

The song grew out of my own experience of feeling different and repeatedly meeting people who carry their own struggles and quirks. Instead of separating us, those similarities can create an immediate sense of recognition and connection.

So, I guess, we all who are struggling with mental illness, whatever its name may be, know what this is about. I am one of them, of you, of us.

To me, people suffering from this, are the most normal people of the world, because they care and work on themselves and show respect to all of us.

We are Psychos – all of us.
Psychos like us.