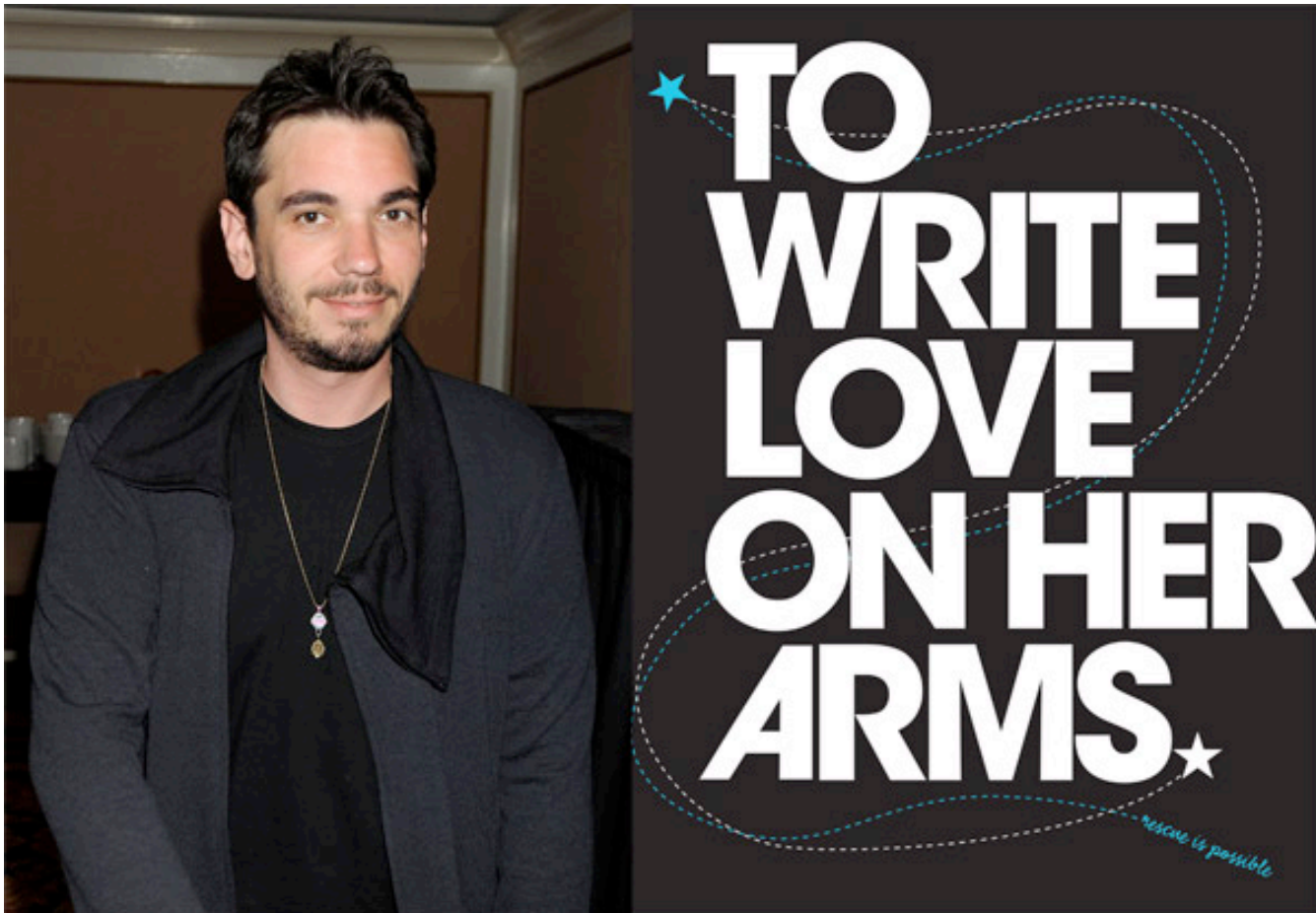


## [In The Wake Of DJ AM's Death, We Found A Message Of Hope From To Write Love On Her Arms](#)

Posted 8/31/09 4:21 pm ET by [Tamar Anitai](#) in [Celebrity](#), [Music](#), [Must See](#), [News](#)



In the wake of [DJ AM's tragic death](#), we were moved by this [blog entry our friends at To Write Love On Her Arms](#) posted. We reposted it below.

*DJ AM's struggle with depression and unfortunate relapse after many years of sobriety demonstrates the delicate nature of addiction and the daily struggle that addicts face. We may never know why DJ AM spent his last hours alone. The message of To Write Love On Her Arms is a message of hope and of reaching out to people through the pain.*

*To Write Love On Her Arms is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury and suicide. TWLOHA exists to encourage, inform, inspire and also to invest directly into treatment and recovery.*

*Here's what they posted...*

[You are going to move through this.](#)

**More importantly, I love you. YOU ARE GOING TO MOVE THROUGH THIS.**

**Don't be defeated. Submit yourself to the process. You are growing. You are changing. You are doing LIFE.**

**I am not trying to make you feel better. This f+ing hurts, and there are no two ways around it. But I am trying to encourage you to not retreat. I can't remove the pain, but I am going to hold your hand while it hurts.**

**Continue to reach out. You need people right now.**

**I'm here for anything you need.**

**You are LOVED in ways you cannot imagine. In ways that don't depend on you. In ways that don't depend on your performance. In ways that cannot be lost. Remember Remember Remember.**

**Love you my friend.**

**- Anonymous**

<http://buzzworthy.mtv.com/2009/08/31/in-the-wake-of-dj-ams-death-we-found-a-message-of-hope-from-to-write-love-on-her-arms/>