

How to write the hardest letter
of your life? where to start?

I never asked to be born, and
I have struggled ever since.

Maybe too fearful for this world?
Maybe too sensitive? I Really
don't know.

What I do know is this....

I have been fortunate to work
to help Great Britain's most
truly damaged people - and whilst
they have somehow managed to
move on, and prosper.... My heart
continues to break.

The more I see of this world,
the less I understand.

NOT FOR
PUBLICATION

**This is
a real
suicide
letter.**

**If you find
it hard
to read,
imagine
how hard
it was
to write.**

Every 2 hours a man
in the UK takes
his own life. But it
doesn't have to be
this way. Bobby is
alive today. He found
that life is always
worth living.
CALM is dedicated
to preventing male
suicide. For more
information visit
thecalzone.net

**campaign
against
living
miserably
CALM**