

***NAMI NJ Expressive Arts - Poetry Showcase - December 2016***

**Because You Always Made Gave  
By Darnell Williams**

Though I was alone I never felt lonely  
You called to me in the worst pits  
You made me smile when life was a frown  
You made me love when my body felt loveless  
You made movies more real  
You gave radios more sounds  
You gave me a voice when those around me said oh those are just voices  
You gave me power when I felt powerless  
You gave meaning to the mean  
You gave me warmth when life was so cold  
You gave me hope when the world seemed hopeless  
You gave me more when reality gave me less  
You gave me a new life when I was feeling lifeless  
You gave me friends when no-one was friendly  
You gave me a watchful eye when all I felt I needed was watch out!  
I will always be different although with assistance  
I will always have someone to talk to about you  
Wow I will always have someone to talk to, that's new  
You keep thing fresh, new and unpredictable  
Yes you keep me guessing  
Because of you I can take on the world  
Because of you I can see  
Because of you I can be seen  
Because of you I can love again  
Because of you I can understand the reality is  
My life will never be the same because you always made gave

**In my beautiful mind**

**By Stephanie Brown**

In my beautiful mind I see visions,  
Visions of the things I dream to be.  
Visions of the things I think I cannot,  
Things I cannot dare to see.  
For if I dare to jump and try to fly,  
What would become of me?  
In my beautiful mind my anxiety tells me no,  
For only in my heart I can truly see.  
See what lies ahead of me?  
What could become of me?  
I can dare to be brave and spread my wings,  
Or I can hide away without knowing what could be.  
If I dare to be brave and spread my wings,  
What could I possibly see?  
For if I dare to jump and try to fly,  
The many wonderful things I could see.  
All of the possibilities anxiety creates,  
There's no one I'd rather be but me.

\*This is dedicated to Christian, may you forever be my guardian angel.\*

**Into The Wind**  
**By Brian Sudol**

What is wrong with me  
Doctors no doubt have complex terms  
My friends have colorful terms  
I have one

Broken

But am i  
No person has the right to pass judgement  
Even on one's self  
I am different, unique, I am  
Me

I have my problems, my difficulties, my strengths and my faults  
And I love them all, and I am working to love myself  
Life is an uphill battle  
I guess that makes me a climber

Sometimes the blackness pushes in, snuffing out the light  
It is here that I must fight  
Clawing my way up  
Clinging to my mantra  
"It is ok. I am ok. I will live. I am a survivor."

What is wrong with me  
Doctors no doubt have complex terms  
My friends have bland terms  
I had one

Broken

What is wrong with me

Nothing

**My Mental Illness**  
**By Charlie Vasquez**

The nightmares were there while lying in bed  
The voice you'll hear from inside your head.  
The sweat the shake  
The vision you'll see.  
I want you to know these are all a gift from me.

This illness is no game  
If given the chance it will drive you insane.  
It ravishes your body.  
It will control your mind.  
It owns you completely;  
Your soul will be mine

But I thank my mental illness?  
For helping me to be strong  
In my heart body and soul  
But there would be peer pressure the harder I try to control  
But it always takes over.  
But there's always family, friend and staff by my side

There's hope  
Don't give up ask for help  
But if there's a person who will listen.  
To you they will always be there.  
Even ask God there  
Always pray.

**Running from My Conscious State of Mind  
By Kenya Daugett**

Schizoaffective, bipolar  
Strong will, knocks down boulders  
Positive effects of mental illness  
Gotta focus in, for the children  
Hearing voices in my head  
Coming from my inner  
Limitless enlightenment  
Coming from my center

Premonitions while I'm dreamin  
Talking about my evening  
From the weekend  
Not the previous  
But the one I'm seeing  
Great thinkin paved the way  
For my achievements

Thinkin outside the box  
Hearing me in London  
These life's skills motivate  
My life skills coming

I never stop running in this marathon  
Put my disease in a duffel bag carryon  
Take a trip and leave it in Alaska  
Go to college and apply for my FAFSA  
Either that or turn my life to a disaster  
Mental Illness

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