

Surviving a Loved One's Suicide Part 2

Tony ([00:02](#)):

Erica and Sharon are sisters who began a Grief Journey in 2006, when Erica's 10-year-old son, Austin drown together, they participated in a grief education program were so moved by this experience. They studied and became specialists so they can help the broken-hearted find recovery. In 2015 tragedy struck the family once again, when Erica's oldest son, Donovan was killed in a motorcycle accident. Erica and Shannon are committed to sharing their experiences of love, loss, and healing through this podcast. Now your Grief Specialists, Sharon and Erica.

Sharon ([00:40](#)):

It is September mental health awareness month. But more than that, actually that may forgive me more than that. It is suicide awareness month. Suicide is something we need to talk about. We need to talk about as a family. And that's exactly what we're doing here today. We're talking about suicide part two with McKenna Hendrickson, sharing her beautiful dad, uncle Matt,

Mckenna ([01:08](#)):

You so much for having me.

Erica ([01:12](#)):

So, we want to start this part too off. You were ending the first show on a, on a great note and just really, really showing everyone the picture of how close you guys were as a family unit. You guys moved, you got it was the Hendrickson's. You moved all together. You're all one unit. And now like you were saying, you had to make a dinner reservation for four people. So now something is forever changed. And now you guys are the windows, which I love you guys have come up with another family name, just to solidify your core group and how tight you guys are as a family. And we love that about you guys, but what is it like now, knowing, even though you said you had a conversation with your dad, and you got to ask all your questions, but knowing that this him not being here now is because of a choice that he made. What does that feel like?

Mckenna ([02:11](#)):

Honestly, it's the hardest thing to know that the choice was either to stay with us and be here or to leave us. It felt like he left us and as selfish as it sounds, I only think about my poor family. When I say he left us as like, you left us knowing how much we had to do to uphold your part in this. As part of being in the Hendo squad, everyone has a job. Everyone does something, whether you're the poop scooper or the driver and the boat operator and

the dirt bike guy as my dad was your part of the family, whatever, whatever you do. I mean, Travis, doing what he does, his little chores around the house. And my dad, everybody has, has a job in our family. And that's how we do everything. When people look at our family and they're like, well, how did the six of you always do all of it? How do you do all of this? I looked to my parents, well, everyone has a job, and everyone has to do something. We all understand that as we all have to get our stuff done in order for us to have fun. And we all did that. And knowing that my dad made that choice of leaving us, knowing that his job was then going to be divided by the rest of us. And he knew that his job was a really big part of this family and making sure that everything went as it did, but sadly, he knew that we could do his job for him, without him being here, we were capable like, yeah, I'm capable of doing the things you did. Yes. But do I want to know just like he didn't want to do my part of the job. My part of the job was the planer of the family events. I was the reservation maker. I was the planer. I was that's my job. My job is not to fix the dirt bikes. Can I do that? Sure. I guess I can figure it out, but I don't want to do that. And the hardest thing was, is he knew growing up that he instilled in all of us how to do things. I didn't realize this until I would have friends over and my dad would be doing something, anything. And I'd be like, oh, wait, dad, how did you do that? Or what are you doing? He would stop. And he would show me and explain it to me and answer all of my questions until he moved on it. Wasn't he wouldn't just do things for me? And then be like, oh, okay, it's done. Like whatever. No, he would stop and show me. And I didn't realize that that was such a big deal until my friends would say, wow, your dad really like takes a lot of time with you guys and explains things to you. And like, you know, things that I have no idea about.

Sharon (05:00):

That's a perfect segue to this question. You have littles Erica and I call them littles. They are the younger ones. The so there's mom and dad. Let's just do the family dynamics. There's mom and dad. And then there's cam you and cam you're the oldest and you are 23 and then cam is 21. And then your parents had a lot of fun in between, and then they had two more kids.

Mckenna (05:30):

Yes. And then Colby is 15, almost 16. And Travis is 13. So, we have a big age gap between Travis and I were 10 years apart.

