

HELP

By Ellen Darnell, Redwood City

Through the darkness, I found the light
I found strength with those that helped me fight.

Through Friends, Community and many Peers,
I found people willing to hear my tears.

I spoke, they listened and gave advice.
I learned about A Happy Place that is oh so nice.

I learned about support and numbers to call,
the support I was given helped me not to fall.

The fight has been tough and sometimes filled with strife,
but it taught me how to value my life.

The help is there. You are not alone.
A caring voice is just at the end of a phone.

Talk to others and let your pain out.
Cry if you must or even shout!

You'll be surprised at the compassion and care,
when you think you are alone there are others there.

Don't be Frightened, and Don't be shy,
Pick up the phone and let a friend try.
to show you the path to recovery and light,
It may be hard but you will be alright

Others will help you and not let you fall
Because YOUR LIFE is Precious to US ALL