

## You need to ask for help

**Bill:** I asked the other day, this one Marine that came in, and he had this nice leather motorcycle jacket on, I said, “tell me, how fast do you go on your motorcycle?” He says, “before I drink or after?” I said well — He says, “before I drink, I go about 120, and when I drink, I go as fast as I can.”

Now on the face of that, that’s so amazingly scary and to me, it’s a question that needs to be addressed, suicide by motorcycle, suicide by accident. Everybody thinks about suicide, I know I have, but committing suicide is the anomaly, is the exception and you need to ask for help, not just for yourself but for your little kids that you may have, for your wife, for your mother, father, for your brother, sister, because I have seen all the anguish and pain that suicide causes.



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