

## Coming Through it

By Sean F.

When I was in my early 20's the pressures of life led me to depression and suicidal thoughts. But it started when I graduated high school, I just didn't know it. I was putting on a mask every day. Basically I would go to work at night and just sleep all day. I just wanted to sit at home and do nothing. When things were not getting better, that's when suicidal thoughts began. I actually attempted once. I just could not shake those thoughts and that's when I decided I need to get some help. And it's the best thing I did, because I was in a bad place headed down a dark road, but I've come through it, and now I'm helping to save other lives and feeling good about helping people. There is hope for anyone who is thinking about suicide, *there is Hope*.

Thanks for allowing me to share my story.