



Schizophrenia day

Light Day

Light of the day
same for your chances
as long as you may
for we need you to stay.

Can I live

Poem Day

Poems are for sharing,
freeing, mending,
thought-free chances.
Please stay.

Can I live

Black Day

For complex thought
always give us
the right to come back
and say, never try to deflect him
for he is one (black) ness

Can I live

Life Day

Life is an art
that cannot be erased.

Can I live

Schizophrenia Day

It is the wanting
of stability with the universe life
when you see
a rainbow.

Can I live

A P J

*The author of this poem was a patient of the Park Royal mental health in-patient unit, Brent, London.
He wrote it during a creative writing group held there. It has been reproduced by permission.*

Poems for... Self at Sea

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