Sometimes total strangers are Angels in disguise!

The show A Million Little Things, debuted in September, 2018 and I was hooked from the very first episode until January 23, 2019, when my son died by suicide.

The story is about a man who jumps off a ledge and how his family and friends survive without him.  The show was captivating and I was excited to see the following episodes.

On January 23, 2019, my world came to a crashing halt when my 19 year old son, Sean died by suicide. I immediately stopped watching the show as now it was too personally painful to watch. My family and I were now living that nightmare!

One month later, I reconsidered that decision. Somehow the cast would manage to survive.  Even though it was a television show, I thought it might help in some way.  The first episode I watched after my son died was the show where they found the letter the person who died left for his family. Somehow, I was able to watch the show without crying. I found comfort there on my couch, watching the show.

One day I decided to reach out to the show, tell my story and how it impacted my life. As some of you may know I am not tech savvy.  I sent a mass email to a few people that perhaps were related to the show.  I really didn’t think I would hear back from anyone.

One person did email me back and even said she forwarded my email to the creator/writer of the show DJ Nash and there was an attached letter from him directly. His letter was genuine, thoughtful and full of care and condolences.

DJ Nash wanted to help me and took the time to call the local chapter of AFSP organization closest to me. He spoke to a woman named Wendy and she contacted me after speaking with him.  Wendy and I have been in contact ever since and she has been a fabulous source of support.  DJ Nash even suggested to Wendy to take me out to dinner and he would pick up the tab.  He felt if the only thing that his show accomplished was to get me some help through Wendy, he felt the whole show was worth it!

DJ Nash is such a wonderful caring person! We are total strangers and yet I feel so connected to him. He texted Wendy recently and ask for our permission to tell the story how we all came in contact with each other at the 12th Television Academy Honors where he will be honored for the show!

The clip is shown here!

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