Sharon (05:40):

So, there's 10, there were seven years apart. So, there was this responsibility also to take care of the littles and make sure that they understood grief and they're understanding what's going on. And so, a lot of times when Eric and I were guiding you and mom, we were like, and the littles, you need to be honest with the littles. You said this earlier in the, in the first show, mom said, what do we say? And it's the exact answer we would, again, be honest and tell the truth.

Mckenna (06:10):

Yeah, because in that moment you don't know what to say. So, growing, growing up, we had my parents and then Cameron and I who are very, very close. So, it was almost like the four of us were kind of like our own little group. And then like we had these two other kids cause like they were the babies, we call them the babies still to this day, like, oh, the babies. And it was like, we, as in like this group of four had like the babies. So, it was like my brother and I were more like my parents' friends. And then like, those were their kids in the situation, and it still is kinda like that. And now as they get older, you know, the gap gets smaller, but when you have a baby in a ten-year-old, you know, it's different. So don't know what it's as the baby, the baby. So, growing up, I was cam and I were always responsible for them. And, and all different ways. I mean, we drive them places, make them food, but also responsible for them as kind of that liaison between mom and dad and older sibling of like, you can come to us, like, we're the intermediary of like, whatever's going on in your life. And they trusted us to kind of break things down for them. And if they didn't want to go to mom and dad for something, we were, we were there to talk to them. And, and as, as you must know, by now, we spent a lot of time together. But that choice that my dad made, as you look back on it, it wasn't really a choice. And I have come to understand that. And as, and one person in my life explained this very well. And he said, you are a sane person looking at an insane person's actions. So, you're thinking of it as in a sane mind, like you're thinking of it completely, mentally healthy as this person is insane. Like they do not have a healthy mind. So, the way that they're looking at it, that's what seems right to them in that moment. And that's when it really clicked for me and made sense of like, he didn't make this with his normal dad brain. He didn't make that decision. He made that decision with a very unhealthy brain think the hardest part is that you can't see it on the outside. Like there's nothing I could see on the outside. He looked the same. So, it was so hard. It wasn't like he was in a hospital bed like deteriorating and you're like, oh, well, that's why he died. Like he was deteriorating.

Sharon (08:41):

How do you translate that, that conversation right there to the littles? Like?

Mckenna (08:45):

The way they, they understood that they saw him day in and day out. And they saw his brain deteriorating as cam and I were out at college. I mean, I knew it was going on and I spoke to my dad, but I wasn't there for the day to day. So, for Colby and Travis, you might think, you know at the time 14 and 12, you know, they don't really know much. No, they knew everything. They knew. They saw it. They understood. I mean, in that moment, when I, I told them what happened, of course they were beyond emotional. But the next day when we were able to speak about it, they didn't question it, it the question, do you know the why? And you know, as they were so sad, but they didn't question the why isn't, it didn't make sense because they saw it happening in front of them. They saw him day in and day out coming in, in the house and just frustrated with how he couldn't function. And he was

as, just as open with them for their age as he could be. So, for Colby and Travis to understand this, of course, there's things that they still, you know, will take years to understand, but for their level, they understood it. And it was really interesting for me to see them understand the level. Colby was like, no, dad, dad wasn't happy. Like dad wasn't okay. Like she understood that. And she saw that she was able to understand and see like dad wasn't okay. She, she questioned the why, like, why would he do this? But not like, why did it happen? Like she knew why it happened. And she saw it. She saw was living in front of her. She lived it. He's like, I know I lived, I saw it. And I think that was in hindsight. That was the best thing was that they could see my dad didn't hide it from them. And my parents just let them see it, like in the, in the evenings, when my parents would be discussing what was happening and going on Colby and Travis were all ears. I mean, you know, in their respective rooms doing homework or doing whatever, but it was not like some closed-door conversation to where Colby and Travis were like, wait, what? Like, we had no idea, like they knew and about a month or so prior to my dad passing away, we were all home. And we had gone to this amazing event. We had a great night and when we got home, we were all in the kitchen, just, just talking. And my dad had expressed that he like really wasn't feeling well. And this was the beginning of the end and Colby, and Travis were right there. And they were offering solutions of like, okay, dad, like, maybe we can try this or maybe we can do that. And he was all ears. So, for and Travis to understand and experience, I think they feel the same way is like that feeling of like, well, I don't want my friends to know, like, I don't want my friends to know what I was going through. So, they held it in and didn't say anything to anyone either, because it's like, who do you tell? Like, who's, you know, not going to judge me or my family. So, for, for the littles, thankfully they heard it out of his mouth. Like they heard dad say the things like when we talk about it as if it were just reiterating what they already know and what they saw mechanical.

