

*****EXPLICIT CONTENT WARNING*****

CHOICES

Everyone in the world makes choices. Every day, every minute, and every second, choices are being made most of which seem mundane and insignificant. Though for roughly 800,000 people per year they made one final choice.

With this work, I hoped to put the power in your hands. The choice is yours, see the world through rose colored glasses and ignore the cold reality surrounding you or face what lurks beneath some people's daily facade.

To those of you who have thought about making this decision, **you are not alone.**

Please reach out to someone.

National Suicide Prevention Hotline

Call **1-800-273-8255**

Or for something more personal, text or call me

707-738-5523

I myself have struggled with this. I found myself in a deep hole a couple years ago, but I am hopeful I am close to resurfacing. Everyday I make my choices, no matter how redundant or trivial they may seem.

To those of you who aren't affected by these thoughts, please check in on those around you and be kind to others. You can never be sure as to what's going on in someones head if you don't ask. But be aware judgement and condemnation doesn't do anything (we do this to ourselves enough already). This isn't something that will go away overnight, be sure to let that person know you are there for them, and reassure them that they are not a burden. With your help, maybe we can come together and make a difference in the second leading cause of death for people ages 15-24.

Thank you for your time,

Eric Lum