

"One Word" by re:MIND Support Group Participant

Inspired by the courage
To battle the mind.
The simplest of tasks
Can be a daily grind.

The raw feelings shared
Sometimes with ease.
Dark thoughts causing isolation
From a challenging disease.

Real fears and scared of the unknown
A true reality faced by all.
Day by day facing tough decisions
And trying not to fall.

Even in the darkest moments
A caring word shines light.
Every week we gather for support
Because we aren't giving up - we will fight!

Unseen scars, honest hurts, good and down days
Seem to be a common theme.
Everyone unique and different-
sharing causes many to beam.

Laughter sounds through walls and into the halls.
A resulting sounds more common than one would think.
Hearts reaching out and overflowing,
deep down souls get a drink.

The journey is lonely but
the trail has many footprints.
Searching for answers and hope
Or just one word that makes an imprint.