

Blank Book
Suicide and
Mental Health

A YOUTH-LED COMMUNITY PROJECT
COMPILED ON TREATY 6 TERRITORY
AND THE HOMELAND OF THE MÉTIS

Published in February 2026



chokecherry studios



This Blank Book is dedicated to:

those who have lost
someone they love to
suicide and anyone who is
struggling with their mental
health.

You are loved and the world
is better with you in it.

Acknowledgements

First and foremost this Blank Book could not have been possible without the generous and genuine submissions from the youth. We are honoured to be trusted with your words and experiences.

We also want to acknowledge Chokecherry Studios and Indigenous Services Canada for funding this project, thank you for seeing the importance in lifting up youth voices.

Finally, thank you, dear reader. For youth experiences are often ignored or dismissed. You are appreciated.

**THE BLANK BOOK:
SUICIDE AND
MENTAL HEALTH**

Introductions

The Blank Book is a youth-led awareness project, with the purpose being to reduce stigma and humanize their experience. This is the third installation, preceded by one based on crystal meth and the other on opioids and overdose. We didn't anticipate that the very process of collecting stories of lived and living experiences to be so powerful and healing for members of the community, especially youth.

The suicide rate among Indigenous youth on Turtle Island are 5 to 6 times higher than non-Indigenous youth.

Suicide dont end the pain
It just passes over to your loved ones

Suicide dont
end the pain
It just ~~passes~~ over
to your loved ones.
You dont see it
But you make someones
Day.
your the one and only
You!

you don't see it But you make someones day.
Your the one and only
YOU!

Chase it

My liver Will handle what my heart Cant
Im saying it like im proud of that but
I aint so I gotta Keep my head straight
N retaliate on the things that I aint.
Always drowning in my own depression
Alcohol seems to teach you those type of lessons
My expressions aim towards aggressions
It like im always stressing being reckless
In relization I just wanna make it.
Cover the streets with Sobriety like pavement.
Shield my bad habits in a weighted Blanket
Protect my Siblings From this type of rotation, of
the poverty in Society and show that thrs aint it
that they could make it, if they just chase it
not to degrade the confidence they have
But to Keep on and having ability to gain it.
even if my story is broken and unpromised
I am still young and just being honest
I Know I'll get there if I just chase it
I just wanna say dont give up
You will make it

Kms

Chase it

My liver will handle what my heart cant.

Im saying it like im proud of that but I aint so I gotta keep my head straight n retaliate on the things that I aint.

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that they could make it, if they chase it

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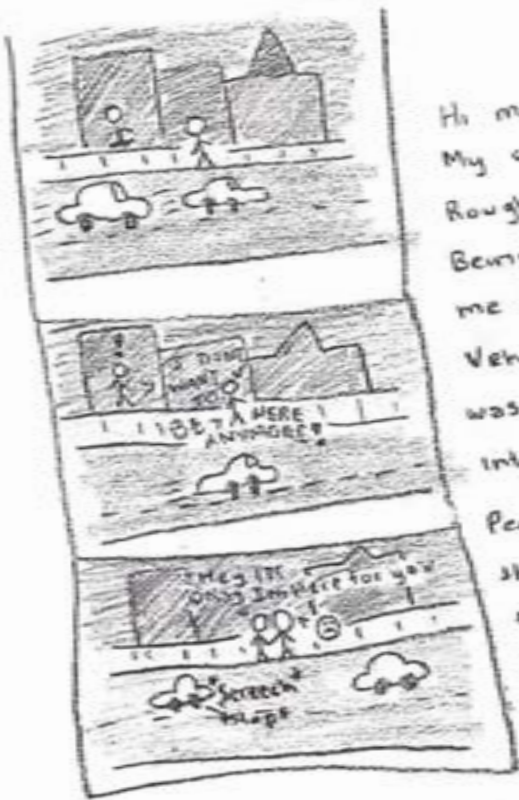
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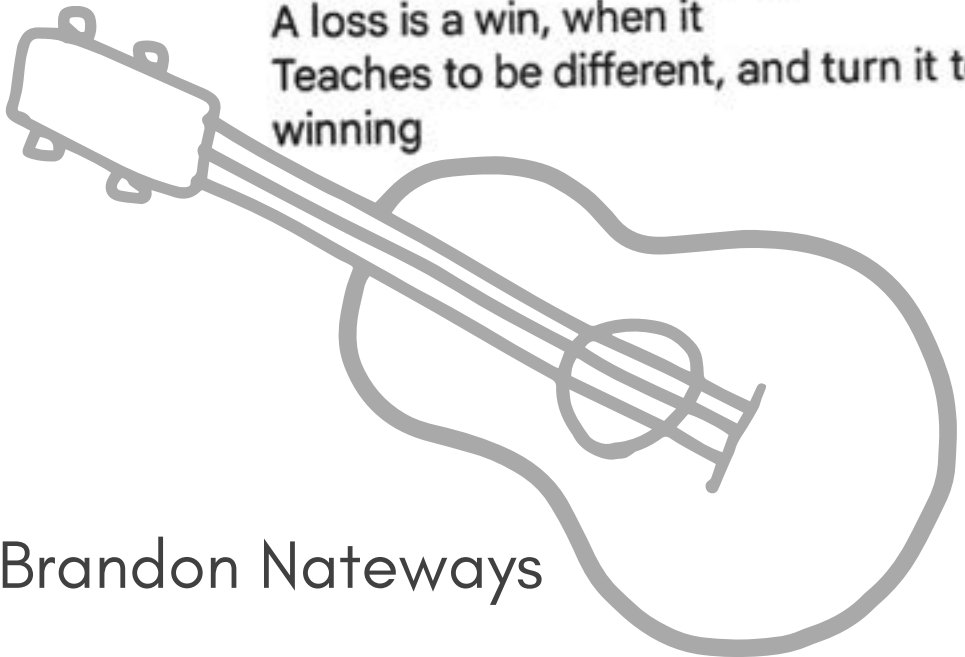


Hi my Name is Tea 
 My comic is about a time that was
 Rough all I could think about was
 Being rejected by my mom she hurt
 me and kicked me out of  her
 Vehicle  all I could think about
 was not being alive I almost walked
 into a busy road Im Lucky because
 People in their cars slammed on
 their breaks and I started crying
 then some random lady she  even
 told me she is here for me
 which oddly made me feel
 BETTER Im glad I am still
 Here no one is alone even
 stranger want to help.

Hi my name is Tea
 My comic is about a time that was rough
 all I could think about was being rejected by my mom
 she hurt me and kicked me out of her vehicle
 all I could think about was not being alive
 I almost walked into a busy road
 Im lucky because people in their cars slammed on their
 breaks and I started crying then some random lady she
 even told me she is here for me which oddly made me feel
 BETTER Im glad I am still here
 no one is alone
 even strangers want to help.

Me and my guitar

It's just me and my guitar
Most of my G's behind doors and they
bared
Me so afar afar
Lately ain't me the going so hard
It going so harsh
Soar for the stars, so sore from the
scars
Gave 'er my heart, she just ate tore it
apart
Know me ain't smart, no I ain't smart
Still I roll just roll wit it, go get
A loss is a win, when it
Teaches to be different, and turn it to
winning



Brandon Nateways

Life Does not
get better by chance
it gets better by change

The Secret of change
is to focus all your
energy not on fighting the
old but on building the
NEW.

