

## NEIL'S POEM

Here goes  
 I'm about to address the stigma  
 With men and mental health  
 A brain lock  
 When your heart stops  
 For no unknown reason  
 When anxiety  
 And society  
 Get a hold of your freedom

That you let go  
 At the get-go  
 When everything mattered  
 When your head goes  
 With the said so's  
 And you're bruised and you're battered

When the thrills  
 Turn to pills  
 When you smile but you rattle  
 Knowing no medication  
 Will win you this battle

Knowing only too well  
 It's a trick of the mind  
 It's a brain trick  
 Makes you feel sick  
 Taking too many lives

There's a stigma  
 It's malignant  
 And if you let it grow  
 This enigma  
 Of the unknown  
 It'll tear you apart

So surround yourself  
 With positives  
 Go and see relatives  
 Have a night out with mates  
 And you'll see the benefits

Swap your phone for a catch up  
 Swap a lie-in for loved ones  
 Look at old photographs  
 Write stuff down in a pad  
 Surround yourself with everything that makes you appreciate what you have

Aim high  
 Knowing only too well that inside you  
 There's a fighter  
 No more a hider but a seeker  
 Be a feature  
 Be the creature you were born to be  
 Be the keeper of everything worth keeping  
 And you'll see

That the rest  
 It'll test you  
 It'll hurt you and make you cry  
 It'll make your heart beat a thousand times  
 Make you feel helpless, worthless  
 It'll cut you like a knife to within an inch of your life

But that's life  
 So step up  
 Easier said than done for sure

But take a look around  
 You're here

It's where you're meant to be

It can be everything  
 It can be nothing

But between you and me  
 It's something

And you're someone  
 And when you're gone  
 This'll all be here  
 So while you still are  
 Enjoy life  
 It's a gift you've been given  
 Live it  
 Love it  
 And who knows?  
 It might just love you back  
 One day