

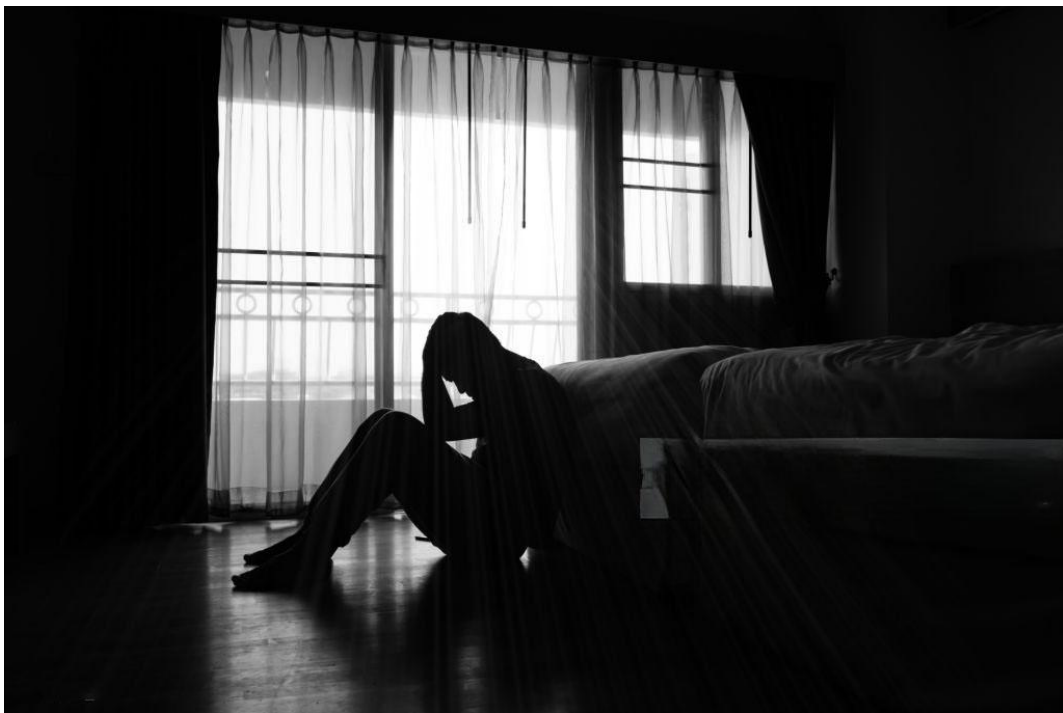
Suicide © 2025 Jhana Matthews

All rights reserved. No part of this poem may be reproduced or distributed without the author's prior written consent.

Poem by Jhana Matthews

Written On: Feb 4, 2025

Suicide



Trigger Warning

This poem discusses themes of suicide and emotional distress.

Suicide isn't just pills.

Suicide isn't just cuts and scars.

Suicide isn't just notes.

Suicide doesn't only mean
You wanna get hit by a car.

Suicide means a sadness
you can't escape from
Something you can't control.

They say suicide is all in your head
But it's really in your heart
No one will listen
Until it is too late
Because people are blind.

All you need is good friends
Who help you through the dark.
All you need is someone to listen
Because life is hard.
All you need is to belong.

Image by Wacharaphong via [Istock](#)