**1-800-273-TALK (8255)**

**When I look at pictures**

**of my son and me,**

**I cherish each memory they**

**bring and memories are free.**

**I can look at him and wonder**

**what was behind each smile.**

**At that moment happiness is**

**what I saw if only for a while.**

**I looked forward to hearing**

**his voice over the telephone.**

**And because I couldn't see his face,**

**I would go by what I heard in his tone.**

**Looking back, could I have known**

**that he would take his life one day?**

**Will I ever have the answer to that**

**question? Probably not they say.**

**Part of healing a broken heart**

**is to change what I tell myself.**

**And if it gets difficult, there**

**is no shame in seeking help.**

**The American Foundation For**

**Suicide Prevention is out there.**

**1-800-273-TALK (8255) I now**

**carry this, with me, everywhere.**

**Written By Frances Berumen 9/16/16 <><**

**Published 9/16/16 - Copyright Pending**