

08 help me

Theme:

suicide

Inspiration:

This song deeply touches me as I have counseled many clients who have talked about and attempted suicide. And my own mother has attempted suicide several times. There are still many myths about suicide, including that if you talk about it, it makes someone more likely to do it. The truth is that talking about it can save lives. I created a video for this song that includes information about suicide, including warning signs and ways to help someone who is suicidal. There is a link to the video on page 36.



Lyrics:

what is there to live for
 when no one seems to care
 life's not fair to me and it never was
 there is no protection
 from the wrongs of imperfection
 and I don't want to be here just because

memories are haunting me
 letting me know that I don't matter
 and it seems to me that the world would be
 better off if I weren't here

help me, don't you help me see what I need before I die
 help me, won't you help me to decide about this suicide

how can I pretend to be
 the way I used to be
 or say the things I know you want me to say
 numbness underneath
 and the pills are within reach
 and I just want all the pain to go away

memories are haunting me
 letting me know that I don't matter
 and it seems to me that the world would be
 better off if I weren't here

help me, don't you help me see what I need before I die
 help me, won't you help me to decide about this suicide

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Discussion Points:

1. What are some common risk factors for suicide? Warning signs?

2. Have you ever thought about or attempted suicide? If yes, what led up to those thoughts or actions?

What stopped you from actually killing yourself?

3. Do you know someone who has attempted or completed suicide? If so, what thoughts and feelings do you have about it?

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Discussion Points (continued):

4. Who can you call if you are feeling sad, depressed, or suicidal?

5. For information about warning signs and risk factors for suicide, how you can help if you know someone who is suicidal, and where to get help if someone you know is suicidal, go watch my video presentation on You Tube at www.youtube.com/watch?v=GKdEZboc1pY. If you are feeling suicidal, please call 911, a local mental health agency, or the National Suicide Prevention Lifeline at 1-800-273-8255.

The screenshot shows a YouTube video player interface. At the top, the YouTube logo is visible with the text 'Broadcast Yourself™ Worldwide | English'. Below the logo are navigation tabs for 'Home', 'Subscriptions', 'Videos', 'Shows', and 'Channels'. The video title is 'Help Me Movie by Krylyn / www.krylyn.com'. The video player itself has a black background with white text that reads: 'Help Me', 'A Presentation and Song About Suicide', 'by krylyn, singer / songwriter / therapist', and '© 2008 krylyn | www.krylyn.com'. At the bottom of the player, there is a progress bar showing '0:11 / 5:07' and various control icons like play, volume, and full screen.

