



The irony

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Trigger Warning: Mental illness, Suicidal ideation



"Lifesaver"
Photo by Niru Ramasamy

Isn't it ironic that while I'm banging on death's door
You help me by prescribing me enough chemicals to die?
You empower me by handing me a loaded weapon.
When my brain is incapable of making rational decisions,
I'm given access to such copious quantities of pills.
When I was manic and traveling the world,
I was trusted with bottles of temptation.
I'm lucky my conscience is louder than my thoughts.
My desire to enjoy life is far greater than my will to leave it behind.
I will always be plagued by thoughts of death,
But I will take four little pills and feel tranquil once again.

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