

**Mental Illness**  
**by Thomas Hoffman**

Hearing voices and seeing things that ain't even there,  
Having depression, still living, but don't even care.  
So stressed, losing my mind to racing thoughts, what's next.  
Anxiety is up, getting paranoid, thinking that someone (is putting on a hex).  
Let everything get to me, becoming so mad,  
With this explosive anger disorder, there's never a time (when I am glad).  
Down on luck, feeling stuck.  
I'm so out of it ready to use, gonna relapse what the @!\*%,  
If it's not one illness, it's another, need to study that CBT,  
I need that extra help to work on me.  
I have to stop my mental illnesses from getting in their thrills,  
To do so take meds, learn more and use those skills,  
Stop the suicidal thoughts, the drinking, the pot, the pills,  
Work on me, gotta move forward to walk up these steep hills.  
Can't stop, won't stop, use this motivation to fulfill this,  
Cause I gotta get past my mental illness.

**My Illness and Recovery**  
**by Sandra Ogonowski**

I am Bi Polar now,  
Have to recover now.  
Have faith in God indeed,  
Come let's plant God's Holly seed.  
Whether man or woman at best,  
Come give me some zest.  
Taking meds day to day,  
Splendid I must say.  
Recovery is grand,  
Listen to a musical band.  
This is quaint,  
Come and be a saint.  
Come let's important be.  
Whether she or he.  
Wanting all to come,  
Feeling better for some.  
The doctor knows best,  
Come let's get his crest.  
Getting better for me,  
Let's truly see.  
Using prayer hey,  
Truth I must say.  
We can God rely,  
Give a sign.

**Untitled**  
**by Nadirah Mc Dowell**

We live in a world where many illnesses that society once considered shameful are now openly discussed and accepted.

Unfortunately, mental illness seems to still carry a certain stigma,

A stigma that prevents many sufferers from seeking out help.

Sufferers are completely powerless over their illness, yet many people try to make them feel guilty for having it, as if it were their choice.

The result is often family problems and loss of friends.

We must remember, people suffering from mental illnesses need to feel accepted and loved more than anything.

It is up to each and every one of us to stop the stigma.

**Untitled**

**by Beth Schneider**

I have mental illness, I am not mentally ill.  
I struggle each day to climb up this hill that contains stigma, restrains freedom and holds me in a place,  
Where I feel I might require some space.  
I have to earn back my patience and trust,  
I felt my brain had eroded to rust.  
I realized I needed to give myself a chance,  
I am caught up in a circumstance.  
I had no one not even myself,  
Then heard a voice that I kept on a shelf.  
It followed me wherever I went,  
It believed in me and gave me consent.  
It was the only thing I heard that was real,  
And turned into something that I could feel.  
When I realized I had the right to say no,  
It was denied and I had nowhere to go.  
Except to say I accepted and tried,  
The help I wanted to hard I denied.  
The weight we shared became less of a load,  
Now we're on a positive road.  
It took meds, faith, help, talk within.  
I believe we did begin,  
To give it more time,  
And we will arrive,  
To want to stay alive.

**Untitled**

**by Kathy Murphy**

Le secret recipe

Les ingredients

The Nicene Creed AND

Daily Mass Attendance AND

Vespers worship Evening prayer AND

Espresso Café AND

Diet pepsi with lemon and ice cubes fountain cups AND

Scratch-offs lottery tickets AND

Composing lyrics, haiku, and prose AND

90 minute stationary biking everyday AND

Sounds sleep for occasional ten hours AND

Mindful Meditating before speaking AND

Attentive listening and deciphering communications AND

Associating in a positive manner AND

Cuddling with my boyfriend regularly AND

These things aforementioned get me through the tough times.

A key. End!