

**Suicide © Jhana Matthews 2025**

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Suicide  
**TRIGGER WARNING**

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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 sadness  
That you can't escape from,  
One 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.

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