Sharon ([12:03](#)):

And do you think that dad's openness helps them?

Mckenna ([12:07](#)):

Yes. So

Sharon ([12:08](#)):

Come to a certain,

Mckenna ([12:09](#)):

Yeah. It helped all of us. I wouldn't, I wouldn't be able to sit here and be on this podcast. If my dad, if I didn't hear it out of my dad's own maps, like I needed him to tell me, and he told me everything. And like I said earlier, our family is about honesty. You tell the truth, you won't get in trouble, kind of a thing. We're all very open and honest with each other. So, my dad was very open and honest with how he was feeling. So, the fact that we could hear it from him, it's, that's why I said, like, I don't feel like I left anything out in those 22

years, because we talked about everything. I asked my dad every question I could possibly ask him plus more. And so did they, they got to, they got to talk to him about it. It's not like my mom and I are my, and my brother, like trying to relay information to them of how we think my dad felt like we don't have to speculate. There is, there's no speculation. Like it there. They're like, okay, we get it. Like dad felt this way. This is what happened. Obviously, it sucks. But they saw it from him.

Sharon ([13:19](#)):

A lot of people think that suicide is a chicken way out or a sign of weakness. It was why many, many years ago people would never even talk about it. Or if someone had died by suicide in your family, it was never mentioned. Like people would not mention it. I want to know your take on that now.

Mckenna ([13:39](#)):

Yeah. I mean, I still feel like it's a very taboo subject and topic. I think it's something that people don't really talk about enough, which makes it so scary and so weird. It's whatever those things that we don't talk about enough become weird in, in our family. We've kind of always talked about everything. Like no matter what it was, but we didn't, we didn't have conversations about suicide until it was part of our family prior to my dad passing away. But until mental illness was a part of our family and brought up that it was a part of our topic of conversation. So, like I said, being a sane person, like yeah, of course that's like the easy way out is like, all right, peace out. Like, I'm just going to go. Lives too hard. Like, I'm just going to leave now. And you leave everyone behind with all this stuff to do. I mean, he left us with his, his job, his family job. And that's not, that's not his actual jobs. I'm cabinetry and design. That's a whole mother thing, but family job, like everybody in the family has a job of what they're supposed to be doing and how they uphold themselves. So, I mean, when you view it with a brain that is able to think clearly, you're like, yeah, well that seems like the easy way out. Seems like you could have gotten help, but what you don't know all the time is the steps of that person took to get help and to try to get better and they couldn't get better. And they tried and it just seemed like it was never going to get better. So that was the way of them saying I can't, I can't do this anymore. And sometimes people do have a cry for help and try to get better and are open about it. And sometimes they don't. And in this, and in this case, we had my dad very open about a cry for help in our family. And I did at first, at first, my first thought was like, wow, dad, like that's, that was the easy way out. Like, that's what you decided to do. Like, that's it like you couldn't try. And then as I sat back and thought about it for months, I was like, no, he, he did. He did try. He did, he did keep going. I mean, the weekend before my dad passed away, he drove, I had dad's weekend for my sorority. And it was like, right when COVID was like starting, he's still like, he, he still knew in his, in his insane mind, that family was the biggest thing. And he had to be there for me. And this weekend was a really, really, really big deal for us. My dad and I in the fact that we had had a struggling relationship for the past few months and that he was coming to spend the weekend with me was huge. And who knows if that Friday, he

