

Dear you,

I wanted to write to you and explain a few things. Even as I write this first sentence, I begin to choke up at the thought of you not being here anymore. The lump is caught in my throat and I feel like I can't breathe properly. A numb feeling is spreading over my body and goose bumps are popping up with hairs standing on end. That sinking feeling in my stomach, that gut wrenching I've known before is beginning and hurting, as I digest the information you're considering not being here anymore.

You see the thing is, it is **OK** not to be OK, but it's not OK not to do anything about it! You may be thinking right now, what can I do? **YOU** can **talk**. You may be ashamed of the way you feel, but it is OK to have suicidal thoughts, it's what we do with them that is most important.

You're far too important to so many people, even if you don't feel it right now and as the daughter of someone who took his own life, I feel it is important you understand what you're leaving behind. I know you don't want to hurt anyone, however ending your life, death leaves a devastation that people carry with them all their lives. The endless cycles of grief, the hurt and pain, the endless questions of why and never getting the answers. The shock that affects physically and mentally. The loss of someone so dear, like you is hugely traumatic.

I have attached an article here for you to read, it's when I spoke publicly about losing my father to suicide and how I went on to develop PTSD and the path of destruction left behind. You see, the hurt you feel right now passes onto those you leave behind. There's a guilt we carry around with reoccurring questions of why didn't we see something was wrong? Did we/I miss the warning signs? Was it my fault? Did I add to this? We carry a pot of helplessness, not being able to do anything. It is now my daughter's asking the questions, I can honestly say, I was never prepared for that.

I don't want you to feel guilty about how you feel, I want you to do something about it, so we don't lose you. I say we because suicide affects everyone, not just those in your inner circle. The person you cross in the street you don't even know - that person will notice you not crossing the road anymore and wonder where you are. We need support and counselling ourselves because you're going to leave a gaping hole of hurt behind.

Why so much hurt? Because we love you. We might not always show it, but we do love you.

I am in my early 40's now, I was 13 when my beautiful father believed the world would be a better place without him. I only learnt 3 years ago my father went to his uncle to ask for help and to this day, my great uncle is truly devastated and sorry he couldn't help. He carries a blame like a heavy weight. Three years ago, my great uncle cried on my shoulders saying, "I'm so sorry, if only I could have done something."

I am telling you this, because just maybe you want to change how things are, get some help to peel back the layers to reveal what has happened and the path of what has lead you to believe you can't go on anymore. I can assure you; the world would not be better off without you. You take up a very special place in this world, in our hearts and we need you.

Everyone has mental health

Everyone needs to talk; it is one of the most important steps in reducing mental health problems within itself.

A professional can help you untangle and move out of the 'stuck'.

It is not weak to reach out for help; it is one of the bravest and strongest things you will ever do.

Because, we need you!

*This letter is an open letter in the hope the founder, Stacey Turner (nee Wright) can help steer you away from the tragedy that is suicide. Please reach out for help, that's what it's there for. Click I NEED HELP

*If you have been affected in any way by this open letter, please talk to someone. Click I NEED HELP