

Understanding Needed ...

Seven months ago I lost my Dad
And my world hasn't been the same
Feelings of deep dark anguish
That are very difficult to explain

People say it wasn't my fault
There was nothing that could be done
But nothing can take away the doubt
The truth of their words there is none

The guilt, the pain and the fear
Forever roll around in my mind
A dull ache I hold in my chest
My dreams always there to remind

For a time I wanted to be with him
Desperately needed to feel him near
Wanted to end the pain in my heart
And the fearful thoughts to disappear

As time wore on things got worse
And my thoughts were only of me
The pain of this so unbearable
And of this pain I had to be free

I had never felt so alone in my life
Nothing left in my life had meaning
Everything important was no more
My life felt so demeaning

So many questions with no answers
And consumed by the hurt and pain
I felt like my life was ending
To me I knew I was to blame

To end my life to be with him
Consumed by how it would be done
Got a glimpse of how he must have felt
In death he thought he would be one

I wouldn't do it the way he chose
But the pills I could try

Hanging was the other way
I totally just wanted to die

But in these thoughts I was scared
Deep down they were out of control
But there was no-one I could talk to
I just couldn't get out of this hole

But deep down I needed some help
To confide in someone I must
So I chose my best friend & husband
The only person I could trust

It broke his heart to hear my words
When I finally got them out
But he listened and he understood
Understood what it was all about

He had lived through traumatic times
And could relate to what I was feeling
He became my support and saviour
And with counselling began my healing

I had never been in such a dark place
And had never felt so alone
Had never wanted to end my life
Never had such a future unknown

Plagued by evil and bad thoughts
Weighed down with shame and fear
Feeling so much embarrassment
To admit I couldn't persevere

So together we started this fight
And together we continue our stance
We have already achieved so much
Because in life I want to advance

I know my life will never be the same
And some changes must be endured
But now I have the strength to go on
And in this I am assured

Seven months ago my world fell apart
And I'm never to find the pieces
But now I can get through each day
As my hope for the future increases

In so much literature I read
In a bid to understand this event
There's not a lot of reference
To the lives left in torment

There needs to be great support
To the families left bereaved
Of their hurt and get wrenching pain
They need to be relieved

To want to follow in their footsteps
Is a very real need
To want relief from their anguish
To follow is to be freed

Suicide follows in families
Or so some literature conveys
This seems to be so obvious
You become desperate in so many ways

In the days that immediately follow
And the weeks that follow behind
And the months and years thereafter
The pain lingers in heart and mind

To say you're okay is just not true
And to ask for help is so hard
It's hard to admit that you can't get by
And to get help is to let down your guard

The death to suicide is like no other
And just cannot be compared
For the victims that are left behind
Their grief really needs to be shared

So don't bother to ask if they need you
Because I know what the answer will be
Just be present and show that you care
Your patience and kindness the key

Suicide remains a topic taboo
With shame and stigma attached
It makes people very uncomfortable
But your discomfort cannot be matched

Get past your ignorance and fear
And trust the support that you give
A kind heart and a listening ear
To do so you might let them live ✕