thought about, you know, that day being his last, but he kept going. He knew that he had to have that last weekend with me to sign off and be like, okay, I did, I did what I said I was going to do. I, I said I was going to spend the weekend with Kenneth, and I did it. And it was the best and worst weekend of my life because it was the best that I got to spend the last few moments with him. But it was the worst because he was so sick, and it was so awful being in front of my friends and their dads and seeing all of their dads so healthy and so happy. And them thinking that my dad was also so healthy and so happy. And I would just sit back in these moments, like we were at lunch, and I was just like, ah, this really sucks. And I'm sitting across from my dad and I'm like, everyone else seems like so great and so happy. And they think that I am too, because that's what I'm portraying here. And it's like, when people around you see that, they're like, oh yeah, well, she's fine. And she's good. And that's why it's so hard when these things happen is like, it seems like the easy way out. But he tried so hard. He held on for so long, as long as he possibly could to come that weekend and to be there for me. And he was barely hanging on. I mean, it was a struggle to get him to like to eat, go out to dinner. The drive for him was so hard. Like he was barely, barely functioning. So, I see that as like, he tried so hard

Sharon (18:06):

And you all that weekend, although the stuff from the I'm sorry. All of the stuff from that weekend was all in retrospect, like when it was happening, you didn't realize that that was the state that he was in. I want, I have a question for you. A couple of questions. One is let's go. The first one you guys had to grieve during COVID

Mckenna (18:26):

Yes.

Sharon (18:27):

And even have his service, like literally dad died on March 16 and the world was shut down.

Mckenna (18:36):

Yeah. I have a lot to say about this.

Sharon (18:41):

Maybe a separate show. I'm going to call you back for the grieving during

Mckenna (18:46):

I could write a novel.

Sharon (18:49):

It wasn't what we're you knew. We knew because at Donovan and Austin, people are going to come in and help us. People are going to come be our support that

Mckenna ([19:00](#)):

So, one step back is I only have ever really been, since my dad passed away, I've experienced other deaths. But prior to that, I've really only experienced my family's death. So, I really only knew what that felt like and what that feels like is a million people around wanting to help around the house, cooking, laughing, talking, drinking, playing games Had only experienced honorary family death. And to go back slightly on one moment, when you guys, his dad passed away and we spent that Thanksgiving together, cam got in the car after and was like, mom, that was the most fun Thanksgiving. And you know, it's kind of was, it's kind of was because we were together and that's what we did.

Sharon ([19:52](#)):

We always tell the story that our dad's favorite holiday is Thanksgiving. He loved it so much that he died on it.

Mckenna ([19:58](#)):

I don't think to have a great time. I mean, we did an, I was still used to my family. I mean like coming together and being together and it wasn't like some weird quiet house where no one could talk or, you know, the kids wouldn't come around or other things of like, I only experienced death in my family. So, it was really interesting when I experienced death with other people outside of our family and especially during COVID. So, it was like, there were multiple layers to this, but in hindsight, now I'm not saying these are the things I said during the COVID, but in hindsight it was a blessing. Because we could be home, I'm with my mom. And like I said, my parents never really spent time apart. They were always together. And the hardest thing for my mom is being alone and being alone for her means without dad. So, her being alone, she could be in a room of people, but she's alone because dad's not there. So, in hindsight, cam and I got to come home from college, and we got to be with mom and Colby and Travis didn't have anywhere to go and anything to do. They did school from home. I was able to adopt and do school from home. And so, as cam, so in hindsight, just to have the five of us home during that time to grieve and to be together and to feel our emotions, we had nowhere to go and nowhere to be. And all we had to do was grieve. The world, stopped for us to grieve. In hindsight, I'm like, wow, we had that space. No one, like no one had to do anything. If we want it to stay in bed, we stayed in bed. If we wanted to go for a walk, we went for a walk. If we wanted to go dirt, bike riding, we went dirt, bike riding or swimming, whatever we wanted to do, we just kind of rolled with it. So,

Sharon ([22:04](#)):

But there was this time and I, I don't want to change the subject of what you said because that's perfect. But for us being Honores, I know that there were, and this is making me emotional, but there was this time where you guys were kept looking for the upgrade, be great. What's the worst?? You have looking for the bird gave to show up. Like they were going to come, they're going to be here that added to the grief.