Don't let yesterday use
up too much of today
and adventure isn't hanging
on a rope off the side
of a mountain. Adventure
is an attitude that we must
apply to the day ~~to~~ day
obstacles of life ~~changing~~
facing new challenges, seizing
new opportunities Testing
our resources against the
unknown and in the process
discovering our own unique
potential. . .

and one of the happiest
~~moments in it~~ and hardest
moments in life is when
you find the courage to
let go of what you can't
change but it does not
matter how slowly you go
as long as you don't give up
it's not easy to live life
sometime. to face the world
with a smile when you're
crying breaking down inside
it takes a lot of courage to
reach down inside yourself,
hold on to the strength and
know that tomorrow is a new
day refreshed with new possibilities
but if you can hold on enough
to see this through and trust
God that you can survive this
you'll come out as a new person
stronger and as long as you
don't give up and keep moving
forward, no matter how hopeless
things seem, you will make it through
Trust in God love life keep on keepin'

**Life does not get better by chance
It gets better by change**

**The secret of change is to focus all your
energy not on fighting the old but on
building the NEW**

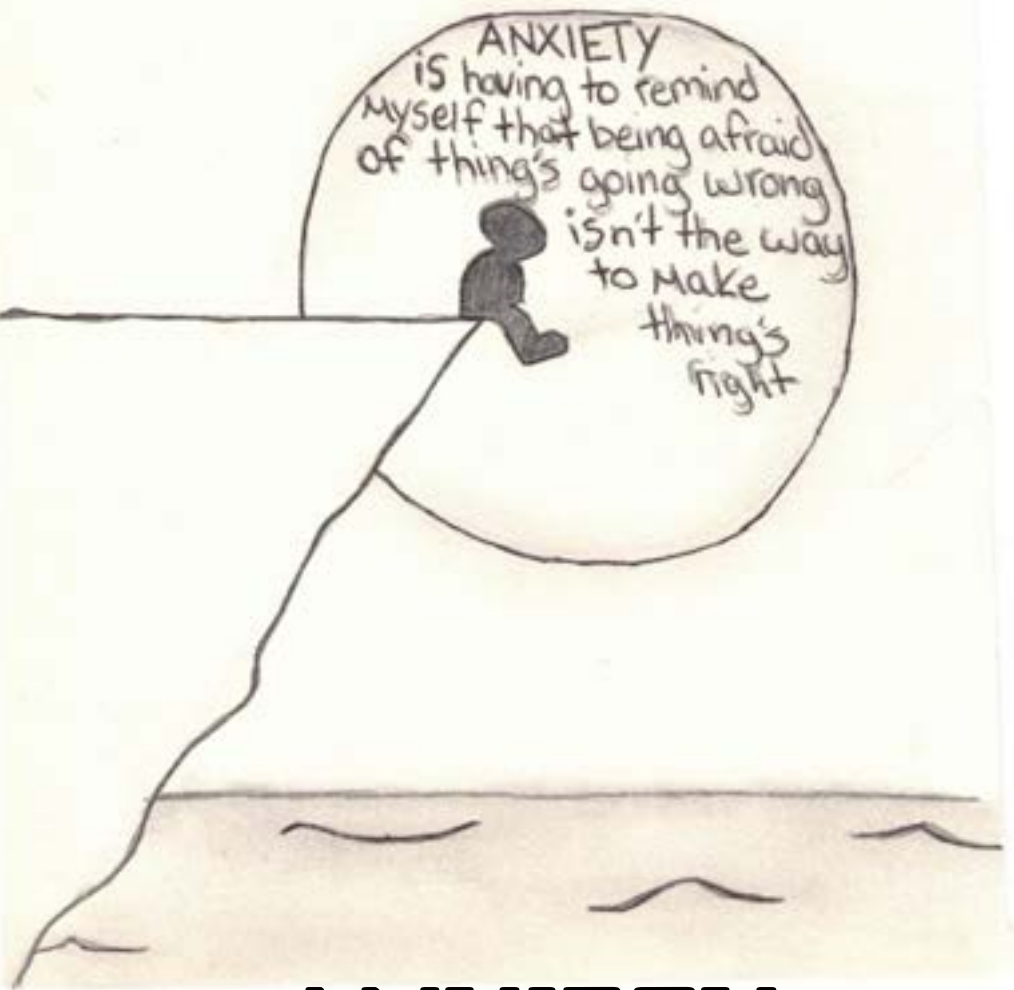
**Dont let yesterday use up too much of
today and adventure isnt hanging on a
rope off the side of a mountain.**

**Adventure is an attitude that we must
apply to the day to day obstacles of life
facing new challenges. Seizing new
opportunities. Testing our resources
against the unknown and in the
process discovering our own unique
potential...**



and one of the happiest and hardest moments in life is when you find the courage to let go of what you can't change but it does not matter how slowly you go as long as you don't give up its not easy to live life sometime. To face the world with a smile when your crying breaking down inside it takes a lot of courage to reach down inside yourself. hold on to the strength and know that tomorrow is a new day refreshed with new possibilities but if you can hold on enough to see this through and trust God that you can survive this you'll come out as new person stronger and as long as you

dont give up and keep
movin forward, no matter
how hopeless things seem.
You will make it through.
Trust in God love life keep
on keepin on



ANXIETY

is having to remind myself
that being afraid of things
going wrong isn't the way
to make things right

Pt 3

and I am doing better, pushing thru
this thing we call "life"

keep your head up. keep pushing.

life shot me down to my knees so
many times, and each time
I got up.

and kept going.

gonna show my mamma. she raised
me. taught me everything I know.

I'll show her... I'ma
live a good life.

rip mom

-T.K

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call "life"**

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**life shot me down to my knees so many times, and
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I'll show her...I'ma live a good life.

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You don't get over an

addiction by stopping using. You recover by creating by creating a new life where it is easier to not use. If you don't create a new life, then all the factors that brought you to your addictions will catch up with you again. The worst part about anything self destruction is that it so intimate. You become so close with your addictions and illness that leaving them behind is like killing the part of your self that taught you how to survive and your best days are behind you. The movie starts when the guy gets sober and puts his life back together it doesn't end there.

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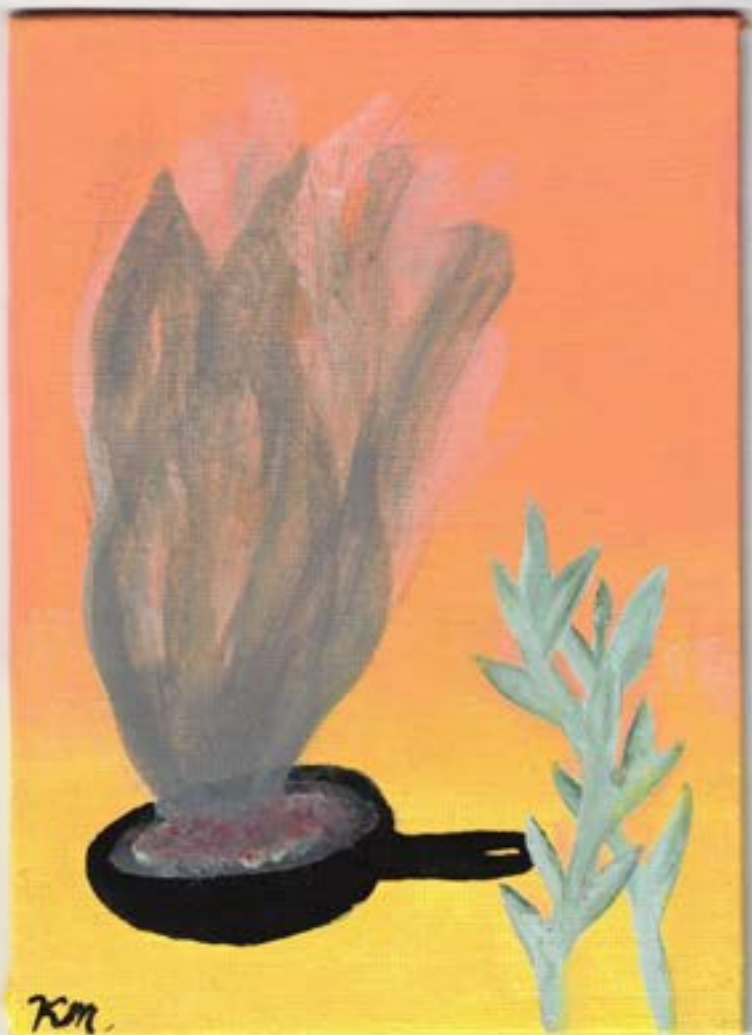
Drugs are a waste of time they destroy your memory and self respect and everything that goes along with your self esteem. The idea of giving up Alcohol or drugs for the rest of your life is overwhelming. The good news is that you do not have to do this. you can approach recovery one at a time you don't have to worry what is going to happen tomorrow or next week. you just have to get up each morning and commit to staying sober for the rest of ~~your~~ your life and day you don't have to commit to anything besides that. By sticking to one day to one day at a time the days turn into weeks and the week turn into years.



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The more time I spend alone the more I realize just how much I'm no longer present in other people's lives. Although I'm here to listen, and be listened to I feel like I ~~have~~^{no} longer play a "role" in anyone's life or even society or just every and anywhere. I think what's wrong with me is I get too okay with being not okay and thought that it's okay. When it's not not in the way that I am or was. I always say that ~~I put myself in a~~^{I put myself in a} fucked up position or place and chose to stay there. I got too comfortable in a fucked up place, mentally and convinced myself that it's okay to feel those types of things when it's not, not all the time anyway. It's fine when it's like for a day or two or even just a night. ~~Because I still remember~~
I feel like I've been

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My Suicide prevention is
our traditional Medicines,
Our prayers, our ways of
life as an Indigenous Woman.

