank you so much for listening.

To Write Love On Her Arms is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and also to invest directly into treatment and recovery.