Erica ([22:33](#)):

Yeah. So, it almost was like every morning when I woke up, it was, you know, who's going to be here. And I was just, you know, I was just waiting for that honor, a family. That's waiting to open the door and for all 100 of you to be standing outside, like we're here, like what's up. And that was very, very, very challenging. And in those moments, it was so hard, but there's one thing that I can say. And I, I felt it in those moments too, is my family did what they could to be there. We zoomed, we text, we called, I never felt like they weren't there for me. Awesome. When have I needed them to be? And that goes to my friends too, but it was just weird for my family, knowing that they couldn't all be there and be right next to me and grieve as we normally would. And, but I felt them, they, they constantly stayed on checking in and let's zoom and let's FaceTime and let's talk and let's call, like they stayed checking in. And even if I wouldn't respond to their texts, because I didn't feel like it, they stayed on. Which was so good was like, I see you, like, thank you for being there. So, I never, I even the lack of physical presence, I always felt my family, like in the background, holding us up, holding me up saying like we got like, it was one of those things. If I like said, hey, this is what I need. It was like, before it even came out of my mouth, there were like a million people. Like what, what, what, what is waiting for us to say we needed something so that they could be there to help.

Sharon ([24:16](#)):

I want to ask you another question. What's the one thing, not dad, not suicide. What is the one thing in your grief that surprised you? What was the one thing about grieving that surprised you?

Mckenna ([24:36](#)):

I think one of the things that surprised me is how I dealt with death and how much death I've gone through. But in grieving, you really understand like that relationship with that person and like how you love someone. And I think the biggest thing for me grieving my dad was how am I going to move forward in being who I want to be? But in, in grieving my dad's relationship, I really realized how unique my dad and I's relationship and how unique my dad was. Because, you know, you say it all the time, you know, like I have the best parents ever, like on Father's Day and all those things. But then like, I really got to thinking about it and it was like, I stepped out of my life, and I was watching my life happen. Like I got to take a step back and watch my life as a movie almost to like to go back. And it was one of those things where life gets so busy sometimes. And you forget to step back and think about those little moments and the big moments. And I just got to think about all the things my dad did for me, like, wow. And in grief you think about the stories and the time and the person and in that grieving process, you want to think about that person. And I was just surprised as how I just saw the love and the uniqueness and all the stories and all the cool things my dad did for me. So, one thing that surprised me the most was just how much we did together and how unique our family is. And like recognizing like how unique my dad and I's relationship was. Yeah. Erica,

Erica ([26:35](#)):

