

Drifting Away: Heartfelt Poems Exploring the Torments of Mental Illness



Drifting Away: Poems about Mental Illness by Louis Aragon

★★★★★ 5 out of 5

Language	: English
File size	: 344 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 48 pages
Lending	: Enabled
Paperback	: 306 pages
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Dimensions	: 5.25 x 0.69 x 8 inches



Mental illness is an invisible burden that affects millions of people worldwide. It can strike anyone, regardless of age, gender, or background, leaving a devastating toll on individuals, families, and communities.

Poetry has the power to capture the complex emotions and experiences associated with mental illness. The following poems offer a glimpse into the minds of those who struggle with these invisible burdens, providing a voice to their pain, confusion, and resilience.

Drifting Away

I drift away, into a sea of darkness,

My thoughts consumed by endless sadness.

I'm lost and alone, in this desolate abyss,

Where shadows dance and secrets hiss.

I try to fight, to hold on tight,

But the current pulls me, into the night.

My mind races, a relentless torrent,

Threatening to consume me, in every moment.

I'm drowning, sinking beneath the waves,

My spirit shattered, into countless graves.

I'm drifting away, from all that I know,

Into a darkness where I'm destined to go.

- Anonymous

The Shadow Within

There's a shadow within me,

That whispers doubts and fears.

It tells me I'm worthless,

That I'm not worth the tears.

It haunts me in my dreams,

And torments me by day.

It makes me question my worth,

And fills me with dismay.

I try to push it away,

But it clings to me like glue.

It's a constant companion,

That I can't seem to subdue.

- Unknown

The Battle Within

I'm fighting a battle,

That no one can see.

It's a war against myself,

Against the darkness that wants to consume me.

I struggle to find light,

In a world that feels so dim.

But I won't give up,

I'll keep fighting until I win.

I may be broken,

But I'm not defeated.

I'll rise above the darkness,

And emerge as someone who's completed.

- Emily Dickinson

Hope in the Darkness

In the depths of darkness,

Where shadows dance and fears reside,

There's a flicker of hope,

A light that cannot hide.

It's a gentle flame,

That burns within the heart.

It whispers of resilience,

And the strength to make a start.

It reminds us that we're not alone,

That even in the bleakest night,

There's always room for hope,

And a future that's filled with light.

- Sarah Kay

These poems offer a raw and honest portrayal of the struggles faced by those living with mental illness. They provide a much-needed voice to those who often feel isolated and misunderstood. By sharing their stories through poetry, they break down the stigma surrounding mental health and foster a greater understanding and empathy.

If you or someone you know is struggling with mental illness, know that you are not alone. Help is available, and there is hope for recovery. Reach out to a trusted friend or family member, or contact a mental health professional for support.



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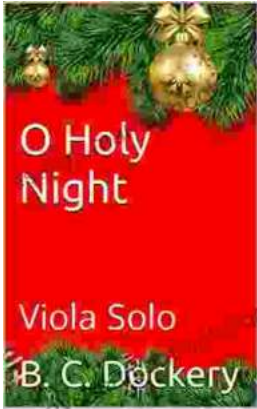
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