

Mental Health Poem

Anxiety strikes people as they worry about more.
Depression takes its toll on an innocent soul.
We need to help people with mental health more.
I hope one day all these are gone.
And no other diseases come along.
All I want is for people to have a life
With no mental or physical damage
So self-harming doesn't start with a knife.
People shouldn't have any strife with any illness.
So hear me out, this short speech
Will be quicker than catching a trout.
Days go by, the sky is blue.
Everything may seem happy... only to you.
People going by have insecurities,
If they are pointed out, they could just be pushed
Over the line. It might not have been you
But imagine what that person goes through.
Depression, anxiety, bipolar, the list goes on,
How would you feel if one of these diseases
Came knocking at your door?
Mental health is hard to see.
See a doctor, it's as easy as can be!
Speak out about how you feel,
Don't let mental health get you hooked on its reel.
This is why we need more mental health appeals.

Luke, Year 8

Brothers at War

As I stood in the corner,
Facing the walls,
I carefully listened,
For distant calls.
No one could save me,
We were brothers at war.
I heard sirens and screams,
As our enemies came,
We rose for battle,
To fight again.
No one could save me,
We were brothers at war.
We held our shields,
The exit was there,
We dived out,
My mind was bare.
No one could save me,
We were brothers at war.
Closer and closer,
It was living hell,
As I lifted my sword,
My soldiers fell.
No one could save us,
We were brothers at heart.

Olivia, Year 7