

So, good-bye
So long
Seems we're almost done
*It's time to make a long
It's the end of the line*
**NOT FOR
PUBLICATION**
Time's Up
*And it's too late to clean up
And everything's used up*
Gone Away
x

**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. Ronnie is
alive today. He found
that life is always
worth living.
CALM is dedicated
to preventing male
suicide. For more
information visit
thecalmzone.net

**CAMPAIGN
AGAINST
LIVING
MISERABLY
CALM**

Ronnie - age 30