I think I just want to go back to when we talked about, you know, Matt's choice, but I think the way you explained it and the reason why it may be doesn't not that it doesn't hurt as much, but where you have a level of understanding for it is because he had to have been in that much pain to make. That's the only thing that would have taken him away from you guys, because he was so much all about his wife and his children and the Hendrickson's as, as a unit and moving from point a to point B all together and to know him and to know how much he would do anything for you guys. It had to speak to the volume of pain that he was carrying in his heart. And like you said, in his, in his brain, not being of sane ability to make other decisions and to say, no, I'll just ride this rough time out. And then it's going to get better. There's going to be a light for him. It didn't feel like that. And I, and obviously for a lot of other people, we see that our celebrity status that make the same choice, who on the outside to us look like they have everything, you know, Kate spade, Anthony Bordain, Robin Williams, you're looking at these amazing figures and knowing they had such light and such energy like your dad to make these choices. So, for me, in my mind, the way it helps me to think about it now and what his now paradise looks like, you know, in the fact that he's not in pain, Austin and Donovan are huge, fast and furious fans. And uncle Matt is a huge car guru. So, I know that every day they're out on that track, putting those cars, Austin's Tokyo, drifting, Donovan and uncle matter racing are the VIN diesel on the Paul Walker. And Paul Walker is actually there. I mean, no one, no one can convince me any different. I know because Donovan and uncle Matt also had a very close relationship and uncle Matt was there for a lot of Austin's shenanigans and his one of our favorite stories that uncle Matt ever told about Austin was when he learned how to ride a bike, he didn't know how to ride a bike and with, and it'll go Madsen, do you even know how to ride a bike? And he said, one of my big worries the whole time, but that's what brings me comfort. That's where my mind goes. When I think of, you know, we don't get the answers, we won't get the extreme verbatim. Y you know, the very definitive, it's this moment for us right now, because we're here and they're there. But that for me personally, is what brings me a little bit of peace is to say, he's not in pain anymore. He doesn't have that brain that is making him, make him feel like he's not himself because to know him until know what he loved most in that, that was kind of being taken away from him because of the chemicals or whatever was happening. It's heartbreaking, you know, to know that he had to live a day like that, where he felt not like himself, you know, and, and to as much as we, we still want our loved ones here, you don't want him here knowing that he's suffering. Right. Is that correct? To say that.

Mckenna ([30:01](#)):

Yeah, exactly. I didn't. I couldn't watch him suffer anymore. And then not last weekend with him, I saw him suffering so much and it was just like, I don't want to watch this anymore. Like, I don't want you to go through this much pain anymore. I know you're feeling it. I got it. Like, so it did make sense in those choices. I, I can put a why behind it. I will always and forever have the, if you love me so much, why would you do this to me? Why would you

leave me? But I think that it was just for him. It wasn't, it wasn't intentional of like, oh, I'm going to leave you guys with all of this. It's not, that was the last thing he wanted to do, but he just knew that he was so sick, that he just could not go on anymore. And I think the one reason why I know how to deal with death and grief is my family. I was eight years old when Austin passed away, which was my first real experience with death and the way our family handled it was, we talked about it. We talked; we are talking about Austin right now. We talk about him all the time. I talk about Austin Donovan and my dad all the time. So that's how I knew how to deal with it is you just keep talking about them when Austin passed away and Uncle Lou and Tierra Comey sat around that table. And all we did was talk and laugh and tell stories and look at pictures. I was eight years old and not what I took death as, as, okay, well, this is what we're going to do. And that's what I kept doing. So that's what I knew how to do was like, we just keep talking about dad. We keep talking about the memories, the good, the bad, the fun, the not so fun. The inside jokes, you just keep talking about them. You just, their memory alive. So, for me, dealing with death and grief was not foreign, unfortunately. And that's the only way that I knew how to handle this. It was a different situation. It was suicide. And we named it suicide. Like, I can say the word, but it wasn't foreign in the sense that it was like, I'm dealing with death again. So, I had those tools in my toolbox to be like, okay, well, we're just going to sit around the table and talk, and that's just, what's going to happen for hours on end. So thankfully in that COVID time, nobody really had anywhere to be. So, all we did was talk and laugh and share photos and videos. And a lot of times, you know, people criticize, you know, oh, you're on your phone taking so many pictures of this and that. And the other thing. And I'm like, I have thousands of photos and I love every single one of them. I have 17,000 photos on my phone, and I take pictures of everything. Cause I want to remember this moment and this time. And it's so much more important now to me to take pictures and to have those memories and those videos and those, those things to look back on. But it's, I knew he was suffering. I could see it. I felt it. So, to know that they're out of that pain or that suffering, it's almost like when a 97 year old passes away and you're like, okay, well they're out of their pain and suffering anymore. They're off the tubes in the hospital. It was kind of the same thing. Like he had these like invisible tubes, like, and all of this invisible, like hospital stuff on him where you're like, okay, he's out. Like he's out of it. Like he's okay now. Like, but I knew, I knew my dad from the moment I met him, I knew he wasn't going to live a long life. He was not going to be an old man. He was not like that. He didn't stop. He didn't slow down. He wanted to go fast. He wanted to go hard. He wanted, he wanted to do everything to the ultimate extreme. Like nothing was like kind of everything was like all the way, like way too far rode his quad way too fast, drove his Camaro way too fast. Like everything he did was like a little questionable and he was never going to be like an old man.

