# A Voice on the Phone Saved Me

## By Anonymous

I was in a dark place had talked to Dr's and they didn't understand,

So I built walls around me and cut off everyone.

I wanted to be left alone,

I did not need anyone to feel as bad as I did.

When I needed help there was no one there,

I did not want to hurt myself.

The walls were closing in so I called the Crisis Line.

The person that answered said 3 magic words,

" What's going on" and it turns out I just needed someone to Listen.

Thank You