

from **Bell-ringing**

by Rogan Wolf



*... the attainment of perfect rest
Is when chaos is held on a point;
And poised, just so,
The moment cups you.*

*Here in the waiting room I am cupped.
I am held aloft.*

*My poise is perfect here.
I am almost flying.*

from Schizophrenia Day

by APJ



*Poems are for sharing,
Freeing, mending,
Thought-free chances.
Please stay.*

from **Cliff**

by Rogan Wolf



*His eyes hold so much light
They frighten us – as if drops
of the Aegean have been translated there
lit by their own wild skies.*

from On the Ward

by Andrew



*Trapped like a bird in the snare
lost in a sea of sorrow
I have dreams of what I can do.*

from Ophelia in London

by Janey Antoniou



*You drift in white along the Embankment
with restless hands and voice.*

Whispering.

from Schizophrenia Day

by APJ



*Life is an art
that cannot be erased.*

Refusing to walk

by Corin Levick



*When it was all pain
My feet stayed cool*

*When I was possessed
My feet refused to walk*

*I touched you with my toe
It was the truest touch*

from Speak to me

by Selima Hill



...whispering as I walk: *Speak to me,*
whispering *Speak to me please.*

from The Centre for Mental Health

by Rogan Wolf



*...like ragged butterflies
around a buddlia.
a park bench out front
offers some dignity
but most prefer the door-step
and way before time
start leaning on the door-bell
having nothing to be
here for, but here.*



The excerpts above were taken from a poem collection called “Poems for...Self at Sea.” All its poems are concerned with mental disturbance.

The collection was brought together for the “Poems for...the wall” project, which supplies poetry for display in schools, libraries and healthcare settings, etc., free of charge. There are a range of collections on offer. All of them are available on the project’s website, for viewing and downloading. See : <https://poemsforthewall.org>

Some of the poems displayed here were written by psychiatric in-patients, taking part in a creative writing group. The lines from “Speak to me” by Selima Hill were taken from “A Little Book of Meat,” published by Bloodaxe, 1993, and reproduced here by kind permission.

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Rogan Wolf, Project Director