Kiyari McNab

**MY SUICIDE PREVENTION
IS OUR TRADITIONAL
MEDICINES, OUR
PRAYERS, OUR WAYS OF
LIFE AS AN INDIGENOUS
WOMAN.**

KIYARI MCNAB

My Younger Self

I'm Sorry

I'm Sorry it's so hard to love and accept yourself as you are

I'm Sorry i kept trying to change and run from you

I'm Sorry you scrub the shit outta your skin hoping it would turn white

But i mean... reds close enough, right?

Sorry you couldn't bring yourself to being in pictures therefore you lost those treasures

Sorry you would cry when you saw yourself in the mirror

Sorry that no matter the weather you wore long sleeves to cover the scars and the colour of your skin

Sorry you got your childhood taken away from you because someone told ya to grow up

You got so used to being alone

And you suffered more than you had to

You were so focused on protecting your loved ones that you didn't protect yours
You're so kind, so beautiful and i know you don't see it but i do and i'm so

Sorry i didn't say it earlier

I won't let all those years, all those tears be for nothing... especially when you're the one who wiped them away

I know you're hurting and your heart is aching

And i know you don't believe in me but here i am

I wish i could prepare you for the shit you've gonna go through

Thank you for not giving up

Keep fighting

And i know you're thinking, "why?" "for what?" "what is there to keep fighting for?"

Fight for your loved ones

Fight for the people you couldn't save

Fight for what got taken away from you

Fight for what you couldn't have

Fight for what you believe in

Fight for what you love

Fight for the girl who would scrub the shit outta her skin

Fight for the girl who would move up her wrists

Fight for the girl who gets flushed over by the people she trusts

Fight for the girl that you see in the mirror

My younger self

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Sorry you got your childhood taken away from you because someone told you to grow up

You got so used to being alone

And you suffered more than you had to

You were so focused on protecting your loved ones that you didn't protect yourself

You're so kind, so beautiful and I know you don't see it but i do and i'm so sorry i didn't say it earlier

I won't let all those years, all those tears be for nothing...especially when you were the one wiped them away

I know you're hurting and your heart is aching

And i know you don't believe in me but here i am

I wish i could prepare you for the shit you're gonna go through

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Fight for the girl who would scrub the shit outta her skin

Fight for the girl who would mark up her wrists

Fight for the girl who get fucked over by the people she trusts

Fight for the girl that you see in the mirror

I know your tired
I know you feel like
giving up, but your not going
to you know why?
because you are strong,
and when you've survived
through it all the shit your
addiction has put you through
you can survive recovery.

but recovery is not a race
you dont have to feel guilty
if it takes you longer then
you thought it would..

but the worst thing is watchin
someone drown and not
being able to convince them
that they can save themselves
by ~~set~~ Just standing up.

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can save themselves by Just
standing up.

✓
You didn't get here for no reason,
you are going to find yourself
seeing more for yourself your-
self of yourself. We are all
special, but #1 is that you have
something that you can hold on
to and keep. That is rooted from
the realization that though you
may feel less than and not of,
you can always remember what
you wanna live for but if you
can just have belief that
you don't know what ~~and~~ you're
here for but in humility you
realize that you don't need
need all of everything in the
form of a thing, you just
need you on the ~~end~~ track to
thinking "I am ~~beautiful~~
beautiful. I don't need
to have the whole reasoning
behind it."

You didn't get here for no reason, you are going to find yourself seeing more for yourself of yourself. We are all special but #1 is that you have something that you can hold on to and keep that is rooted from the realization that though you may feel less than and not of. You can always remember what you wanna live for but if your can just belief that you don't know what you're here for but in humility you realize that you don't need all of everything in the form of a thing.you just need you on the track to thinking "I am beautiful, I don't need to have the whole reasoning behind it."

I remember being called into my group home office, to me I instantly assumed I was gonna be kicked out . I was never prepared for the words they were about to say to me. I question if they even knew how to tell me my sister, my best friend committed suicide. There was such a mix of emotions when Iwas told what happened, why didn't she talk to me, i'm never gonna get to see her. I felt selfish for feeling these things. It's almost a year since she passed away, and this still affects me. I wake up thinking she's gonna be back with me. Almost up each day thinking its all gonna be a bad dream and she's gonna message. I wake a year later and so much has changed since shes been gone, im less angry and confused. I'm more cold hearted and distant. They say grief gets easier but looking at it everything that ive been doing and how ive been handling and living my life is being controlled by my grief. I miss her and i'm at a point in my life i want to go be with her.

I miss you J by. Pressure

I miss You J

The smile on your face

The way you laughed

I still remember to this day

I miss you J

In my heart you fill a space

thinking back to the past

all the memories that we made

I miss you J

I just hope now you're saved

I'm sorry I couldn't see past

all the pain you hid away

I miss you J

Just until we meet again

Cause you're still my friend forever

I will never forget your name

Rest In
Peace J.

I miss you J by. Pressure

I miss you J
The smile on your face
The way you laughed
I still remember to this day

I miss you J
In my heart you fill a space
Thinking back to the past
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I will never forget your name

Rest In Peace J.

TO Anyone
Out There WHO
IS STRUGGLING
it's not A
sign of Weak-
-Knee's
it's A SIGN
OF STRENGTH

TO ANYONE OUT THERE WHO IS STRUGGLING:

IT'S NOT A SIGN OF WEAK KNEES
IT'S A SIGN OF STRENGTH

pressure cng

Watch out for people they be packin tools
and evil be lurkin this world really cruel
got me closing the curtain and not going to school
i was high i was hurting no telling my mood
i'm a whole different person a whole different dude
when my pockets was hurtin i hated the view
put in work know i'm worth it god gave me the tools

God gave me the tools

i'm sick of these rules
i can't be a fool
it's time to stand up
i'm on my own 2
in the hood feeling stuck
gotta hustle and move
i was down on my luck didn't know what to do
living life with a purpose i cannot go poof
sometimes i feel worthless don't know what to do
i'm blessed but these curses stay to me like glue
know one thing for certain my dreams will come true
know one thing for certain i've been in the booth
put in work know i'm worth it and lace up my shoes
Im high off of life i ain't sippin on booze
i'm just tryna do right i ain't got no excuse
remember those times when i cried as a youth
felt homeless and helpless i needed a roof
most people were selfish but guess it's all cool
i seek for the greatest got something to prove

Pre\$\$ure

I'm not the Indian they've got in mind...

I don't steal

I don't threaten others

I not gonna jump you when you walk past me on the street

I don't vandalize things

I don't graffiti things

I don't break things

I'm not constantly on drugs

I don't drink

I don't smoke

I'm not homeless

I'm also not the Indian my people got in mind...

I can't traditionally dance

I can't traditionally sing

I can't traditionally drum

I don't live on the rez

I don't have a native accent

I don't own a traditional dress or skirt

I'm not the Indian they see...

I've got a job, I don't need to steal

I've learned self defence because i'm an indigenous female
and i don't wanna go missing and get murdered

You don't have to move to the other side of the street,

i'm not gonna hurt you... the worst thing i'd do to you is

not smile at you while walking by

I don't vandalize things, even if i wanted to i'm too busy trying
to get my education aswell as a job
Just because i'm happy and may be a bit loud doesn't mean
i'm on drugs
I'm also not the Indian my people see...
I'm not white washed because i can't traditionally dance, sing, drum
I'm not less of a native because i'm adopted by white people
The Indian i am...
I'm trying to learn how to traditionally dance, sing, drum
I'm trying to bring back my language
I've got beautiful skin i now know i don't gotta scrub the shit
out of to get the "dirt" off
I'm trying to make a difference for my family and future
generations
I'm strong
I'm beautiful
I'm proud
And i'm enough

Gracie Forsberg

I'm not the Indian they've got in mind...

I don't steal

I don't threaten others

I not gonna jump you when you walk past me on the street

I don't vandalize things

I don't graffiti things

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I don't own a traditional dress or skirt

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family and future generations
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Gracie Forsberg

Dogs
When I'm feeling down I go and
pet my dog. I really like dogs because
they don't judge ~~the~~ you and they are loyal
they are also pretty good companions.
If you don't have anyone a dog is always
there, they smile and almost always happy
you can do a lot of things with them
I personally liked playing tug a war
because it reminds me of my old dog
and it make me happy.
Dogs are also proven to boost
good emotions

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happy.

