

When my son Steven was 26 years old he ended his life by suicide. This was his only way out of his pain, the only way he could end his pain.

Depression kills people and we have to be more aware of this as a society and to provide supports to those suffering and unable to cope with life.

I want my son to be remembered for his life not his death. I want to put a face to me and my surviving son and to show that we are normal people that have suffered a tremendous loss.

Margaret Hajdinjak Thunder Bay Ontario

