

Suicide Prevention Day, September 10, 2025

Self-written poem by Prangan, 251033117

Life is precious, a gift so rare,
Handle with love, with utmost care.

One small step, a choice we make,
Can save a life, for our own sake.

I'll wear my helmet, I'll cross with light,
Choose the safe path, do what is right.

Stay away from habits that harm or destroy,
Health is the treasure I truly enjoy.

If someone stumbles, I'll lend my hand,
Together we'll rise, united we'll stand.

A drop of blood, a word of cheer,
Might save a life, might bring hope near.

For every heart that beats with grace,
Life is a blessing, none can replace.

To save my life, or another's too,
Is the noblest act that I can do.

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