Sharon ([34:05](#)):

You that you share that you were familiar with grieving because of Austin. And also noting that I want to throw this in, that you were there the day Austin die. And so, it was a lifelong, like, I hate that we're the family that knows how to grieve, right? Because of all the grief

we've been through, but that taught you some things. And that I give Uncle Lou the credit for that. And I'll, I don't know if I've ever shared that with you, but the day you guys came on from Havasu, I was looking to him to see what he was going to do. And he was like, Austin, as this, as soon as that, like he was saying his name because I was afraid of the don't speak ill will of the debt. But I want to leave the show on that note of what you said of how you learned and how all of the love from the family came through with that. So, McKenna, Erica and I both want to say, thank you so much for sharing this very, very hard conversation with us, but I don't want this to be our last time being on the show together. I, I think that you, you brought up some really interesting topics that we can discuss further, and we'd love to have you come back. Even if we're not talking about suicide, but just all the other topics, I think you would be a great guest for that and, and really share some life for so many people to everyone out there. That's listening to all of our friends. If you are struggling right now, and you are trying to make that tough decision for yourself, know that you will be missed. We see, you know, that we, you will leave behind other survivors just like McKenna, who will then have a story. And if that helps you in any way, I hope that that gives you some light. We meet so many grievors, Erica that say, well, no one will care. No one will understand. And we know that grief makes us feel like we definitely want to end our lives as well, which is another show McKenna we can come back and talk about, but we know that there's so many Grievors out there that just are in pain right now. And to all the people who are at the, at the point of making that decision, just know that we see you, Erica, you have anything to add.

Erica ([36:22](#)):

I just wanted to add that we will have the information and where you can speak like the crisis line, phone number. If you are wanting to speak with someone about those thoughts or feelings, or even if you don't want to talk, but you want to text, there's a phone number where you can just text those phone numbers will be in our show notes. So please know there are resources out there and people who can help you on your journey

Sharon ([36:48](#)):

As well as we are. Great listeners, friends. Thank you so much for joining us for this time for this very tough, tough subject. I know that you were greeted by somebody who knew the inside and out of paradise and he took you around and there is another very handsome guy there and some and somebody dad there. And I know that who greeted you and put their arms out for you as somebody that we love very much. We love you.

Erica ([37:22](#)):

Absolutely. He is his forever mist and McKenna. Thank you so much for your courage to share your story. This is not easy, but like you said, we love to talk the hunter razor now no short supply of words. So, you've made this conversation feel like just us sitting around the table. So, I appreciate it.

Mckenna ([37:43](#)):

Thank you so much for having me and allowing to share my story. And I will continue for the rest of my life to share my story just in hopes that it will help somebody else. So, thank you so much for having me

Sharon ([37:54](#)):

Thank you, Kenna.

Erica ([37:57](#)):

Bye friends,

Sharon ([38:01](#)):

Erica, so many friends don't know where to meet us at or where to find out more about us or what they need to do next. Let's give them a tip.

Erica ([38:11](#)):

The easiest way to find us is to click on the link and you will have access to all of our places, our podcasts, or Facebook, a private group, our webpage and our email.

Sharon ([38:26](#)):

Yeah, exactly. It's that's simple. And our free blog friends click the link tree in the link below, and you'll find everything you need to know about us there. Thank you for allowing us and for this minute.

Erica ([38:41](#)):

Thank you so much. Thanks for listening to our podcast.