



A Man Called Brad

My name is Brad. I am 25 years old, (nearly 26). My hobbies are watching Eastenders and Waterloo Road. I am a social media person and follow YouTube, TikTok and Instagram. I want to be an actor when I grow up appearing on TV, films and on stage.

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As a high school student, I used to be a nuisance,
And when I realised, I had to change, I felt useless.

When I started college, I was quiet and shy.
Having difficulty making friends, I don't know why.

But what I did was keep pushing forward.

Now its your turn, what is your word?

No matter how my anxiety and depression kicks in, I still cope.

We all need to know that its always about hope.

What makes me happy is doing the things that I love,

Social media and acting is way above.

I go out running and boxing, Hip! Hip! Hooray!

For men's mental health make sure you donate plenty today.

With that help, love and support from family and friends,

I feel relaxed, happy and grateful that it never ends.

Even staff too who I can rely,

In this day service right here. I'm glad I applied.

To all the people with autism don't ever feel bad,

Everything will be ok, lots of love from an autistic, mental health advocate
called Brad