

*1st Annual NAMI NJ Expressive Arts Mental Health Poetry Contest - Top Ten Poem*

**“Skydiver”**

By Suzanne Mills

I always remember hearing his echo  
Never knowing it would be let go  
Peace and quiet is what I have found  
No longer listening to those anguishing sounds

FINALLY I am free.

Replaced my fears with clearer thoughts  
A new experience for which I've fought  
A power I didn't know I possessed  
An unmeasured courage when I get stressed

I FINALLY am free.

I thought that I had achieved check long before this  
Years of neglect that will not be missed  
Fiercely grasping secrets from another day  
And now I can stand firm and say

I am FINALLY free.

To find some solitude and leave  
Hallucinations; I find slight reprieve  
I take control, once and for all  
I jump outward and enjoy the fall

I am free FINALLY.