Dogs are also proven to boost good emotions

Roses are red
Violets are blue



It sucks to feel blue
Its okay I feel alone too

Handwritten signature/initials

Is this me?

accomplishing... It's a bold word, really. There are so many expectations of making the next big thing as a youth in activism. Described as strong, a leader, who creates... A youth who is going to change the future.

A pedestal.

Am I willing to live up to those things?

What if this is my peak? What if this is all I am meant to be.

In my 19 years of life, I've recognized my damaged soul is a result from fragments of my traumatic experiences. It's hard to fix what I am, if my experiences shaped who I am, if I cannot heal myself, I am worthy of helping heal a society?

I always thought that there was a reason that I suffered so much trauma and pain. I must have deserved it. And for so long I believed this. I believed that I had deserved all that I had endured.

It's a difficult concept to comprehend because that means I have to admit to myself. I have to admit. I don't fully understand my identity, I cannot accurately or simply explain who I am. At the moment, part of who I am is feeling unsure whether or not my trauma is going to shape me forever. And I believe that's ok. To not know.

I need to acknowledge what I've been through myself, to figure out who I am. I deserve to give myself self-love, and have patience. I've recognized now that the hardest thing to do is to overcome your own mind. We get attached to ourselves with what we think and let that dim our light. When you realize that who you are is not what you think, you are then truly free.

With all the love, compassion and understanding, I am worthy of healing.

Love always, Allison

I have a couple suggestion that I think would really help improve the quality of service Child Helpline provides, One being I would say that if they were to allow people even if they are kids who have been helped by the service to play an optional part in the service's effort for harm reduction. Another suggestion is to be helped by a group of people instead of only one employee.

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Loved,

Laugh lots

Go to my time

is now now!

No more running

Love once more

self love show self

love ~ Be yourself

favorite the stars

Be who you are

express passion

and change like

a rain bow

: love
MAD

Laugh lots
yolo my time is now
now!

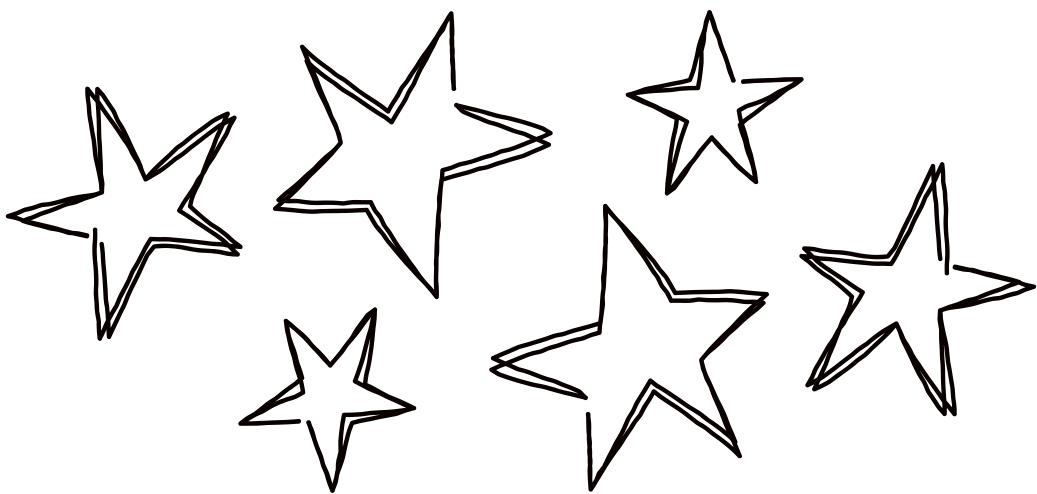
no more running
love once more
self love

Show self love ~
be yourself

rewrite the stars

Be who you are
express passion and
change like a rainbow

Suicide don't end
the pain. It Just passes
it to you loved ones
Stars can only shine
In the dark *Chap*



Suicide don't end the pain. It
just passes it to you loved ones
Stars can only shine in the dark



“Life and Death”
by: Tyrra Kay

Dear 7 year old me,

Dear 7 year old me,

I see you. I can see the pain you're going through. It's not easy being small. You wish others would just stop and hear you - because you're about to attempt suicide for the first time in your life tonight. And you cry and cry and wonder, "Will anyone care if I'm gone?" You think of your late cousin, who took her own life a week ago. I see that it hurts so bad that she's gone, and in the way she left haunts you. She hung herself while you were sleeping upstairs. You feel you could have saved her.

I can feel your ache to be gone, that you've already been through so much heartache and devastation. You're so young, but so beyond your years. You're so small, yet your heart is so big. You're so confused. I can see you. And I heard you that night you tried to kill yourself. And I have never stopped listening to you since.

Unfortunately, that wasn't the last time you tried. You'll go through three more attempts in your adult life before the adult you will write this letter. I don't want you to blame others for not understanding you. They're hurt, too. But their hurt is not your burden to carry. Your hurt is yours. But it doesn't have to be carried by just you. You can ask for help. Others do love you. I love you. I see you, and I love you.

Let me tell you what's going to happen after tonight. Because your little heart doesn't see past that. When you fail, you will go to bed feeling like a failure. You will think, "Why am I here?" But when you wake up and see the sun shining in your room and hearing your mom sing as she cooks breakfast, you will feel relief.

When you turn 8, you will see the ocean. You will feel the sand in between your toes, and you will hear an eagle cry for the first time in your life. Nothing will compare to how beautiful the ocean truly looks in person. Your Mom will tell you that she's proud of you when you stand up to her, as you're on your way to your new home on the coast.

When you turn 10, your first moon time will visit you. You will feel confused at first, but then you will love this part of yourself for the rest of your life. Even though you don't recognize with the woman gender, soon this moontime will liberate you into accepting your non-binary self.

When you're 12, you will move to the plains. Your family will grow and two beautiful souls will change you forever. Their sparkling eyes will make you feel like it's all worth it. When they cry, you will be there, because your heart is so kind. So, so kind. They will inherit this from you.

When you're 14, you will meet your first love. She will make you feel so loved and heard for the next decade after that. She will show you what it means to be truly loved. Even though it doesn't last, it'll still be a long lasting friendship. She will validate you and make you love honey again because her eyes shine like that in the sun.

When you are 15, you will become an activist. Your Iskotew will awaken within you and you feel the need to be active in your Indigenous community. You will be truly proud to be Cree. This feeling will assist you with helping many, many people for years to come.

When you turn 16 you will fight for those you love, and will make sure they feel heard. You will have your first visit to the psych ward, but there you will see a different side of mental health. You will learn that taking care of yourself and those around you matters in the long run.

When you turn 18, you will become an actor and get your very first place. You will hear the applause as people celebrate you for your vulnerability. You will make yourself hot dogs the first night you move in to your first place, and they will taste like steak, as you have worked so hard to get to where you are now.

When you're 21, you will graduate University. Your mom and your brother will share this experience with you. You will walk across that stage, accept your certificate, and you will feel like you're made of a million dollars and two scrumptious burgers. You will be the second person in your family to have accomplished this feat. You will utilize your education to help others see the light within themselves.

And finally...

When you're 24, you will be writing this letter to yourself. You will look back on all these wonderful moments in your life. You will be crying because you're happy you made it through. You'll believe that when someone says, "It will get better," and you will believe them. Because you know. You know that life does get better. Because in the bigger picture, the universe doesn't revolve around you, but you will learn that the universe around you would be so much more different without you in it. You are loved, you are needed, and you will be there for many and save many lives. But you will look back and think, "Thank you, Creator, for answering my prayers." Because when you attempt tonight, you will pray that your Creator will look after you. You will fail your attempt. And you will live. And you will experience so many wonderful things that you won't even be able to count them all.

It does get better. I love you, and remember to hug your mom tomorrow. She's your best friend, you just don't know it yet. I love you. I will be praying for you as you journey through life. You will make it. Just take a deep breath. I love you. Until next time,

24 year old me.

"IT DOES GET BETTER. I LOVE YOU, AND REMEMBER TO HUG YOUR MOM TOMORROW. SHE'S YOUR BEST FRIEND, YOU JUST DON'T KNOW IT YET....YOU WILL MAKE IT. JUST TAKE A DEEP BREATH. I LOVE YOU."

