

"The Group" by Adam, a re:MIND Support Group Participant

Depression gripped me tight, it held me down,
Destruction and chaos was all around,
I wanted an end, I wanted peace,
I decided it was time for a quick release.

But something stopped me, through the pain,
I wanted help, I needed a name
And there it was, my search was done,
I'd found a place I hoped I would belong!

Through the doors, into my seat,
I couldn't look, fearful to speak.
But then the truth I felt was here,
The group shared their stories without hesitation, without fear!

I began to speak to feel at ease,
The first time I'd ever felt so free.
You see they understood, they felt my pain,
I started attending again and again.

Every week they would listen and hear,
They felt my pain, understood the tears!
Their voices guided me, gave me hope,
And through the darkness I knew I'd cope!

They lifted me up, suggested action,
They gave me the strength to create a reaction,
The magic pill they gave me to swallow,
At last my mind didn't feel so hollow!

And now today, that pill has gone,
But my strength and understanding leads me on.
I know my struggle will never end
But I have the group to lift me up, to be my friends!

I can never thank you enough I know,
You gave me the belief, you helped me grow.
So now I give my knowledge to you,
And as a group we will pull you through!

So know our name, know our place,
Know your troubles we all have faced.

You see we have a gift that is so strong,
And to this group we will always belong!