Yo, it's your boy Ramz. Currently speaking in India right now. Some of you may know, I'm currently going through mental health problems. As a young black boy it was, or should I say, it is very tough to come out and tell people that, you know, you're g oing through those things. Some may look at it as embarrassing or such a scary thing to do, cos you don't know if people will understand what you're actually going through. This must be one of the hardest things I've ever had to do in my life, and I me an my whole life. When I posted, suicidal on my social platform s, that day I posted it, it wasn't a joke, ya know. I wanted to tell you my life that day and these days before but I've tried to tell you my life and nobody knows but, ya know, I thought i t was too late. I thought, I need to make the right choice. I n eed to get help. And that's just from waking up, lookin in the mir-looking in the mirror, every single day and thinking "am I normal?" until one day, I tell myself "I'm not normal, right no w." So I need help. I know there's friends and family. Out ther e that don't want to see me lying in a coffin, ya know. Of cour se there is. But I thought about it, "who would care?" I asked myself every day "are these people gonna care?" "are these peop le gonna... even miss me." "Is it gunna be like, what, two, thr ee months and everyone just forgets about me? So what's the poi nt? I might as well do it." And then it hit me and I said to my self, "ya know I won't be fair on those people that will never be able to wake up and not forget about me, ya know?" So I have to stay until my last day. It's only right. We all go through problems, ya know, but with God, friends and family and the rig ht help, you can make it out of those problems. So, before it's too late, just make the right choice, ya know? Make the right choice.