Depressed Yo What Is This,

Life's a mess,

Cant clean It Up,

I'd rather not exist,

I know Im young,

I seen enough,

Just as a lil kid,

I know that theres a whole world,

I wouldnt mind exploring It,

but lately Ive been feeling sad,

Feel cant just chill and relax,

Im still mad, from all these fake ass,

friends that tried to stab me in the back,

I cant play pretend, I cant play no games,

livin in this life where not a lot

makes sense, get to hearens gates,

I pray to god everyday,

Like he my only friend

- Pressure

- Stay blessed

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-Pressure
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D.R.E.A.M

I been trippin,
seeing Dead homies in the streets,
Always haunting all my dreams,
Ghosts up in my family
God turned em' all to facts,
Take the weight off you know
I'm down to pay,
Show me the price on every
single gram of pain,
My spirit gettin' heavy from these
watches & chains,
Weight of the world on my head
that's a violent space,
Last I heard your voice was
up on my phone,
You was a mama to me, I still
hear your laugh in my soul,
How I'm posed' to go live life being
dead inside?
All these losses ain't normal but
I guess they mine,
Kiss Death Reaping Everyone Around
Me,
Stomach twisted all in knots, I jus
Rush it down Deep,
wanna steal this crown? I dont know if you
want it,
could tell the soul Inna man wit'
the part of my trauma, And you tell me,
Better days, coming right around the
corner,
But these Demonz in my sleep still
screaming like they want me.

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All these losses ain't normal but I guess they mine.
And death reaping everyone around me,
Stomach twisted all in knots, I jus push it down deep.
Wanna steal this crown? I don't know if you want it,
could kill the soul inna man wit' the root of my
trauma.
And you tell me, better days, coming right around the
corner.
But these Demonz in my sleep still screaming like
they want me.

My mental health journey started when my mom had to leave me with abusive roommates in order to work so the two of us could survive. I had to hide my feelings and be more mature in order to preserve my safety, and learning to live in survival mode has altered the course of my life forever. And on top of that, there was the instability of moving from my parents to my grandparents on an almost yearly basis, with my parents being in a new house in a new city nearly every time.

In 2011, I fell very ill very suddenly. I had a case of strep throat that my parents didn't acknowledge fast enough so the infection had spread and caused my brain to swell, ripping my motor skills and speech away from me, hospitalizing me for a month and a half. Fast forward a few years. At about 12-13 it was apparent that I was a little different from the other kids. I was standoffish and rude to my peers, never finding much value in my interactions with them, so I always kept my circles very small without knowing why. I recall feeling a strong emotional numbness, and this combined with some medical trauma prompted my mom to get me in to see a pediatrician about my mood. At that time, I was told I had depression, and that they were going to give me some antidepressants. Since then, I haven't gone more than a year without medication.

In high school, I finally made some friends that seemed to get it and I really vibed with their personalities and found value in my relationships with them.

At 15, I had hospitalized myself for the first time in order to see psychiatry. And then I had a psychiatrist I was seeing regularly and things were looking up for once, or so I thought. As it turns out, I was using a lot of survival tactics on my friends that were abusive accidentally (with zero ill intention, but I was still abusive and that is a fact.) Because I thought my mood was doing better, and because the side effects were making me miserable, I stopped taking my meds. This was a huge point of tension for my friends and family, because I was acting very irresponsibly and selfishly, not acknowledging that me being irritable and miserable was affecting them. Eventually one of my friends pushed me far enough and I started taking my meds again. Since then, I haven't gone more than a few months without medication.

I recall when I was 16 to 17, I was almost certain something was severely fucked in my brain. I had been diagnosed with PTSD (which I later learned was actually Complex PTSD, which is PTSD but based on many life events over a period of time, rather than one distinct event.) and Premenstrual Dysphoric Disorder (My hormone cycle makes me suicidal). I was showing symptoms of something else.



I was going through intense mood swings, going from loving to hating my partner all within a few minutes on a daily basis, I was crying so hard I was bursting blood vessels under my eyebrows and then moments later I was giggling. I was cycling rapidly from manic to depressive. I thought I might have bipolar disorder like my mom had been diagnosed with, but my child and youth psychiatrist didn't think I was experiencing enough mania and didn't want to diagnose me at a young age. I said fuck that noise and ghosted her until I needed help years later, where I was turned away because I was an adult. At this point my dad died to a fentanyl overdose, and that shook me to my core. Add that to the list of traumas.

I stopped seeing psychiatry for a while because I didn't trust doctors. I graduated high school and then started in business school, because I wanted to be able to make something out of myself. The first semester was a breeze, having only subjects that appealed to me and my skillset. But then I decided I needed to leave my partner of 3 years, and that shook my whole world.

School got harder and harder to focus on. Second semester came along and I started dissociating for probably 70% of the time that I was awake. My breaking point was when I

studied as hard as I could for 8 hours for a math test, and I failed it with a 37%. I dropped out. I went to the emergency room and stayed until I could talk to the psychiatric nurse that was on duty. They weren't going to let me speak to her, but my emotional support was adamant that they see me. They then referred me to rapid intake psychiatry so I could have a temporary psychiatrist while they search for a permanent one (I still see the temporary psychiatrist as the waiting lists are long.)

This new psychiatrist validated my concerns and agreed with me when I suggested that I may have Borderline Personality Disorder. This disorder is characterized by an unstable image of self and a lack of identity, as well as unstable relationships. It differs from Bipolar Disorder in that the mood swings are much more rapid than Bipolar. With this new diagnosis, I found that I was able to research my condition and understand myself better. I also realized that my mother, who had been having problems with substance use for her whole life, also had Borderline Personality Disorder. This made it easier to forgive her for the harm she has caused me over the years.

I am currently on 2 mood stabilizers, and antipsychotic, and an alpha blocker to help with my nightmares. My BPD Diagnosis felt so amazing and now all I want to do is bring awareness to this disorder in a way that isn't stigmatizing, but that's so hard because there's already a huge stigma around BPD.

Now, I am in therapy that I usually attend twice a month, and I am still seeing that temporary psychiatrist, because the waiting lists are so long in the city. I still struggle almost daily with thoughts of suicide and self harm, and I still struggle with intense, hard to regulate, emotions on a daily basis. But the medication, and all the therapy, seem to be making life a little less difficult and a little more desirable.



I don't know where I want to go in life right now I thought my reason in life was to help people but it doesn't seem like that.... I feel like everyone has a reason there here and they already know that... I want to be so much more then just a helper I want to change the world stop or reduce global warming, protect the environment and our others creatures, donate billions to an organization, start an organization for youth at risk or an organization... Why should I just have one reason in life when I can have so much more I want a fulfilling life before I die. Part 2

Ye it's hard to hide the pain when everyone struggles with it everyday

Families always floating far far away

Maybe the dreams you had never coming your way

So you should live life to the max cause

brother and sister you never know When your gonna fall back

While you watch the last few minutes

go by so fast

so please watch every step you take

I hope you all here this cause this is a jam you can sing

when your missing her

or missing him or when your both wondering when Your gonna kiss again maybe it's plans U guys had

FUCK YE It's death

just sitting above my damn head making me struggle more and more everyday

But life I guess is always a wreck and why my life is always shit

But I'm venting on a paper 4 in the morning

I Said I wouldn't but fuck I might start crying for my family the missed and the lost ones cause they tried once and that obviously wasn't good enough

**"DEPRESSION MORE LIKE
BEING COLORBLIND AND
CONSTANTLY TOLD HOW
COLORFUL THE WORLD IS"**



I personally feel as though suicide is a big issue because to me they leave something or a part of themselves behind and as they might have grieved over what they left is and will be something that can be used to say hey life isn't as it was for them and somehow they leave us behind a urge and want to be more interactive and observant of how people can have the capability of not having everything as exactly as it would seem sufficient for their happiness or living. It hurts that people take their life because you think hey what it that is someone in a context that is more close to their underlying circle. I don't feel as though in anyway I can change what has happened but I do know that if I try to be more easy on myself that I will start to have an easier impression that could in some way help the wall I have put up that lets how I truly come about as a expression that would be ~~harder~~ harder for the person to either way I am hard to promote my life because I want to ~~promote~~ promote what I was given ~~plus~~ by the creator. Other people lives too are in the same pit to be because I can take something from them that will resonate with me caring for the circle is where my life gets interesting too.

