



***#depressionhurts***

***'One of her humours'  
A Poem by Karen***

"One of her humours" some might say,  
They have obviously never felt this way.  
It's a feeling you can't explain,  
There are no words for this pain.  
You try and put on a brave face,  
But this thing puts you in a lonely place.  
It's a battle to get through each day,  
"I can do this" I keep having to say.  
I really don't want to feel like this,  
That's my one biggest wish.  
Nights are long and tears are shed,  
You have no idea what's going on in my head.  
Some days are, good some are bad,  
People not understanding makes me so mad.  
"I am sick" even though you can't see,  
Everyday I try and be me.  
When I can't be there,  
Don't think I don't care.  
It's just things have got in on me,  
But I'll be ok you will see.  
Because tomorrow is another day,  
A better one I'll pray.  
Depression - that is it's name,  
Now tell me - do you still think the same?