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Poem by Jhana Matthews

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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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