-Lexus James Swafford

Amey

I personally feel as though suicide is a big issue because to me they leave something or part of themselves behind and as they might have crossed over what they left is and will be something they can be used to say hey life isn't as it was for them and somehow they leave us behind a urge and want to be more intuitive and observant of how people can have the capability of not having everything as exactly as it would seem sufficient for their happiness or liking. It hurts that people fake their life because you think hey what if that is someone in a context that is more close to their underlying circle. I don't feel as though in anyway I can change what has happened but I do know that if I try to be more easy on myself that I will start to have an easier impression that could in some way help the wall I have put up that lets how I truly come about as a expression that would be harder for the potential person to believe or connect with. Either way I am here to promote my life because I want to promote what I was given by the creator. Other peoples lives too are in the same pile to me because I can take something from them that will resonate with me caring for the circle is where my life gets interesting too.

Lexus James Sasakamoose

Deed to Grace

1st peice

my experience on How people leave this world that are really close to me.

my struggles and addiction and what I'm overcoming.

So first off I'll start off by saying I'm grateful I have the perspective I do now, compared to when I first lost her.

Suicide is tragedy, its shock, its death.

but in a way she isn't suffering anymore...

she isn't crying because she can't understand her own pain, she isn't constantly using alcohol to cover her pain.

she isn't using drugs to ~~kill~~ not herself, but also knowing we all cope differently.

pain is pain, we all gotta deal with it in our own way

I mean I can definitely say it traumatized me what she did, its stuck with me and she knew what she was doing or maybe she wasn't, she was using at the time, she was lost but also she wasn't in control anymore she didn't wanna live, thats the reality of it, she didn't wanna live...

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I don't wanna sound blunt, but its the truth
it set me free from alot of my pain and gave
me strength.

it doesnt mean I have to be strong all the
time im allowed to cry, sit with my thoughts,
talk to someone about it but I cant stay there for
long.

at least for me. I still have so much to learn
and to endure. This life is transformative, take it
as you very well please.

I'm grateful for the time I've had with her in
this life, she was my sister, my motherly figure, my
protector.

I mean look what she gave me when she left

Strength.

when I first lost my sister, I dropped to the
ground on my knees screaming her name crying
intontrollably not being able to say a direct
sentences, asking about where my niece was
gonna go, who was going to take care of her?

all of my chosen family were trying to comfort
me, getting me anything I wanted, but I
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I seen her that day, my mom and aunties were
had came to pick me up to go to my aunts house
to plan for the funeral, I was just trying to smile
and say hi, but I wasn't strong enough at all, I
was in shock, I couldn't feel properly.

I didn't know what to do I was at lost for my
words and feelings.

I hopped in the nearest ~~vehicle~~ vehicle that was
headed to my sister to view her body, I didn't
wanna believe she was dead.

that the way she left was unfair to me, The
last words she ever said to me was "I love you, and
I'll see you ~~soon~~ soon.

we arrived to the hospital and viewed the body,
yes it was her, wearing the same outfit she said
those words in.

I went quiet, my aunts were praying, I was empty,
I didn't know whether to cry or be quiet, both I did
internally, my auntie asks if I want to kiss her forehead
I nod, tears rolling down my ~~face~~ face, proceed to
kissing her forehead. It felt cold, Empty, gone? Lifeless.

I hug my aunties while I sob loudly.

and that's just a hint of what I'm gonna give you

I seen her that day, my mom and auntie and uncle had came to pick me up to go to my aunt's house to plan for the funeral. I was just trying to smile and say hi, but I wasn't strong enough at all, I was in shock, I couldn't feel properly.

I didn't know what to do I was at a lost for my words and feelings.

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because I feel as though I still need to work on forgiving her. I'm still sad, but only strong enough to share what I want.

Anger, that's one feeling I felt recurring...

~~Anger~~
Addiction, Alcohol became my best friend when the trauma resurfaced, I didn't wanna feel angry at her but also sad and depressed that she wasn't here to talk to me in the physical form.

So why not use what she used to do Alcohol, maybe it will keep her closer to me.

maybe if I took on her roles she would be proud of me when we see each other again.

maybe if I ~~only~~ only used when everything resurfaced. it would end. it would go away?

Wrong!

pain is something that we're gonna have to go through for the rest of our lives.

it's how you cope. Addiction, Alcoholism, Mental Health
you
How choose to Approach, Anger, Sadness, Issues
Isolation, depression
and How you heal, feel, grieve, honour, let go.

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It's how you cope Addiction, Alcoholism, mental health issues.

How you choose to Approach, Anger, Sadness, Isolation, Depression

And how you heal, feel, grieve, honour, let go.

I remember when I was using I came across a video, it was about healing.

She said "you think hurting or breaking something is hard huh, try healing something thats hard, you can break something in 2 seconds, but it could take forever to fix it"

~~_____~~ -Selma Hayek

I saw it in a tik tok scrolling and I remember feeling ~~was~~ sad, Angry, depressed, but most of all growth, mindset, relief.

~~_____~~

She gave me ~~_____~~ hope, something I needed to hear, to change the way I was viewing my sisters death.

was I continue to break and hurt myself to prove I was strong, to prove to my sister that drinking and Abusing it was a way to keep her close to me.

to fill her role as a alcoholic addict.

or am I going to heal, something that I'm going ~~going~~ to do for the rest of my life, honoring her. forgiveness, forgiving myself for what I went through, for what I put others through

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my addiction is what has kept me down for
a very long time but its something I'm
overcoming

myself, my Identity, what I can't see, other
people see clearly.

This ones for you sis, I miss you, I love you
I'll see you soon.

to forgiving, honouring, and letting go.

to feeling, grieving, and asking for Help.

to my experience on How people leave
this world
and what I'm overcoming.

My addiction is what has kept me down for a
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"Mental healthcare needs to be inclusive to diversity (in ability, in culture, in age, etc).

It needs to be non-judgemental and confidential.

It needs to be validating of lived experience.

It needs to be financially accessible.

It needs to either provide other support (physical health services, housing, housekeeping, employment supports, etc.) or be able to refer to (and work with) others who can and also meet the above criteria.

I don't think we can have ideal mental healthcare in the current society, mostly because people are interdependent and mental health and wellness relies on community and connection and that is not prioritized."



①

It's only ever in moments like this one I find myself most comfortable, it's only ever when I feel I am at my most comfortable I finally allow myself to feel, when I feel things, especially certain emotions such as sadness, anger, despair, and occasionally happiness, it's almost as if I feel those things x10, one at a time. They switch too often to keep track of them but it's mostly anger now, so I try not to get too comfortable with who, or where I am whenever outside my bedroom. I find myself only ever in moments like this one able to think clearly ~~and thoroughly~~ about the past. Which honestly doesn't help at all with anything in the present. It's only ever in moments like this one I am now able to make realizations about every and any situation, depending on who I'm with and where.

I find myself having those moments less and less and more often. ~~Disappointing~~ I cry when I feel most comfortable depending on who I'm with or where I'm at because of those realizations. It's in moments like those ones I realize what I could've done in these very moments. But it's in certain moments I didn't realize what I was going to do to my beautiful hardworking mother. It's only sometimes I think about the impact it would've had on my dysfunctional yet loving, compassionate, caring family. It's never enough times, because I keep forgetting to remind myself that they are these things for me and because of me. It's never enough times in those "It's only ever in moments like this one" I think about the impact others have on me as I do on them. It's never enough times I'm able to think selfishly and only about myself. But realizing it now maybe that's a good thing.

realizing it now it's in moments like these ones I think about how it's almost never that I am reminded of myself and how far I've come, all that I already accomplished and that there are still more waiting for me. It's almost never that I'm reminded I have an impact on other people. It's almost never that I think positively about myself. It's almost never I take proper care of myself. It's almost never that I don't think about how easy it is to just give up. The constant ~~idea~~ or thought of giving up on every thing and everyone. How easy it is to just waste everyone's time and effort they and myself have already put into me succeeding, now I know that success doesn't come easy or for free so just thinking about how far I am already in everything, in life. go gives me a headache. But it's almost never that I remind myself that I deserve all that's already come to me and it's about fucking time I stop being so mean to myself and it's only ever in these moments and moments like this one I'm now able to realize how much time I've wasted trying to get "better", ^{and} how much time I've wasted saying "I'm poor" "I'm ugly" I think positively about myself and just fucking do it.

It's in those moments and those moments only I come to realize.

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I find myself having those moments less and less and more often. I cry when I feel most comfortable depending on who I'm with or where I'm at because of those realizations. It's in moments like those ones I realize what I was going to do to my beautiful hardworking mother. It's only sometimes I think about the impact it would've had on my dysfunctional yet loving, compassionate, caring family.

