

# Frankly, I'm Not Doing Well

*by* Daniel Crocker

TW: Self-harm. I wanted to write a mental health essay that wasn't all rah! rah! and with as little sentimentality as possible. Out of everything I've published, I've gotten the most feedback from this-- people telling me it helped them understand a loved one better, etc. So, I guess that made all the anxiety I had publishing it worth it. <https://asitoughttobemagazine.com/2019/03/29/frankly-im-not-doing-well-by-daniel-crocker/>

