**Point Us in the Right Direction**

**We come from all walks of life,**

**with our own stories to share.**

**We are not here to point fingers or**

**pass judgement, that wouldn't be fair.**

**We come to support each other with**

**the loss of a love one due to depression.**

**We also come for those who sought out the**

**help needed, indeed worthy of recognition!**

**We come admitting that we don't under-**

**stand why mental illnesses is around.**

**And no matter how hard we try there**

**are no answers, not one has been found.**

**We come bringing our pictures**

**along with the memories we have.**

**And because there is strength in numbers,**

**we hug, cry, we even find reasons to laugh.**

**Walking is bringing awareness, this is**

**what "Out of the Darkness" is all about.**

**We are here to take the stigma out**

**of the word suicide, get the word out.**

**That mental illness can change a**

**family's life, this is what we all know.**

**But there is help, just point us in**

**the right direction and we will go.**

**Written by Frances Berumen 9/14/19 <><**

**Published 9/14/19**