

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