

“The Light at the End of the Tunnel”
By William H. Tegarden, Jr.

There've been times when my future seemed empty
And depression seemed a way of life
But I've come to find out that there's more to see
Than a daily struggle filled with strife.

I see that now it was not a waste of time
But a period in which to walk the line
And to show me more than blues and despair
That there's a place for me to breathe the air

Further on I've come to find
A place for me with peace of mind
So don't be blue or feel it's just an endless struggle
'Cause one day I think you'll find there's light at the end of the tunnel.

“Challenge the Day”
By June Alexander

We are all free to be ourselves
Many of us have mental illness
The illness and medical conditions that occur in our brain is nobody's fault
Nor is there anyone to blame.

An everyday conviction
How will we manage our condition.
Challenge the day,
Cope with whatever helps our fears and our pain.

The medication relieves our pain.
It returns our brain to sane.

It's a fight every day,
That's the price we pay.
Our hearts, our soul,
Can love everyday
It's a little different,
Because of our days.

We are as normal as we can be
Be proud, be free.
We are no different from the rest.
Our hearts and souls show dearest.

Love yourself, challenge the day.
Be warm, be honest...is the message, we'll be okay.

Don't run astray.
Just be true,
Love the day..
That's your challenge of the day!

**“The Road to Recovery”
By Debby Parker**

Something better, something new,
Something I must learn to do.
Don't give up, the past let go,
Onward march toward a new plateau.
See my reflection, the mirror breaks
Inside me a monster awakes
Look at the monster I've created
Let me out of the body I've always hated.
My head too big, my brain too small
I'm missing serotonin most of all,
The voice in my head
They wish me dead.
But you've got to fight
With all your might
Breathe in, breathe out, concentrate
Get yourself to a neutral calm state.

THE SWEETNESS OF CANDI-THE WORLD'S BEST THERAPIST

By Steven Sacks

You never feared me did you?
As I thrashed at lightening pace
You'd jump right up into my bed
And you'd feverishly lick my face

Like a firefighter rushing into flames
You had a job to do
How I wish human friends could do the same
With the courage and compassion of you

My heroine, my love, my canine friend
With the wisdom not to judge me
But to try, my awful pain, to end
And never to begrudge me

Untitled

By Brian Greenstreet

My mind takes over,
Body reaches fit of rage,
Can I control this,
Or be kept in cage?
Am I fit to blame
For what's happening inside,
Facing reality,
Makes me want to hide.
Unless I don't live,
Life on life's terms,
I'll be stuck in a word
Of no return.