**We Walk Because We Care**

**We walk with conviction because we**

**know what it's like to lose a loved one.**

**We walk in victory for the survivors**

**that find peace when the day is done.**

**We walk as one, in agreement that**

**suicide is out there sneaking around.**

**Looking for those that are confused,**

**alone, thinking no help can be found.**

**We walk, bringing awareness**

**that it's okay not to be okay.**

**That there is no shame in asking**

**for help on any given day.**

**We walk to support one another,**

**being a strong shoulder to lean on.**

**Together we are not alone. We find**

**there is unity when all is said and done.**

**We don't claim to have all the answers**

**as to why depression is out there.**

**All we know that it's a silent killer**

**and we walk because we care.**

**And because we do, we will**

**walk for as long as it takes;**

**to get the word out that there is help**

**with that final decision one makes.**

**Written by Frances Berumen 9/15/18 <><**

**Published 6/28/20**