It's never enough times, because I keep forgetting to remind myself that they are these things for me and because of me.

It's never enough times in those "It's only ever in moments like this one" I think about the impact others have on me as I do on them. It's never enough times I'm able to think selfishly and only about myself. But realizing it now maybe that's a good thing.

realizing it now its in moments like these ones I think about how its almost never that I am reminded of myself and how far I've come. All that I already accomplished and that there are still more waiting for me.

It's almost never that I'm reminded I have an impact on other people.

It's almost never that I think positively about myself. It's almost never i take proper care of myself. It's almost never I don't think about how easy it is to just give up, the constant thought of giving up on everything and everyone. How easy it is to just waste everyone's time and effort they and myself have already put into me succeeding, now I know that success doesn't come easy or for free so just thinking about how far I am already in everything, in life.

Gives me a headache.

But it's almost never that I remind myself that I deserve all that's already come to me and its about fucking time. I stop being so mean to myself and it's only ever in these moment and moments like this one I'm now able to realize how much time I've wasted trying to get "better" and think positively about myself and just fucking do it. It's in those moments and those memories only I come to realize.

Dear Youth...

You're not alone, you'll get through it. It may seem like you would fade away in the darkness and be forgotten, but that's apart of life. If you stay, you will develop certain skills, you'll be strong, and will be able to overcome any type of obstacle that's in your way. Whenever something hurts, or mentally painful, I always tell myself

"I'm still here, the pain is sending me a message that I'm still alive." So I can motivate myself through anything that's in my way. I use music for therapy because it gives me something to do, to depend on, and to release my feelings instead of keeping it in my system. If you have nothing to do, and always thinking of harming yourself in any or form, don't do it, there are millions of opportunities and stuff to learn through out life. Be thankful your here today because the kids in residential schools were forced to do things, abused, murder sexually abused, etc is horrible. If you go through any of that, please find help and support because no one should be going through that. Be grateful that your not taken away from your family, come or guardians being forced to learn about a different culture and trapped in a school not allowing friends, family, and support. If you think your life is hard, just remind yourself your not alone, prove to the world that your something

MORE

YOUR VOICE WILL COUNT
JUST TRY



Drelin Potomski / PROTOTHEPROPHET

Dear Youth...

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YOUR VOICE WILL COUNT

JUST TRY

"Life in the hood
is all good
for nobody."

"How many brothers fell victim to the
streets,

rip young n [REDACTED], there's
a heaven for a G

be alive if I never thought of
death,

my n [REDACTED],

we the last
ones left."

“Life in the hood is all good
for nobody.”

“Hav so many brothers fell
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My n—,

we the last ones left.”

Finding yourself, questions turned into answer.

A lot of people know me but not much know me well enough to know what I have to go through and what it's like in my mind. I think through this, hopefully after reading you'll have a bit more of an understanding of what it's like for someone like me, and maybe this will help with the explanation and/or reasoning as to why I am the way I am and why I do certain things...

It's in moments like this one ^{where} ~~where~~ I find myself finally comfortable, my most comfortable is when I finally allow myself to feel everything. When I feel certain emotions, ~~at~~ I can get what other people call "too much to handle," even for myself. Certain emotions and feelings such as anger, sadness, frustration, and ^{helplessness} ~~helplessness~~ for me are hard to control, meaning when I feel I feel them at an all time high so when I'm mad I'm mad x10, when I'm sad I'm sad x10 and the same goes for the rest of everything I feel and depending on what it is to cause me to react to it can last days, unless I numb it out. I try to let myself to feel things quickly and in the moment, not really realizing or caring what it's ~~doing~~ doing or been doing to the person in front of me, either way the end result will always be me back in my bed fighting the urge to break. Although my emotions, if not felt quickly, are then turned into nothing by numbing it or something hard to keep track of. ~~They~~ They switch too often but I ~~we~~ always turned into sadness because if not, then anger, I choose not to feel happiness too much because I always end up getting it crushed, and when that happens it would be months till I feel it ~~it~~ am ->

Finding yourself, Questions turned into answers

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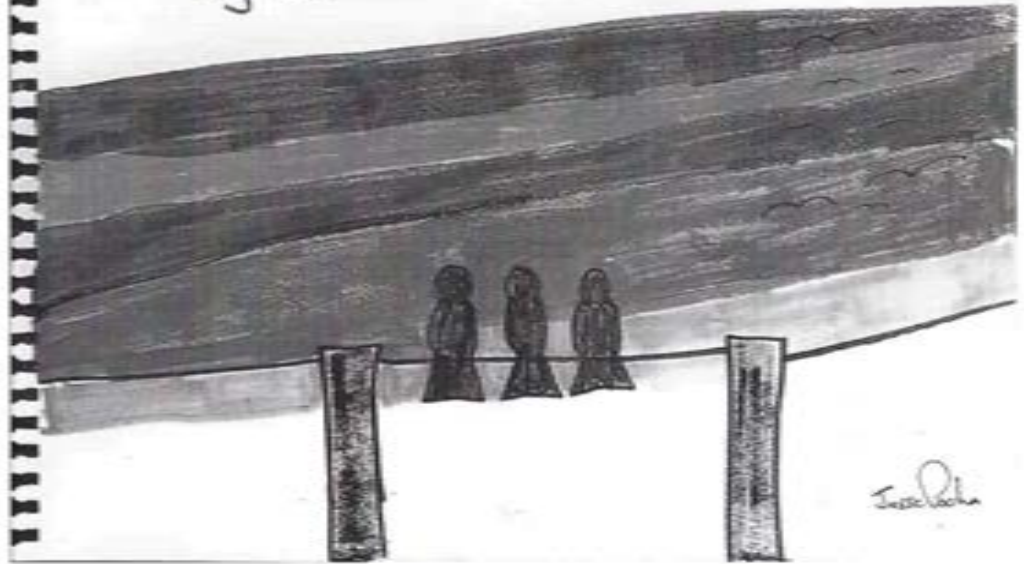
~~It's not~~

They switch too often, and as sad as it sounds like for me is not that exciting or any of those happy related feelings and/or emotions. Everything that has to be done to spark these emotions/feelings due to lifestyle are either illegal, ~~life~~ life threatening, ~~or~~ substance related, ~~or~~ or relied on another person for. In the end though instead of all that and because I don't want to hurt anyone else it all turns into sadness, ~~or~~ nothing, or accidental anger. And because I feel A LOT it can get too much handle and slips out randomly. What shouldn't but does get the reaction it does, "me overreacting!"

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Lost Cause

Wandering thoughts when an older,
big kid falls into the struggle.



Jesse Pocha

Scanned with CamScanner

Lost Cause

Wandering thoughts when an older,
big kid falls into the struggle.

Jesse Pocha



"It's like we're trained to carry our emotional baggage in an apron
Because the fabric breaks before it strengthens
Members of the forsaken have been taking
Reasons to go and become the greatest
So prove them wrong for making sounds
To shut you down boy! how royally f**ked these clowns got in the end all about how proud
you get you could shout at the peak of music creation,
This is twisted s**t like a bullet shroud
to have the courage to speak to crowds
And ones who listen ones who amount
Like working as a cashier I didn't expect to be back here
As a hunter I take the Mic to track deer
and in the time it took to reappear
I learned when I rap I can breathe a cure
or breathe a curse, for better or worse
who knows limos or hearse inside I rehearse
ideas right here right there
man I tell you, they don't fight fair
So I'll tell you what's happening
they going bananas,
imagining the ability to catch me saddening and dampening, Fuck what my name is,
I can't be barely fathom how mentally challenging it must be to psychologically Battle-me
Cause' I am dismantling this board of ideas and battering
them over the heads of my opponents
(commit battery!)
These thoughts effectively inhabiting,
scrambling, grappling, clattering,
f***ing tearing off the panelling of the inside of my head, scattering, and panicking, quickly
gathering, hassling, more ideas to conceal the blood splattering,
f**k, what's stability intentionally unbalancing, to be re-examining how flattening the bar is as
bad as blackening a car and throwing it off the balcony



BYRON S.



Little do they know
how much could change
with three words
“are you ok”

Little do they know
how much could change
with three words
“are you ok”



you



me

Suicide prevention? OR my story about going thru mental health or whatever.

idk my mental health is not great / not the best. well my whole life since i was 6 i been battling heavy duty anxiety problems. Started knowing i had depression at age 10 and had youth counsellors but i always switching 2 different counsellors. Literally a month idk barley got thru sh*t had a rupt ass life since 5. experienced loneliness and sadness at 3. anger and lossness. idk now im is still don't know how to cope with sh*t i do drugs but thats very unhealthy. i advise everyone to stick with supports. dont push everyone away. as hard as it is. Stay around heavy families and peers. family. friends. idk kinda work story but long story short. 

