**It's Been a Journey**

**My son, you left me a few years**

**ago and suicide was the cause.**

**I can only imagine what your thoughts were,**

**your note was a sentence, a simple clause.**

**You left me wondering what I could have**

**done to help you during your time of need?**

**So many questions and I only**

**have your last words to read.**

**It's been a journey that I wouldn't wish**

**on anybody because it's hard to understand.**

**All I can do is accept what was out of**

**my control, simply out of my hands.**

**I was your mother, who**

**kissed you’re boo boos away.**

**I tried to be there for you, listened**

**to every word you would say.**

**You had your ups and downs and**

**yet you were able to help others.**

**You were a peacemaker, yet you couldn't**

**help yourself, oh the thoughts that clutter.**

**It's hard to understand mental illness**

**and I will go crazy if I even try to today.**

**All I know is that I am heartbroken because**

**this was one boo boo that I couldn't kiss away.**

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