

Untitled
By Monica Mora

Being put down like a fly on the wall
Pushed aside because I'm not like you
Because of you I fall
Into a deep hole, too

The fall seems so endless
In the dark with the music on
Drowning out your lies, soundless
Like a defenseless little fawn

You said, that I'm not like anyone else
But what does normal really mean?
You said, you hate everything about myself
But I'm just being you
One day I will rise
You wait and see these tears no more
You were never that wise
My heart may be torn

But with time it may heal

Untitled
By Gail Silver Schafran

Purest type of love for your children
Their birthday is an explosion of joy
Only the best for them
You protect and learn a lot
Never preparing for a manic episode
What is that?
How do I help?
Helpless, angered, frustrated, isolated
Swallowed up by confusion and pain
A little light
Setback
A little light
Setback
A huge light
HOPE...EDUCATION...LOVE

Untitled
By Stephanie K. Stern

Moments
Shelter.
Moments
Shatter.
Swimming
Through grey
Matter.

Water
Buoys.
Water
Batters
Laws of
Physics
Matter.

Secrets
Cushion
Secretes
Cripple.

Frozen
Instants
Ripple.

Winner

By Cheryl L. Willis

I never knew I'll be on meds
Starting at age ten, off and on
I medicated myself "oh yes"
Took a toll on me, being in and out of hospitals...
Until I realized it was i...like playing Russian roulette
I never meant to hurt myself
So then in, as I travelled in and out of programs of Mental Health
I took heed to what my doctors and peers taught me
To stay strong
It let me know that I wasn't alone...
It hurt
Being far from family, sons Euseth and Altreek
I always said to myself as a teen to adult
As the sun rise today and also by law
I will abide to all mankind
I will not let anyone steal my pride
I'll just say a prayer each day and make tomorrow better
I'm not perfect
I just want to be a winner
With the world around me, I may slip and fall
But I'm going to get up after all.