Idk my mental health is not great/not the best. Well my whole life since I was 6 I have been battling heavy duty anxiety problems. Started knowing I had depression at age 10 and had youth counsellors but I always switching 2 different counsellors virtually a month. Idk. barely got threw shit had a ruff ass life since 3. Exoerienced loneliness and sadness at 3. Anger and lostness. Idk how im 18 still don't know how to cope with shit I do drugs but that's very unhealthy, i advise everyone to stick with supports. Don't push everyone away. As hard as it is. Stay around healthy role models and peers. Family. Friends.

Idk kinda wack story but long story shory. :(

I'm the oldest of 6 kids. I taught my brothers a lot. they are good brothers, uncles.

my brother, who is 15. is in high school and has a good job. my other brother, who is 12... he reads the bible.

I'm so grateful I was a good older sister.

I was hurt, lost for a while. realized. I have so much I live for... my younger sister speaks fluent in cree. and they love me.

I promised myself to do better. →

← "Life in the hood is all good for nobody"
Life goes on - Tupac →

← "We're the last ones left"
-tupac →

← eyes blurry saying goodbye
at the cemetery →

← "they til I die" →

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<< eyes blurry saying goodbye at the cemetery >>

<< "thug til I die" >>

I carry adversity on my shoulder,
battling life like I'm a soldier,
it's me against the universe
losing, things are getting worse.
missing some feels

losing, things are getting worse.
this life i'm living ^{is depressing} ~~feels like depression~~
suicidal thoughts lingering, testing
remainings has no second guessing
am i cursed is a ~~real~~ question
sincere

I carry adversity on my shoulder,
battling life like I'm a soldier
it's me against the universe
tired of things getting worse

if it's not one thing, it's the next thing,
holding it all in with no venting.
smiling, yet im just pretending
is my existence even worth defending

I carry adversity on my shoulder
battling life like I'm a soldier
its me against the universe
before things ~~get~~ better, they ~~are~~ worse.

Don't attempt something no one can reverse
times been hard can be a first
bottling everything in eventually ill burst
demancors strenghts just rehearsed

I hold adversity on my shoulder
battled life I been a soldier
its me verse the universe
before life's better, prepare for the worse

I carry adversity on my shoulder,
Battling life like I'm a soldier,
Its me against the universe
Losing, things are getting worse.

This life I live is stressing feels depressing,
Suicidal thoughts lingering, testing
Reminiscing has me second guessing
Am i cursed? Is a sincere question.

If its not one thing, its the next thing,
Holding it all in with no venting.
Smiling, yet im just pretending
Is my existence even worth defending?

I carry adversity on my shoulder
Battling life like I'm a soldier,
Its me against the universe
Before things get better, they are worse,

Don't attempt something no one can reverse
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Bottling everything in eventually ill burst
Demeanors strong gut its just rehearsed

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Battled life i been a soldier
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Before lifes better, prepare for the worse

a While

I Wanna Breathe what
can see whether it's clean or
dirty it knew me I know
I change for the better
I love without knowing much
people can't see cause they
feel it that's the beauty of it
im not growing up im becomin
g wiser who new that money
doesn't buy happiness the
rich only then, well poor
is happy can't your blessings
not if you change, I can
say what I acknowledge but
what I breathe? who can say?

a while ago i said I didn't
want to see what was going
to happen to me in my mother
she's alive for me im alive thanks
to faithin be seen now i have
faith in me, take time for the
magic else BUT NO I WANNA
say Thank you to myself : love
anithy MCN OB-fox, May 25 2022,

A While

I wanna breath what I can see
wether its clean or dirty it knew me
I know I change for the better I love
without knowing much people can't
see care they feel it, that's the
beauty of it I'm not growing up i'm
becoming wiser who new that
money doesn't buy happyness The
rich only then, well poor is happy
count your blessings not your
change, I can say what I
acknowledge but what I breath?
Who can say?

A while ago I said I didn't want to
see what was going to happen to
me...my mother she's alive for me
I'm alive thanks to faith in religeon
now I have faith in me, I take time
for me no one else but me I wanna
say thank you to myself I love unity

MCN OB-fox, May 25 2022.

I tried killing myself 3 different times and honestly after 3 times of not succeeding you start to wonder about life, life and shit like that like if God or whatever I don't know your beliefs, hardly even know my own, but it that guy, gal, person or I guess they again I don't fucking know. if they don't want me up there or that that other guy downstairs don't want me, someone or something here must. you'd think anyway.

My first attempt, gawd it was awful. it was like 2014 or 15 I was like ~~13~~ or 14. ~~13~~ I'm not loo. sure. Thinking about that now, what the fuck was I doing. like at that age being ~~so~~ sad about life, what life? like I hadn't even lived a life yet to even be depressed about. But I mean like, it wasn't all my fault I guess. The big sad didn't have no business creeping up on me at that age. and life I guess didn't have to happen so hard then either. All foney jokes aside and heres where it gets

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You'd think anyway.

My first attempt, gawd it was awful. It was like 2014 or 15 I was like 12 or 13 I'm not 100% sure. Thinking about that now, what the fuck was I doing. Like at that age being sad about life, what life? Like I hadn't even lived a life yet to even be depressed about. But I mean like it wasn't all my fault I guess. The big sad didn't have no business creeping up on me at that age. And life I guess didn't have to happen so hard then either. All jokey jokes aside and here's where it gets

I just wanna feel, I want to be able to love myself the way I showed other people. Now IDK who I am or what I'm doing. Being brought down by the people who were only supposed to

~~Really feeling sad, so prepare yourself
home. ~~Release~~ The big sad, don't
breaking leave you alone mean you
could be the happiest you've ever felt
for ^{in a very} ~~without~~ ~~and~~ long time, and then
immediately have it consumed by
what feels like to me anyway a
huge dark cloud, and everything is gray,
not necessarily sad, just gray, colorless,
dull things, people, places that used to
mean something to you, that you found
love, comfort, and joy in just (or more
moments) don't have any effect on you no
more. Now for me, I got comfortable with
being uncomfortable and there to
stay there. Now I can't stand
up, as a ~~person~~ ~~that~~~~

I just wanna feel, I want to be able to love myself the way I showed other people. Now IDK who I am or what I'm doing. Being brought down by the people

is or was shifted. Personally I thought I was innocent, that every and anything I had ever went through was just as it was and I was supposed to be normal about it. Everyone acted okay with it and me not being able to even make sense of what was going on. When my problems and situations were pushed aside or not given the same reactions as the previous, as a child growing up like that I was taught that my problems and situation could be worse that those bad times could be hard times, that those hard times in every other persons eyes are going to be different. Being older and watching my surroundings, the environment I was put in and put myself in taught me that the shit I went through, that time my step father (at the time) came and picked me up only me from school, took me out to the garbage dump and

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I was a kid being told by her "dad" that what just happened was normal, it was treated like nothing so it was nothing, not something that needed to be talked about and it still isn't. ~~around 12 or 13 is when the topic of sex is brought up a little more. sex and what's ok to you, consent and all that other shit.~~

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Around 12 or 13 is when the topic of sex is brought up a little more. Sex and what's ok to you, consent and all that other shit.

"The real reason for not
comitting suicide is
because you always know how
swell life gets again after
Hell is over"



**"The real reason for not
comitting suicide is
because you always know
how swell life gets again
after hell is over"**

Words of Affirmation:

- You are worthy of happiness
- Your healing journey is your own
- You are not defined by your mental health
- You are enough, just as you are
- Your life has value and meaning

RESOURCES AND SUPPORT

FOR ANYONE EXPERIENCING THOUGHTS OF
HOPELESSNESS, SUICIDE, AND/OR SELF-HARM



Suicide Crisis Helpline

9-8-8

CALL OR TEXT



Trans Lifeline

(877) 330-6366

FOR TRANSGENDER INDIVIDUALS



Mobile Crisis Saskatoon

(306) 933-6200



Kids Help Phone

1-800-668-6868

YOUTH: TEXT "TALK" TO 686868

30+: TEXT "TALK" TO 741741

Youth Community Counseling

(306) 655-7777



Hope for Wellness Helpline

1-855-242-3310

FOR INDIGENOUS PEOPLE ACROSS CANADA

